

Here are some great suggestions for helping a friend whose home has flooded. Remember they are going to feel uncomfortable being in such a position of need. It's painful to go from being self sufficient one day to suddenly not having a pair of shoes with no car to go and buy some new ones. Try to see a need and fill it without asking "what can I do?" Friends with flooded homes are exhausted and overwhelmed and it's hard to answer that question. If you are going to help a friend clean out their home, here are a few items that are helpful to bring.

### **CLEANING/PACKING SUPPLIES:**

- Masks- ventilator
- Paper towels
- Disposable gloves
- Bleach/Borax
- Lysol/Clorox wipes
- Cardboard boxes
- Packing tape
- Sharpie
- Boxcutters
- Hand sanitizer
- Handsoap
- Mosquito repellent

### **REFRESHMENTS:**

- Fresh fruit and veggies - washed and cut up (we've all been eating highly processed food for days)
- Water bottles
- Home cooked meals

### **IDEAS FOR BETTER QUESTIONS TO ASK:**

1. Does everyone in your family have shoes? If not, can I go pick up some up? What sizes?
2. Do you have anyone coming to help you cut out walls? If not, can I call a few water mitigation companies to get quotes for you? Or, may I come over to help or gather a crew that can help?
3. Do you have any laundry I can wash?
4. I have hand-me-downs from my kids, what sizes would be helpful?
5. Can I help arrange playdates for your kids?
6. Do you have any medications you would like me to call about getting replaced?
7. I'm making a trip to HEB today, please tell me 3 things I can pickup for you

8. Can I pack a school lunch for your child this week?
9. Is there anywhere I can give you a ride? Any errands I can run for you?
10. I'd like to take you to pick up your rental car. Please call me when it's available.
11. Please call me when you are ready for a ride home after you drop off your rental car.
12. Check in with your friend a week or two later. There is tremendous response in the beginning, but after a few weeks life goes back to normal for most, while flooded families will still be trying to find a new normal and may be moving into apartments or juggling car research before a big purchase, etc.