

Do you need help locating family members in Haiti?

The State Department Operations Center has set up the following number for individuals seeking information about family members living in Haiti **1888 407 4747**. Press zero (0) to speak to a customer service representative.

The White House is also directing people to www.whitehouse.gov for general information about the earthquake and relief efforts in Haiti.

Are you looking for a way to help?

The immediate need is for money that can be used by an established relief organization to best aid victims of the devastating earthquake. Visit www.interaction.org to get a list of credible responding organizations for international emergencies. Reputable organizations include:

- *Partners in Health* www.pih.org
- *International Red cross*: www.redcross.org or donate \$10 to be charged to your cell phone bill by texting "HAITI" to **90999**
- *Catholic Relief Services* www.csr.org
- *The City of Boston has also established a Haitian Family Relief Fund at Bank of America where residents can make donations to support relief efforts for families in Boston who are affected by the earthquake. Donations can be made via **The Fund for Boston Neighborhoods, Inc.** at Boston city hall or Bank of America branches in Boston.*
- **211** for ways to volunteer in the community
- *To identify missing family members: <http://www.icrc.org/familylinks>*
- *To volunteer on local level: **Hands On Organizations** in MA is collecting names for volunteers. Contact **Tom Taylor** at info@HODR.org. And for more information go to website at: <http://hodr.org/volunteer-info/>*

Do you need additional assistance?

The City of Boston along with local city offices, SEUI Local 1199, area hospitals, health centers and community organizations will open a Referral and Support Center at the SEIU Local 1199 Bayside Office Center located at 150 Mt. Vernon St. , Dorchester (next to JFK Red Line). The center will operate from 9AM until 9PM, Thursday, Friday and Saturday and will offer phone lines and computer access to help in locating family and friends in Haiti. Translators will be available along with counseling support and assistance linking to needed services.

Tips for Taking care of yourself and your family during these difficult times

- Support each other. Parents and caregivers should take time to talk together and find ways to meet each other's needs.
- Monitor adult conversations. Be aware of what adults are saying about the earthquake of the damage. Children listen to adults' conversations and may misinterpret what they hear, becoming unnecessarily frightened.
- Limit media exposure. Protect your child from too many images and descriptions of the earthquake, including, t.v., the Internet, on radio and newspaper.
- Reassure children that they are safe.
- Take care of yourself physically. Eat healthily, get enough sleep, drink plenty of water, and get proper medical care.