



## Youth for Haiti Orientation Packet

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## Surah Al-Fatiha

In the name of Allah, the Beneficent, the Merciful.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Praise be to Allah, Lord of the worlds.

\* الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ \*

The Beneficent, the Merciful.

\* الرَّحْمَنِ الرَّحِيمِ \*

Owner of the Day of Judgment.

\* مَلِكِ يَوْمِ الدِّينِ \*

You (alone) do we worship; and You (alone) we ask for help.

\* إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ \*

Guide us on the straight path.

\* اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ \*

The path of those whom You have favored;

\* صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ \*

not (the path) of those who earn Your anger, nor of those who go astray. (1:1-7)

\* غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ \*

### Dua to recite when commencing the Journey.

“In the name of Allah! I have placed faith in Allah and I have put full trust in Allah. (It is) as Allah wills! There is no strength and no power save with Allah”.

بِسْمِ اللَّهِ آمَنْتُ بِاللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ مَا شَاءَ اللَّهُ لَأَدُورَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

“O Allah! Protect me and protect what is with me (my possessions), and deliver me (to my destination and delivery what is with me the best of your delivery. By Allah I commence (my journey) and by Allah I seek to accomplish (the purpose of my journey) and by Muhammad (s.a.w.) I have set out (towards my destination). ‘O’ Allah make me overcome all (my grief); and make easy for me all difficulties; and give me more of goodness than I hope for; and keep away all evil of which I am apprehensive for my health.” “O the most Merciful”.

لَهُمْ أَحَدُ فِظْنِي وَاحِدٌ فَظْمَا مَعِي وَبِاللَّهِ  
وَبِاللَّهِ مَا مَعِي بِبِلَاغِكَ الْحَسَنَ، بِاللَّهِ  
أَسَدٌ تَفْتَحُ وَبِاللَّهِ أَسَدٌ تَنْجِي وَبِ مُحَمَّدٍ  
صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ أَتُوجِّهُ،  
اللَّهُمَّ سَهِّلْ لِي كُلَّ حَزُونَةٍ وَذَلِّ لِي كُلَّ  
صَعُوبَةٍ وَأَعْظِمْ لِي مِنَ الْخَيْرِ كُلِّهِ أَكْثَرَ  
مِمَّا أَرْجُو، وَاصْرِفْ عَنِّي مِنَ الشَّرِّ أَكْثَرَ  
أَحْمَدِينَ مِمَّا أَحْذَرُ فِي عَافِيَةِ يَا أَرْحَمَ الرَّاحِمِينَ

## Pre Departure Information

Once you have been accepted to this Youth for Haiti Program, you must next pay serious attention to the details of preparing to go abroad. Give yourself plenty of time to make all of the many necessary pre-departure arrangements.

The better prepared you are for this experience - the more you know about what to expect and what is expected of you - the more meaningful your experience will be. It should go without saying that you should try to learn as much as you can about Haiti - its language, history and culture as well as its current social and political conditions. There are many ways to do this: read books and magazine articles, surf the web, talk with people from there and who've been there, etc.

**Travel Documents.** When traveling outside the United States, you need to carry a passport; the only form of identification recognized everywhere which verifies your citizenship. Some countries will also require an additional entry document called a visa. Passports are issued by your country of citizenship, while visas - usually a stamp on a page of the passport, though they can be a separate certificate - are issued by the country to be visited.

**For Haiti, a tourist visa is not required for citizens of United States for a stay up to 90 days.**

(Dominican Republic tourist visa is not required for citizens of United States for a stay up to 30 days. A tourist card is issued upon arrival for a \$10 fee in the Dominican Republic.)

**Tourist visa** - This visa is solely for the purpose of leisure travel including vacationing, cruising, sightseeing and other recreational activities. If during any portion of your visit to Haiti you intend to engage in business, or official duties please refer to other relevant visa sections.

- **Check the current validity of your passport.** All travelers will need a passport valid for at least 90 days following your departure date from Haiti. However, we strongly recommend traveling with 6 months validity on your passport at all times.
- **Make sure your passport has blank Visa pages.**

Most destinations, including Haiti, require that you have adequate un-used pages in your passport, allowing for any necessary stamps upon arrival and departure. We recommend that you have at least two free pages in Visas section of your passport before any international travel. U.S. citizens can get extra passport pages added to their passports as fast as within 24 hours.

Check with your airline in case you have connecting flights overseas as part of your journey to Haiti. It may be the case that countries you pass through en route to your

destination may require a separate transit visa. Please refer to visa requirements of the specific country.

**Travel:** Your tickets will be pre booked and your itineraries will be provided. Aim to travel light. Keep in mind that, for most international flights, you are allowed to check only two pieces of luggage. Some airlines have restrictions for the weight of each piece of luggage; check before you pack. Insure your baggage and personal effects for the full period abroad. If you bring a camera, buy a lead-lined film bag. Contrary to posted airport claims, some X-ray devices ruin film.

**Currency Exchange:** Traveling with large amounts of cash is not recommended. You should consider using several different forms of payment for your expenses. Traveler's checks, credit cards, ATM cards and small amounts of cash are all effective.

**Regular Checkups:** Be sure to have a physical and dental checkup before you go, especially if you will be gone at a time when you would normally schedule these appointments and/or you will be studying in a developing country. This will give you an opportunity to talk with your health care professionals about any general health precautions you should take.

**Vaccinations:** Read CDC recommendations on Page 7.

**Pre-existing Conditions:** If you have an ongoing medical problem, such as allergies or diabetes, you need to take special precautions in preparing for and managing your condition overseas. How will the stresses of the environment and the study abroad experience impact your health? If you have a disability, how will your needs be met?

**Prescriptions:** If you take prescription medications regularly, bring a supply to last throughout your time abroad, if practical. For certain conditions such as diabetes, asthma, mild epilepsy, or allergy to penicillin, it would be wise to wear a tag or a bracelet or carry a card to identify the condition so that you can be treated properly. Take an extra pair of eyeglasses and/or contact lenses if you wear them. Bring along extra contact lens solution, too.

For the flight to your program site, put any prescription medication, eyeglasses, and contact lenses in your carry-on bag. Don't take the risk of these items being misrouted or lost with your checked luggage.



Post Departure Introduction:

### ***Ice Breaker***

Ask each person in the group to think of two true facts about themselves, and one lie.

Each person in the group takes a turn telling the group their three items.

The group then has to agree on which fact they think is a lie. Once the group announces their decision, the speaker tells the group the correct answer. The group then can talk about any of the interesting things they just learned about the new person.

Tell us about yourself:

1. Where were you born and where did you grow up?
2. Where do you live now?
3. Tell us about your family, work, and school.
4. College Major and Future Plans?
5. What do you like to do in your free time?
6. What is important to you?
7. What brings you to Haiti? What do you expect to gain from this trip?
8. What makes you a valuable asset to this group?

Share as much as you are comfortable sharing!



## **WHAT TO BRING: A CHECKLIST**

We strongly encourage you to have at least one carry on bag with toilet articles and a few changes in clothes. All medications should be carried with you.

### **Clothing:**

- Cotton clothing is best for keeping cool
- Dress neatly and respectfully
- Comfortable clothing
- Comfortable walking shoes – sneakers, sandals, thongs or flip flops for baths

### **Toiletries:**

- Shampoo, soap, deodorant (small container)
- Toothpaste, toothbrush, and mouthwash
- Personal hygiene products and tissues or toilet paper
- Packets of Wash n' Dry to carry in purse or pocket

### **Medical:**

- Anti-diarrhea and anti-constipation medicine (the food may cause your North American stomach problems)
- Pepto Bismol tablets
- Chloroquine (anti-malaria medication – consult your physician)
- Prescription medicines
- Band-Aids
- Dramamine (if you are apt to get motion sickness – plane or car)
- Rhoule gel or antiseptic

### **Other:**

- PASSPORT (Don't forget!) and identification--e.g., driver's license
- Record of vaccinations
- Prescription glasses (if contacts are used, be prepared for dust)
- Flashlight and extra batteries
- Ear plugs
- Water container (about 2 quarts)
- A few zip-lock bags
- Sun-block, sun hat, sunglasses
- Insect repellent with DEET (e.g., Deep Forest Off, Rainbow or Cutters)
- Camera (extra film and batteries)
- Small cassette recorder (1 or 2 per group is plenty)
- Journaling materials
- Towel and wash cloth
- Snack food that doesn't melt (e.g. granola bars, raisins, peanut butter crackers)
- Knapsack/overnight sleeping bag

## CDC: MEDICAL INFORMATION FOR TRAVEL TO HAITI

### Recommended Vaccines

A number of vaccines are recommended for travelers to Haiti. See your doctor before you travel to make sure you have had all necessary vaccines.

Routine: Be sure that you are up to date on vaccines such as measles/mumps/rubella (MMR), diphtheria/pertussis/tetanus (DPT), polio, seasonal and 2009 H1N1 flu, and varicella. This will protect you and also the people you are going to help.

- [Measles](#) has been eliminated from Haiti, but there is a risk of a measles outbreak if someone who has measles travels to Haiti. Therefore, it is very important that you are protected against measles. If you are protected against measles, this ensures that you will not be able to spread the disease in Haiti. You may be protected against measles through **one** of the following ways:
  1. You have had 2 doses of measles or MMR vaccine, OR
  2. You have had measles in the past, OR
  3. You were born before January 1, 1957.

If you are not protected against measles through one of these ways, CDC recommends that you get the MMR vaccine before traveling to Haiti.

- A current [tetanus](#) shot is also very important.
- [Hepatitis A or immune globulin \(IG\)](#): Even if your departure is imminent, one dose of hepatitis A vaccine provides adequate short-term protection for healthy people. For long term protection, a second dose is required 6–18 months after the first dose, depending on the brand of vaccine used.

The vaccine recommendations on this page are based on diseases previously observed in Haiti and the possibility for outbreaks in the aftermath of the earthquake. At this time, vaccines for diseases such as polio, cholera, and meningitis are **not** recommended.

CDC will continue to monitor the situation in Haiti and will revise vaccine recommendations if the situation warrants.

- [Typhoid](#): There are two vaccines available for typhoid prevention. The injectable vaccine may be preferable to the oral vaccine in cases where travel is imminent. The oral vaccine requires refrigeration and 4 tablets taken every other day over one week.
- [Hepatitis B](#): If your departure is imminent, the first in a three-dose series (day 0, 1 month and 6 months) may provide some protection. An accelerated dosing



- schedule may be used (doses at days 0, 7, and at 21–30 days with a booster at 12 months).
- **Rabies:** If your activities in Haiti will bring you into contact with animals such as dogs, cats, bats, mongooses or other carnivores, you should consider pre-exposure rabies vaccination, which is a three-shot series (days 0, 7, and 21 or 28) given before travel. Even if you receive pre-exposure vaccination, you will still need immediate medical treatment if you are bitten or scratched by an animal. (See the [Animals](#) section for more information.)

## Insect-borne Diseases

**Malaria occurs in all parts of Haiti. Ways to prevent malaria include the following:**

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bed nets

No antimalarial drug is 100% protective, so it is important to use all three ways to prevent malaria.

All of the following antimalarial drugs are equal options for preventing malaria in Haiti: Atovaquone/proguanil (Malarone), chloroquine, doxycycline, or mefloquine. Each drug has its own side effects, contraindications, and precautions. You will need to talk to your doctor to decide which of these drugs would be best for you, depending on your current health, medical history, drug allergies, and specific needs. Additional information can be found on the [Drugs to Prevent Malaria](#) page.

**Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever or flu-like illness either while in Haiti or after you return home (for up to 1 year), you should seek immediate medical attention and should tell the doctor that you have recently been in Haiti.

**Dengue** is a common infection in Haiti. Dengue is a disease caused by a virus transmitted to people by the bite of an infected mosquito. Some important information to know about dengue as you travel to Haiti:

- No vaccine or medications are available to prevent dengue.
- The best way to reduce your risk of dengue is to protect yourself from mosquito bites (see Insects below for more information).
- The mosquitoes that spread dengue usually bite at dusk and dawn but may bite at any time during the day.
- Symptoms and signs are high fever, chills, headache and muscle pain. Additionally, a faint rash on the trunk and upper arms may appear on the second to third day of illness.



- There are no specific medicines to treat dengue, so treatment is supportive with fever-reducing medicines and fluids.
- You can help control mosquito populations by draining all standing water that you find in open containers left outdoors.
- If you are in the Dominican Republic awaiting entry into Haiti, be aware that dengue is also common there.

### Other Infectious Diseases

**HIV:** Haiti has a high prevalence of HIV infection. To reduce the risk of HIV and other sexually transmitted diseases, always use latex condoms. Healthcare workers should also take the following additional precautions:

- Wear gloves for touching blood and body fluids, mucous membranes, or broken skin and for handling items or surfaces soiled with blood or body fluids.
- Use masks and protective eyewear or face shields to prevent exposure of the mouth, nose, and eyes during procedures that are likely to generate droplets of blood or body fluids.
- Wear gowns or aprons during procedures that are likely to generate splashes of blood or body fluids.

**Tuberculosis (TB):** Rates of tuberculosis are very high in Haiti.

- If you anticipate giving medical care to or working closely with ill or injured victims or other displaced persons in Haiti, a [tuberculin skin test](#) or TST (ideally, a two-step test) is recommended before travel and then 8–10 weeks after return.  
**Your doctor may use a new [TB blood test](#) instead of the TST.**
  - If you have had a negative result on a tuberculin skin test or TB blood test within the past 12 months, you do not need to be tested before going to Haiti.
  - If you had a negative TST result >12 months before travel or you have never had a TST, your doctor may do a [two-step TST](#).
  - If you have had a positive result on a tuberculin skin test or TB blood test in the past, you do not need to be tested again.
- If you are in contact with known TB patients or persons suspected of having TB, use a personal respiratory protective device (e.g., N-95 [respirator](#)).
- **Regardless of tuberculin skin test or TB blood test results, any person who develops [symptoms of TB](#) during or after deployment should see a doctor immediately.** Symptoms of TB can include a bad cough that lasts 3 weeks or longer; pain in the chest; coughing up blood or sputum (phlegm from deep inside the lungs); weakness or fatigue; weight loss; no appetite; chills; fever; and sweating at night.
- Additional information can be found in [TB Guidance for Haiti Earthquake Responders](#).



**Anthrax:** Anthrax occurs in Haiti and is primarily transmitted by direct contact with infected animals or with contaminated products from infected animals. Cases of cutaneous and gastrointestinal anthrax have been reported among the local population.

- Cutaneous (skin) anthrax infection usually begins as a small sore that develops into a blister. The blister then develops into a skin ulcer with a black area in the center. The sore, blister, and ulcer do not hurt.
- Gastrointestinal anthrax is characterized by flu-like symptoms including fever and tiredness; sore throat, neck swelling, difficulty swallowing; and nausea, loss of appetite, mild to severe vomiting (may be bloody), mild to severe diarrhea (may be bloody), and abdominal pain.

If you develop any of these symptoms, see a healthcare provider immediately.

**Leptospirosis:** infection occurs through exposure to soil and water contaminated with urine from infected animals. Symptoms of leptospirosis include high fever, severe headache, chills, muscle aches, and vomiting, and may include jaundice (yellow skin and eyes), red eyes, abdominal pain, diarrhea, or a rash. If the disease is not treated, the patient could develop kidney damage, meningitis (inflammation of the membrane around the brain and spinal cord), liver failure, and respiratory distress. In rare cases death occurs.

Due to severe damage to health facilities and shortages of medical supplies, carry a first aid kit for your own protection. Minimum suggested contents:

- Bandages (roller, adhesive, triangular)
- Sterile gauze pads
- Disposable gloves
- Scissors
- Tweezers
- Cold compress
- Antiseptic wipes
- Antibiotic ointment
- Hydrocortisone ointment
- Commercial suture/syringe kits to be used by a local health-care provider. These items will require a letter from the prescribing physician on letterhead stationery. Pack these items in checked baggage, since they may be considered sharp objects and confiscated by airport or airline security if packed in carry-on bags.

### **While in Haiti**

Wash your hands often with soap and clean water or use an alcohol-based hand cleaner (with at least 60% alcohol). Clean your hands especially before you eat or prepare food.



## Safe Food and Drinks

- Eat foods that are packaged or that are freshly cooked and served hot.
- Do not eat raw and undercooked meats and seafood or unpeeled fruits and vegetables.
- Drink only bottled, boiled, or chemically treated water and bottled or canned carbonated beverages. When using bottled drinks, make sure that the seal has not been broken.
- Avoid tap water, fountain drinks, and ice cubes.
- To disinfect your own water: boil for 1 minute or filter the water and add 2 drops of household bleach or ½ an iodine tablet per liter of water.
- Use bottled, boiled, or chemically treated water to wash dishes, brush your teeth, wash and prepare food, or make ice.

## Protection Against Insects and Animals

### **Insects**

Insect-borne diseases such as malaria and dengue are risks in Haiti. Prevent insect bites by:

- Using insect repellent (bug spray) that contains one of the following active ingredients: DEET, picaridin (KBR 3023), Oil of Lemon Eucalyptus/PMD, or IR3535. Always follow the instructions on the label when you use the repellent.
- In general, repellents protect longer against mosquito bites when they have a higher concentration (percentage) of the active ingredient. However, concentrations above 50% do not offer a marked increase in protection time. Products with less than 10% of an active ingredient may offer only limited protection, often no longer than 1-2 hours.
- Wearing lightweight long-sleeved shirts, long pants, and a hat outdoors. For greater protection, clothing may also be sprayed with repellent containing permethrin or another EPA-registered repellent. (Remember: don't use permethrin on skin.)
- Remaining indoors in a screened area or using insect repellent frequently on uncovered skin during the peak biting period for malaria (dusk and dawn) and dengue (any time of day).
- Sleeping in beds covered by a bed net (preferably treated with permethrin), if not sleeping in an air-conditioned or well-screened room.
- Spraying rooms with products effective against flying insects, such as those containing pyrethroid.

### **Animals**

Direct contact with animals can spread diseases like rabies or cause serious injury or illness. Displaced animals may revert to the wild and go about in packs. They will also be



hungry and may be searching for food and may be more likely to bite. Because you may not have access to appropriate medical care, it is important to prevent animal bites and scratches.

- Stay away from all animals, including dogs and cats. Even animals that look like healthy pets can have rabies or other diseases.
- If you are bitten or scratched, wash the wound well with soap and clean water and **seek medical care right away**. If you have a povidone-iodine solution (such as Betadine), use that to clean the wound after washing it.
  - If you have **not** received pre-exposure rabies vaccination: You will need shots of rabies immune globulin (or RIG) and 4 shots of rabies vaccine over 1 month.
  - If you have received pre-exposure rabies vaccination: You will need two shots of rabies vaccine over 3 days.
  - Rabies vaccine and rabies immune globulin are probably not available in Haiti at this time. You will need to have a plan in place to fly to another country for treatment.
- Resist the urge to rescue animals with the intent to bring them home to the United States. Dogs and cats may be infected with rabies but not show signs until several days or weeks after you first encounter them.
- After you return from Haiti, be sure to tell your doctor or state health department if you were bitten or scratched during travel.

## **Injury**

The risk of injury after an earthquake is high. Hazards such as electrocution from downed power lines and structural damage to buildings and roads all pose a risk. Accidents and violence are documented risks for humanitarian workers and cause more deaths than disease and natural causes. According to the World Health Organization, injuries are among the leading causes of preventable death in travelers.

- The majority of the road network in Haiti is not paved. Haiti is predominately mountainous and has extensive deforestation and soil erosion, making travel over roadways especially hazardous. Exercise extreme care when traveling on roads particularly in rural areas.
- There has been extensive structural damage to buildings in Haiti. Avoid unstable structures if possible.
- Other potential hazards to be aware of in collapsed buildings include standing water from water system breaks, natural gas leaks, airborne smoke and dust, hazardous materials such as ammonia or leaking fuels, exposure to germs from sewer line breaks, and exposed wiring.
- Use personal protection equipment, such as hard hats and steel-toed boots, if in areas with damaged buildings.

## **Heat-related Illness**



Haiti has a tropical climate throughout the year with average temperatures of 25°C (77°F) to 29°C (84°F). If you are not acclimatized to hot and humid climates you may be at risk for heat-related illnesses such as heat stress, heat exhaustion or even heat stroke\*. This is especially true for persons who will be doing physical work in Haiti, even if you are used to exerting yourself. Heat-related illness has been reported in Haiti among the relief workers. Because access to medical care may be limited, it is important to prevent heat-related illness while working in Haiti.

*Different types and symptoms of heat-related illness\**

- Heat Stress:
  - Heat rash
  - Heat cramps-muscle contractions in the stomach, arms or legs
  - Fainting or light-headedness
- Heat Exhaustion:
  - Heavy sweating
  - Paleness
  - Muscle cramps
  - Weakness
  - Headache and/or dizziness
  - Nausea or vomiting
  - Fainting
- Heat Stroke:
  - Extremely high body temperature (>103°F, orally)
  - Red, hot, and dry skin (no sweating)
  - Rapid, strong pulse
  - Throbbing headache
  - Dizziness
  - Nausea
  - Confusion
  - Unconsciousness

**Heat stroke can cause death or permanent disability if emergency treatment is not provided.**

*Ways to Prevent Heat-related Illness*

- Drink plenty of fluids and replace salts and minerals while working in hot weather. You will need to increase your fluid intake. Don't wait until you're thirsty to drink.
- Wear appropriate clothing and sunscreen. Clothing should be lightweight, loose, and light-colored to allow maximum air circulation for evaporation yet give protection from the sun. A wide-brimmed hat markedly reduces radiant heat exposure.
- Learn the signs and symptoms of heat-related illness



- When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-related illness can cause a person to become confused or lose consciousness.
- Take more breaks in extreme heat and humidity. Rest in the shade or a cool area if possible.

#### *What to do if you develop signs of heat-related illness*

- Stop all activity, and sit in a shaded area or cool place>
- Slowly drink plenty of water, juice or other nonalcoholic beverage
- Cool down by soaking clothes with water if possible or spraying or sponging with water and fanning the body
- Seek medical attention if symptoms of heat exhaustion or heat stroke are observed

#### **Exposure to Human Remains**

Human remains may contain blood-borne viruses and diarrhea-causing bacteria. Relief workers who are handling remains should take precautions to avoid being exposed to these organisms.

- Protect your face from splashes of body fluids and fecal material by using a plastic face shield or a combination of eye protection and surgical mask. In extreme situations, a cloth tied over the nose and mouth can be used to block splashes.
- Protect your hands from direct contact with body fluids and from injuries that break the skin by using a combination of a cut-proof inner layer glove and a latex (or similar) outer layer.
- Wash your hands with soap and water or with an alcohol-based hand cleaner immediately after you remove the gloves.
- Protect your feet and ankles against sharp debris by wearing foot wear that covers the entire foot and has thick soles.
- Give prompt care—including immediate cleansing with soap and water, and a tetanus booster if indicated—to anyone who is injured during work with human remains.

#### **Psychological/Emotional Difficulties**

As a first responder or relief worker, you may encounter extremely stressful situations, such as witnessing a tremendous loss of life, serious injuries, missing and separated families, and destruction of whole areas. It is important to recognize that these experiences may cause you psychological or emotional difficulties.

#### **Some Common Normal Reactions to a Disaster**

- Profound sadness, grief, and anger.

- Not wanting to leave the scene until the work is finished.
- Trying to override stress and fatigue with dedication and commitment.
- Denying the need for rest and recovery time.

### **Ways to Help Manage Your Stress**

- Limit on-duty work time to no more than 12 hours per day.
- Rotate work assignments between high stress and lower stress functions.
- Drink plenty of water and eat healthy snacks and energy foods.
- Take frequent, brief breaks from the scene when you are able.
- Keep an object of comfort with you such as a family photo, favorite music, or religious material.
- Stay in touch with family and friends.
- Pair up with another responder so that you can monitor one another's stress.

### **After You Come Home**

If you are not feeling well, you should see your doctor and mention that you have recently returned from response and relief work in Haiti. Also tell your doctor if you were bitten or scratched by an animal while traveling.

Symptoms of malaria can develop up to one year after travel, so be alert for fever or flu-like symptoms.

Approximately one-third of aid workers report depression shortly after returning home, and more than half of returned aid workers have reported feeling predominantly negative emotions on returning home, even though many reported that their time overseas was positive and fulfilling. You might want to see a mental health professional to help you adjust back into your home environment.



**Medical Insurance:** several companies provide group low-cost insurance for overseas medical care and even med-evac coverage in case of emergencies requiring immediate medical evacuation to the US:

Brotherhood Mutual Insurance Co. (800-876-4994)

Cigna (check with a local representative)

Seabury and Smith (800-282-4495)

Traveler's Information Hotline (404) 639-2572.



## SOME QUESTIONS AND ANSWERS

1. *Do I need a passport?* Yes. The application may be obtained and submitted in person at your nearest Passport Office, US District Court, and sometimes at the Post Office. Check “United States Government Offices” section of your phone book or call the post office. All adult US passports are valid for ten years. Passports normally take two to four weeks to be issued. By law you can obtain a passport within a few days if it is urgent.
  2. *Do I need a visa?* No.
  3. *Is it safe?* Haiti is a country having a history of political and economic turmoil. We will explore some of the reasons for this prior to the trip. However, Haitians love to show hospitality to visitors and North Americans are generally safe in Haiti.
  4. *How much luggage can I take?* We recommend that you pack only the necessities and travel lightly. One suitcase and a carry-on piece of luggage (ideally a small backpack) should be enough. However, international airline regulations usually allow two check-in pieces of luggage of up to 50 lbs. each.
  5. *What about laundry?* Since we are in Haiti for less than a week, carry on clothing for the entire week and a bag to place your used clothing.
  6. *What are the accommodations like?* We will be staying in a guest house in Port-au-Prince or possible in the newly made shelters. Bring a set of sheets, pillow, blanket, and towel. A sleeping bag is highly recommended.
  7. *What is the voltage in Haiti?* 120 volts, but we will only occasionally have electricity. Kerosene lamps may be used.
  8. *What will we eat?* Your meals while you are in Haiti will be provided. Meals will be simple. Rice and beans is a staple, but things like bread, peanut butter and fresh fruit are always available.
  9. *What is the weather like?* Haiti is in the tropics, and it is very hot in the summer and warm the rest of the year. There are two rainy seasons (spring and late fall usually) when it may rain in the afternoons. Nights may be cool in the winter.
  10. *Should I bring valuables?* NO. Visitors stand out as people having valuables and the Helping Hand cannot be responsible for any items that are lost or stolen at any time during this trip.
- You will also want to bring some money along with you. Unfortunately, traveler’s checks are not very useful. US cash will be.
11. *Do I need insurance?* You may want to check with your current insurance policies

(Renters, health, life) to see what restrictions there are on international travel. If you want, you can purchase supplemental travel insurance.

12. *What if my family needs to contact me?* Your family can contact the Helping Hand in the case of any emergency, and they will assist your family in contacting you in Haiti. Unfortunately, phone lines to Haiti do not always work efficiently, but every effort will be made to contact the group in the case of an emergency.



## SECURITY: COMMON SENSE RULES

When moving about in Haiti everyone should observe strict caution as follows:

- Always follow the instructions and guidance of your group leader on site and any special guidance received at orientation. Do not abandon your group under any circumstances. Your mentor should know exactly where you are at all times.
- Keep your money belt with you at all times but concealed under your clothing – not dangling from the midriff. When not needed, leave your money at the house of hospitality.
- Never access your money belt or fumble with money in public.
- Never, never go into a bank under any circumstances, or loiter near a bank. Money should be dealt with or exchanged only at your house of hospitality.
- Do not wear any gold or silver jewelry or watch. Wear a cheap watch. Do not carry anything ostentatious such as electronic gadgets or big camera.
- Do not carry your passport when traveling throughout the city or country. Leave it in a safe place at the house of hospitality. Carry a copy of the front page of your passport.
- Be very cautious, observant, and aware, and alert when walking around Port-au-Prince or in any other city or town. Never go out alone and never walk outside anywhere at night.
- Learn about and respect local customs.
- Do not take pictures without asking permission: May I take your picture: “*Pran foto?*”
- Do not make promises to people you cannot keep!

Crime exists in all countries of the world. The US has one of the highest crime rates in the world for serious crime such as armed robbery and murder. In the 90s The Disaster Center reported the risk of being a victim of crime in the US as 5.1% and of a violent crime .63%. Security is not only a matter of reality and safety but is also a state of mind.



## **A CODE OF ETHICS**

1. Travel in a spirit of humility and with a genuine desire to help the people of Haiti.
2. The right to receive humanitarian assistance, and to offer it, is a fundamental humanitarian principle which should be enjoyed by all citizens of all countries.
3. The prime motivation of our response to disaster is to alleviate human suffering amongst those least able to withstand the stress caused by disaster.
4. Be sensitively aware of the feelings of other people, preventing what might be offensive behavior on your part. This applies very much to photography.
5. Cultivate the habit of listening and observing, rather than merely hearing and seeing.
6. Realize that often the people in the country you visit have time concepts and thought patterns different from your own; this does not make them inferior, only different.
7. Respect the culture, customs, structures and religion of the communities you work with.
8. Remember that you are only one of the thousands of relief workers visiting this country and so do not expect special privileges.
9. Help according to the need of individuals, families and communities. We will not tie the promise, delivery or distribution of assistance to the embracing or acceptance of a particular political or religious creed.
10. Do not make promises to people in your host country unless you are certain you can carry them through.
11. Spend time reflecting on your daily experiences in an attempt to deepen your understanding. It has been said that what enriches you may rob and violate others.

## **HAITI FACT SHEET before the EARTHQUAKE**

**LOCATION:** Haiti is located 700 miles southeast of Miami, just 100 minutes air travel time, occupying the western third of the island of Hispaniola, which it shares with the Dominican Republic. Haiti is only 60 miles from Cuba.

**SIZE:** 10,714 square miles, or 1/4 the size of Virginia (about the size of Maryland).

**POPULATION:** Approximately 8.2 million people. Over 1.5 million live abroad, mostly in the U.S. and Canada, with an estimated additional number (varying between 450,000 to 750,000) living in the neighboring Dominican Republic.

**GOVERNMENT:** Independent Republic since 1804. Since then there has been instability in the government with many factions vying for power. Before the first democratic elections were held in December 1990, Francois Duvalier and then his son, Jean-Claude, ran a brutal dictatorship. When the elections occurred in 1990 the turnout of eligible voters exceeded 60% and Jean Bertrand Aristide was elected President. A nonviolent transfer of power from President Aristide to newly elected Rene Preval took place Feb. 7, 1996. Aristide was re-elected President Nov. 26, 2000. The Parliament of 83 Delegates and 27 Senators was elected in May 2000 (with term extending to Feb. 7, 2006). President Aristide was removed from Haiti in February 2004. An interim Government stayed in power until spring of 2006 when Rene Preval was elected as President of Haiti.

**RELIGION:** 80% Roman Catholic; 10% various Protestant mainline churches. Evangelical Christians are increasingly becoming evident. Vodou remains a part of Haitian culture stemming from African roots and the government officially recognizes the Vodouist Federation.

**LANGUAGE:** Creole and French are official but everyone speaks Creole. All of Haitian law is in French. Some grassroots groups and the clergy are learning English.

**EDUCATION:** Free public education is sporadic and non-existent in many rural areas. Only 5-10% of rural children ever complete elementary school. 80% of the population is illiterate. President Aristide was able to set up one literacy school in each of the 565 districts in Haiti.

**LIVING CONDITIONS:** Only 15% of the rural population has access to safe water. Most families do not have electricity or running water. Sanitary facilities as we know them, sewage disposal, flush toilets, etc., are almost nonexistent. 2.4 million people live in urban slums. In 1999 the UN designated Haiti the 3rd hungriest nation in the world behind Somalia and Afghanistan.

**LIFE EXPECTANCY:** 54 years. For some labor activities such as pulling *bourets*, 45 years.



**ECONOMY:** Average per capita income is less than \$400, closer to \$150 in the rural areas. Less than 1% of the population controls the majority of the wealth. Fewer than 200 families control the entire economy. There is little trade between Haiti and other countries. Much of the food for survival, such as rice, is imported at low prices because of subsidies to US farmers by the U.S. government.

### **Fast facts – Haiti Earthquake**

- USGS: USGS called it the strongest earthquake since 1770 in what is now Haiti
- The quake struck on January 12, 2010 at 4:53 p.m.
- The 7.0 magnitude quake's epicenter hit just 10 miles west of Port-au-Prince and its 2 million inhabitants
- 3 million people in need of emergency aid after major earthquake
- The major quake sent 33 aftershocks ranging in magnitude from 4.2 to 5.9
- The Red Cross dispatched a relief team from Geneva and the UN's World Food Program is flying in two planes with emergency food aid.
- The Inter-American Development Bank said it was immediately approving a \$200,000 grant for emergency aid.
- Some 9,000 peacekeepers have been in Haiti since 2004, including 1,266 Brazilians.
- Haiti has no real construction standards.
- November 2008: Following the collapse of a school in Petionville, the mayor of Port-au-Prince estimated about 60% of buildings were shoddily built and unsafe in normal circumstances.



## Basic Creole

Good morning	Bonjou
Good evening	Bonswa
How are you?	Ki jan ou ye? (or) Kouman ou ye?
I'm not too bad.	Mwen pa pi mal
Great!	Anfòm!
And you?	E ou menm?
Good Bye	Orevwa (or) m 'ale
What is your name?	Ki jan ou rele?
My name is...	Mwen rele...
I am happy to know you.	Mwen kontan rekonèt ou.
This is my wife.	Se madanm mwen.
This is my husband.	Se mari mwen
What are you doing?	Ki sa wap fè?
Yes	Wi
No	Non
Thank you (a lot)	Mèsi (anpil)
Help me!	Anmwe!
Excuse me	Eskize m
Please	Souple (or) Silvouplè
You're welcome.	Ou merite.
I'm sorry.	Mwen regret sa.
I'm tired.	Mwen fatigue
It is hot today.	Le fè cho jodi a
I do not speak Creole.	Mwen pa pale Kreyòl
I do not understand.	Mwen pa konprann.
I need to go to the bathroom.	Mwen bezwen pipi.
Where is the bathroom, please?	Kote twalèt la, souplè?
Haiti is pretty.	Ayiti bèl.
May I take your photo?	Eske mwen met pran foto ou?
How much does that cost?	Konbyen sa koute?
Dollar	Dola
God bless you.	Bonde a Beni ou
One	En
Two	De
Three	Twa
Four	Kat
Five	Senk
Six	Sis
Seven	Set



**Helping Hand**<sup>®</sup>  
*For Relief and Development*

Please sign the document and email HHRD back.

In signing this document I hereby acknowledge that I have read this entire document, that I understand its terms, that by signing it I am giving up substantial legal rights I might otherwise have, and that I have signed it knowingly and voluntarily.

Date: \_\_\_\_\_

\_\_\_\_\_

Signature

\_\_\_\_\_

Name (Printed)