

The following is the email request received from our colleagues in Puerto Rico.

Greetings from Puerto Rico!

We hope this message finds you well. Puerto Rico, on the other hand, faced a Category 5 Hurricane two weeks ago. The situation has not been stable yet, regarding our everyday lives. However, this site has not reported any major losses and its staff is safe and sound. The same can not be said of our participants, most of them becoming from low-income households. They are striving to find essentials and basic services for their families subsistence in the middle of this humanitarian crisis. Basic needs regarding food, transportation, water and electricity, are scarce until further notice, which creates long hour lines to access almost anything for everyone.

Many federal and health organizations, have been posting messages on their willingness to cooperate with our population to get through the coming weeks. As the Outreach Coordinator for the San Juan City Hospital Research Unit, with Dr. Midnela Acevedo, as our Director, we desperately ask if PHACS can help us through FEDEX with some or all the following products, to distribute to our staff and participants.

We plan to arrange any of the help we can receive in "Support Kits". To facilitate the carrying of products, we thought kits should be distributed in waterproof backpacks, due to the loss of roof tops of many homes situated in this tropical always raining Island. Here, I enlist the essentials.

Support Kit Backpacks, containing:

- Solar panel charger for USBs
- Phone Battery chargers with USB and a wall charger
- Inverter power units for cars (for staff)
- Portable water filter bag
- Feminine hygiene products (such as tampons, sanitary napkins)
- Mosquito repellent
- Sunblock
- Sleeping bag
- Baby wipes
- AM/FM radio that can be recharged with USB port
- Hand sanitizer
- First aid kit
- Plastic gloves
- Disinfecting wipes
- Flashlight or lamp (preferably solar or charged with USB)
- D batteries
- AA batteries
- Hat to protect from sun
- Toilet paper

Any additional snacks that we can provide for participants upon their site arrival, will also be appreciated since most of them have not eaten properly for the past days. At our site, we have cold water for them. If we can accompany that with snack it will be a most welcome relief for them, their spouses and children.

Our team has been without electricity and water in their household for three weeks now. Once again, any help with these will be eternally thanked. And please feel free to share to whomever can help us with this matter.

Please let us now, if we can be of any further assistance regarding the materials needed.

Warm regards,

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