

“Healthy Helper”: A Hurricane Harvey Initiative

Family and Community Health | Texas A&M AgriLife Extension

The Need

With Hurricane Harvey relief efforts underway, a major need is to educate the volunteers providing aid and help on healthy and safe cleanup to help prevent the leading causes of death and disease following hurricane and flood disasters.

Previous research of similar disasters have highlighted the following causes:

1. Carbon Monoxide Poisoning
2. Drowning
3. Arteriosclerotic Vascular Disease Events (e.g. Heart Attack)
4. Electrocution
5. Mold
6. Food-borne Illness
7. Mosquitos
8. Flood Water

However, as clean up efforts continue, many are unaware of the risks factors, and do not have access to the essential items to help in prevention.

The Response

The “Healthy Helper” initiative is specifically tailored to meet this important need in evacuees, volunteers, and rescue teams – to be accomplished through the following components:

- 1. “Healthy Helper” Information Card**
 - a. A 4x6 color, laminated card will inform individuals of the top tips and gear items to prevent the leading risk factors of death and disease.
 - b. See attached mock-up.
- 2. “Healthy Helper” Kits**
 - a. Kits provide individuals with the essential items for prevention, which are also highlighted in the information card.
 - b. See attached itemized budget proposal.
- 3. “Healthy Helper” On-Site Tents**
 - a. On-Site tents, through collaboration with local churches and other aid entities, will provide WIFI access, additional health and disaster recover information, “Healthy Helper” information cards and kits.
 - b. These sites will also serve as an integral point of connection to assess specific, local needs and concerns to be communicated back to appropriate entities.
 - c. See further details and proposed budget from Treye Rice.

Healthy Helper Information Card

HEALTHY HELPER CLEAN UP SAFETY




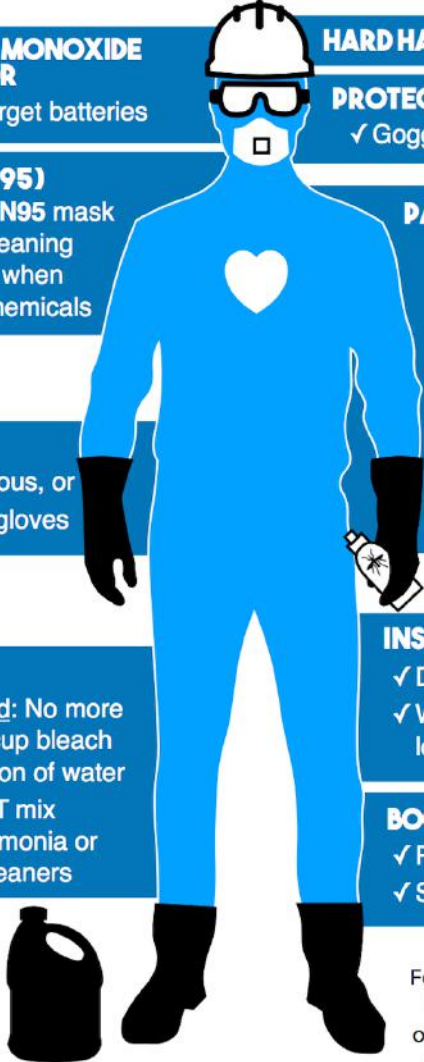
- CARBON MONOXIDE**
 - ★ **DO NOT** use a generator or any gas-powered engine indoors
 - ★ You cannot see or smell it
 - ★ **Poison:** It can kill you in minutes
 - ★ **Symptoms:** Headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion.
- DROWNING**
 - ★ Drowning is a risk for everyone, no matter how well you swim
 - ★ Watch for swiftly moving water
 - ★ Vehicles are not protection
- HEART ATTACK**
 - ★ There is higher risk of cardiac event from traumatic events
 - ★ Pace yourself while you work
 - ★ Seek professional help to cope with emotional distress
 - ★ **Helpline:** 800-985-5990
 - ★ **Text:** "TalkWithUs" to 66746
- ELECTROCUTION**
 - ★ AVOID fallen power lines
 - ★ DO NOT walk or drive through standing water of downed lines
 - ★ **Call 911** if you believe someone has been electrocuted
- MOLD**
 - ★ Higher risk in those with asthma, allergies, or breathing conditions
 - ★ **Sight:** Discolored wall, ceilings
 - ★ **Smell:** Musty, earthy, foul stench
- FOOD SAFETY**
 - ★ Food-borne illness: From upset stomach to respiratory failure
 - ★ Clean your hands in hot, running, potable water for 20-sec
 - ★ Keep hot foods at 140 degrees
 - ★ Keep cold foods at 40 degrees
 - ★ Keep meat and produce separate
- MOSQUITOS**
 - ★ Flooding can increase the number of mosquitos that carry diseases
 - ★ Use screens on dwellings, wear pants, socks, long-sleeved shirts
 - ★ Use insect repellent that contains DEET or Picaridin
 - Children:** Follow directions
 - Babies:** **DO NOT** use repellent
- FLOOD WATER**
 - ★ Flood water can be hazardous:
 - ★ Can contain sharp objects, such as glass or metal fragments
 - ★ May contain sewage, chemicals
 - ★ Wash hands often
 - ★ Seek immediate medical attention if you become injured or ill

FOR MORE INFORMATION:
TEXASHELP.TAMU.EDU



HEALTHY HELPER GEAR

Thank you for your help and service! Here are some simple ways to keep yourself safe and healthy.

- CARBON MONOXIDE DETECTOR**
 - ✓ Don't forget batteries
- HARD HAT**
- PROTECTIVE EYE WEAR**
 - ✓ Goggles or glasses
- MASK (N95)**
 - ✓ Wear a N95 mask when cleaning mold or when using chemicals
- PACE YOURSELF**
 - ✓ Rest whenever you need to
 - ✓ Get help lifting heavy objects
 - ✓ Focus on most important tasks
 - ✓ Get support from family, friends, or counselors
- GLOVES**
 - ✓ Non-porous, or
 - ✓ Rubber gloves
- INSECT REPELLANT**
 - ✓ DEET or Picaridin
 - ✓ Wear pants socks, long-sleeved shirts
- BLEACH**
 - ✓ For mold: No more than 1 cup bleach in 1 gallon of water
 - ✓ **DO NOT** mix with ammonia or other cleaners
- BOOTS**
 - ✓ Rubber boots
 - ✓ Steel-toe work boots

For more information on "Healthy Helper" kits, or to donate, please visit TexasHelp.tamu.edu.

Healthy Helper Information Card

Item	Store/Link	Price per Item
Hard Hat	Home Depot	\$6.96
Eye Protector Glasses	Home Depot	\$3.98
N95 Respirator Mask	Home Depot	\$1.40
Rubber Gloves	Home Depot	\$1.20
Insect Repellant with DEET (6oz)	Home Depot	\$4.98
Rubber Boots (unisex)	Walmart	\$14.00
Bleach (1 gal)	Walmart	\$2.60
Carbon Monoxide Detector	Walmart	\$13.41
Batteries for CO Detector (3 AA)	Walmart	\$1.87
Total per Kit*		\$50.40

*Pricing estimation is based on a single kit (1 individual). Some items are purchased in bulk.

Other Considerations

1. Printing and Lamination Costs for Information Sheet
2. Work with Ag Communications for Packaging?
3. Donations for Kits?
4. Signage?
5. Carbon Monoxide Warning Stickers for Generators?
6. Tools (e.g. shovel, rake, etc.)?
7. Ask Local Healthcare Providers to Volunteer at Tents?