



United Way of Greater Houston

DO IT YOURSELF!



DISEASE PREVENTION HOME KIT

The COVID-19 pandemic has meant that many families around the nation are having to increase the safety and health precautions used in their home. Families that struggle to afford the supplies needed to keep their home clean may be more susceptible to the virus. Volunteers will create Disease Prevention Home Kits to provide Houston families with the supplies they need to keep their home safe during this time.

SUPPLY LIST

Each gallon-sized plastic bag should include one of each of the following items as well as a volunteer decorated towel. However, volunteers can make as many bags as they'd like. For a budget friendly option, supplies can be found at your neighborhood dollar store.

HAND SANITIZER
two per kit

Can be small/pocket-sized.

LAUNDRY DETERGENT
three individual pods per kit

Individual pods.

GALLON PLASTIC BAG
one per kit

STENCILS
not to be placed in kit

PLASTIC TABLECLOTHS
not to be placed in kit

SANDWICH BAGS
to contain laundry pods

PACKAGE OF WIPES
one per kit
Clorox or disinfectant wipes.

FACE MASKS
one package per kit
Disposable is best.

KITCHEN TOWELS
two per kit
One plain and one decorated.

FABRIC MARKERS
not to be placed in kit

MASKING TAPE
not to be placed in kit
To hold stencils in place while decorating

LATEX GLOVES
not to be placed in kit
To avoid contamination of items

VENDOR AND SUPPLY OPTIONS

Kit making supplies can be found at a variety of online and in-person stores. Prices can vary widely throughout the year and at different stores. Below is a list of vendor ideas:

- [Amazon Wishlist](#) of recommended supplies
- **Walmart/Target** - you may be able to buy some of these items in bulk or find similar variations
- **Discount/Dollar stores** - your local dollar store may supply some of the more general items in larger quantities



PROJECT TIPS

- Clean and prepare your project space.

United Way advises all volunteers to abide by the [CDC health and safety guidelines](#) when shopping for, preparing your select projects, and delivering completed kits to agencies. Here are some specific guidelines for how to participate in Days of Caring safely

- **Days of Caring Safety:**

- Please wash your hands before starting to prepare the volunteer project(s) and ensure your workspace and all materials have been disinfected.
- Use online ordering for supplies (shopping lists provided) or use social distancing while shopping for project supplies.
- When delivering your completed kits to an agency, wear a mask and follow the listed instructions. Each agency has procedures in place to ensure their safety and yours

- **Estimated time per kit**

Varies depending on how crafty each volunteer is with their towels; the average volunteer can decorate 1-2 towels per hour

- **Variety of supplies**

Coordinators should ensure that construction paper packs have multiple colors for the sake of variety. It may help to choose colors pertaining to a specific holiday or theme.

- **Set up tips**

- Set up the supply table in a central location, or multiple stations depending on the volunteer count. All supplies such as towels and decorating materials can be set up here for volunteers to have easy access to materials. Cover the table with tablecloths in case the markers bleed through the towels.
- Set up materials in the center of the table. Place commonly used items like markers, stencils, and tape needed to decorate the towels in this spot.
- Stencils can be used to trace a design onto the towels. Use a pencil to outline your design if you are decorating free hand.
- Use the masking tape to secure the towel to the tablecloth to make decorating and tracing easier.
- Coordinators should prepare spacious boxes or containers for transporting the towels.
- Be sure to place individual laundry pods in individual sandwich bags to avoid spillage.

PROJECT INSTRUCTIONS

- Purchase the supplies from a local store or order online through our Walmart or Amazon project supply list.
- Package each kit item from the supply list into a gallon size plastic bag.
- Be sure to include one decorated towel and one plain towel for the recipient

When your kits are completed, United Way staff will work with you to ensure delivery of kits to a community partner



Questions or issues? Contact your United Way representative or the Volunteer Engagement Team at DaysofCaring@unitedwayhouston.org.