

HAITI Medical Teams 2011 include:

January 15-22

July 23-30

August 13-20

September 14-21

October 22-29

December 3-10

Information for Medical Teams Going to Grand Goave

International Ministries, ABC/USA and the Cooperative Baptist Fellowship are working together in the community of Grand Goave, Haiti. Most recently, our efforts have concentrated on construction, helping the community to begin rebuilding the school as well as other structures that were destroyed by that earthquake.

Now, we are ready to begin receiving medical teams as well. You will be assisting Tori Wentz, affiliate field personnel with CBF, and members of the local church to provide primary and specialty medical care to people in need.

We are excited and honored that you have chosen to work with us as God calls you to serve in Haiti. You will bring amazing talent, education, and experience to this team, but what is most important is that you bring a servant's heart. Serve the people of Haiti by extending your hands in compassion, love, and hope. Show them that they are not forgotten.

As you prepare to come to Haiti, you may receive information and/or instructions from any of the following people:

Angela Sudermann International Ministries, ABC/USA angela.sudermann@abc-usa.org

Chris Boltin Cooperative Baptist Fellowship cboltin@thefellowship.info

Tori Wentz Cooperative Baptist Fellowship Tjwentz@aol.com

What You Should Know Before You Go (info adapted from Crisis Consulting International):

The global community has demonstrated tremendous concern for the people of Haiti following the devastating earthquake of January 12, 2010. Supplies and money have been provided with great generosity. Now, work teams from mission sending agencies and individual churches are starting to arrive in the country. A well-planned work trip can be a tremendous support and assistance, both to the victims of the earthquake and to the missionaries who are working in Haiti. There are some things that every group considering coming to Haiti should carefully and prayerfully consider before starting out.

Remember that you want to be a blessing and not a burden to your community and missionary hosts. They have been in crisis response mode since the earthquake. Their personal lives and living infrastructure have been substantially disrupted. Your presence inevitably adds to their workload and stress.

So, think things through and do everything you can to maximize your contribution while minimizing the effort that your hosts need to make in order to support you. Respect the work schedules and needed personal time of your community and missionary hosts. Your willingness to adapt to the circumstances, expect the unexpected, and leave your heart and mind open to what God has in store for you through this ministry will make this trip easier for you and your teammates.

Finally, make sure that you are prepared. Have everything that you will need with you. Make sure that all of your vaccinations and inoculations are up to date before you come. The Center for Disease Control recommends Hepatitis A, Hepatitis B, Typhoid, Tetanus, H1N1, rabies, and an anti-malarial medication. Check with your local travel clinic or medical provider.

Also, remember that, because of the heat and high humidity, dehydration is a real risk. You will have to drink plenty of water (check with your MD about the possible need for salt tablets). If you get overheated or sick and you can't drink enough water, there's not a good place to take you for rehydration.

What You Need to Know About What You Will Be Doing:

- You will be building bridges of friendship with the Haitian people, some of which may become long term relationships as you and your churches seek ways to become missional churches.
- You will be working side by side with someone who has experienced a dramatic story related to the earthquake.
- You will be forging friendships with your own team members.
- You will be providing primary and/or specialty medical care to people who have lacked regular access to that kind of care, especially since the earthquake.

How to Volunteer for Medical Teams:

- Register as a volunteer with International Ministries, ABC/USA by sending an e-mail to bimvolunteers@abc-usa.org. Register as a volunteer with the Cooperative Baptist Fellowship by sending an e-mail to cboltin@thefellowship.info.
- Indicate the dates of your availability and your specific skill set.
- After receiving word from confirming the details of your service, book your tickets to fly into Port-au-Prince. Try very hard to arrive on American Airlines flight 1291 @ 11:05 am.

Cost:

- The cost of your round trip flight into Port-au-Prince.
- The cost of food, transportation, electricity, etc (\$40/day in Haiti).
- The cost of an exit visa at the airport in Port-au-Prince (\$27)

[Please be aware that these amounts do not include any funds for souvenirs or other personal purchases.]

If you are volunteering through International Ministries, ABC/USA, the \$40/day can be paid via credit card or a check made payable to "International Ministries" (mail checks to International Ministries, VIGM Haiti, PO Box 851, Valley Forge, PA 19482). If you are volunteering with the Cooperative Baptist Fellowship, the \$40/day will be collected by Tori Wentz when you arrive in Haiti.

Airport Transportation:

If you are volunteering through International Ministries, ABC/USA, send your itinerary to angela.sudermann@abc-usa.org as soon as you have it in hand. If you are volunteering through the Cooperative Baptist Fellowship, send your itinerary to cboltin@thefellowship.info as soon as you have it in hand. Arrangements need to be made to pick you up from the airport.

Please be aware that there are many people arriving and going at all times. We would like to coordinate our efforts to pick up all of the members of a team at one time. DO NOT LEAVE THE TERMINAL AREA UNTIL YOU SEE A GRAND GOAVE SIGN OR TALK WITH TORI WENTZ.

Accommodations:

You will be sleeping in tents with the rest of your team. Because of the preparations of Herb Rogers and Scott Hunter who have been hosting the construction teams, running

water and electricity will be available 24 hours/day. You will be provided with meals and clean drinking water.

Conditions in Haiti are hot and dirty. The air quality is poor. The work you will be doing is strenuous. There is no in-country medical care, other than you and the other members of your team. THEREFORE, YOU SHOULD SERIOUSLY RECONSIDER VOLUNTEERING IN THIS MANNER IF YOU HAVE HAD A HISTORY OF ANY OF THE FOLLOWING: SEIZURES, HEART DISEASE, RESPIRATORY PROBLEMS, DIABETES, OR OTHER CHRONIC MEDICAL CONDITIONS.

What to Bring for Yourself:

- personal prescription meds (pack them in your carry-on bag and bring only enough to last a few days longer than you intend to stay)
 - a prescription of Cipro (in case you develop “traveler’s diarrhea”)
 - a prescription of anti-malarial medication
 - insect repellent (DEET 35% or less) . . . consider pre-treating your clothing with permethrin
 - a mosquito net (consider leaving it behind for one of the Haitian families)
 - sunscreen
 - sunglasses (also, if needed, regular glasses are easier to deal with than contacts)
 - masks (for dust)
 - a hat, cap, and/or bandana
 - work clothes (e.g. scrub pants with scrub shirts or polos)
 - other clothes (e.g. undergarments, sleeping clothes, etc)
 - tennis shoes and crocs or flip flops (for evening showers)
 - sleeping mat, pillow, and sheets (or a cool sleep sac)
 - baby wipes and/or hand sanitizer (for quick clean ups)
 - single packs of dry Gatorade mix and a personal water bottle (nalgene or aluminum)
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- nutritious snacks (e.g. Power Bars, Cliff Bars, or other snacks with wrappers that you can peel)
 - a plate, bowl, silverware, cup, and coffee mug (consider leaving them behind)
 - flashlight and batteries
 - personal care items (e.g. feminine hygiene, toothpaste/toothbrush, shampoo, soap, toilet paper, etc)
 - passport (in a security pouch that you wear under your clothing . . . in a passport bag or belt)
 - Bible and a notebook (for journaling)
[Try to keep your personal luggage to 1 small bag plus a carry on. Pack a second bag with medications and medical supplies (the suggested items will be requested in a separate document).]

Again, bring plenty of flexibility and patience as well! You can count on things not going as planned. You will need to remember that all involved have chosen to serve God and the people of Haiti. When you haven’t bathed and you’re tired, hot, hungry, and heartbroken at what you are experiencing, that knowledge will help you to persevere.

What Not to Bring for Yourself:

- jewelry (i.e. even your wedding ring and watches)
- electronic equipment (i.e. computers, cell phones, I-Pods, cameras, etc)

Should you choose to bring these items anyway, keep them with you at all times and be aware that, possibly, you may not take them back home. Sometimes, these items tend to disappear.

Other Important Information:

- We are all generous, well meaning people who want to give from our resources to those who have less than we do. Done correctly, this is helpful. Done badly, it creates

dependency, teaches others to be beggars, and causes jealousy between those who get something and those who don't.

So, **before giving any monetary or other gifts, check with the host pastor or missionary.** Because they will be able to distribute them to the most needy, allow the pastor or the missionary to be the one to give any gifts. This distribution usually occurs during a special occasion, after the team has gone home.

- For the sake of safety and security, **do not bring any visitors into your living space and do not leave the other members of your team for any reason.**

Medications and Other Necessary Supplies

Pain Meds: Aspirin, Acetaminophen (adult and children's), Ibuprofen, Other

GI Meds: Pepto-Bismol, Dulcolax, Loperamide, Tums, Roloids, Maalox, Mylanta, Pepcid, Prevacid, Zantac, Other

Anti-Emetics: Promethazine, Compazine, Other

Antibiotics: Amoxicillin, Bactrim, Keflex, Cipro, Doxycycline, Other

Antifungals: Diflucan, Ketoconazole, Miconazole, Nystatin, Other

Other Anti- Infectives: Albendazole, Metronidazole, Chloroquine, Rifampin, Other

Vitamins: Multivitamins (adult and children's), Iron, Other

Cardiac Meds: Atenolol, Amlodipine, Hydrochlorothiazide, Other

Respiratory Meds: Inhalers, Cough Syrups, Cough Drops, Decongestants (Mucinex, Sudafed, etc), Other

Topical Meds: Hydrocortisone, Benadryl, Triple Antibiotic Ointment, Silvadene, Hydrogen Peroxide, Other

Diabetic Medications: Metformin, Glimeperide, Other

Other Medication-Related Supplies: **Snack Baggies or Envelopes** (for packaging meds), Sharpies and Masking Tape (for labeling baggies), Containers (for storing meds between clinics), **Pill Boxes, Pill Cutters**, Alcohol Pads, Antibacterial Hand Gel

Medical Equipment: Stethoscopes, Sphygmomanometers, Thermometers, Otoscopes, Tongue Depressors, Pen Lights, Glucometers, Test Strips, Lancets, Sharps Containers, Gloves, Other

Helpful Hints

- Buying meds in bulk is usually less expensive and easier to pack
- All medications must be clearly labeled
- Do not bring any expired meds (not within 6 months of expiration)