

UMCOR Health Kit

The following kit is used in places where people do not have ready access to many essential supplies for everyday life. Please follow the directions exactly. Include all items; do not add items that are not on the lists. Extra gifts, though given with the best of intentions, render a kit unusable and must be removed.

Note: All items sent must be new!

Health kits provide basic necessities to people who have been forced to leave their homes because of human conflict or natural disaster. Health kits are also used as learning tools in personal hygiene, literacy, nutrition and cooking classes. When people gain the knowledge and materials to maintain personal hygiene, their overall health improves.

- 1 hand towel (15" x 25" up to 17" x 27")
- 1 washcloth
- 1 comb (large and sturdy, not pocket-sized)
- 1 nail file or fingernail clippers (no emery boards or toenail clippers)
- 1 bath-size bar of soap (3 oz. and up)
- 1 toothbrush (single brushes only in original wrapper, No child-size brushes)
- 1 large tube of toothpaste (4.5 oz or larger, expiration date must be 6 months or longer in advance of the date of shipment to UMCOR Sager Brown, No child-size brushes)
- 6 adhesive plastic strip sterile bandages

Place these items inside a sealed one-gallon plastic bag.

Value: \$12 per kit. In a separate envelope, please send a check written to UMCOR Sager Brown for at least \$1.00 for each kit to help with the cost of processing and shipping.

Important: Please do not include any religious, political or patriotic notes or emblems in any kit.

**Thank you for your donations.
You are helping to make a difference in people's lives.**