

Deploying as an Individual or Small Group for IYCF-E Support Post-Emergency

Steps to Deploying:

1. Use the [Determining Need for SAFE Infant Feeding Support](#) questions to evaluate if a response is needed, and if so, what level.
2. If you do or will work with families directly, review the information in [Infant Feeding Support for Clients in an Emergency - for Small Organizations & Individuals](#).
3. Watch for information about shelters, points of distribution, and other survivor resources on TV, radio, social media, posters, and signage. Track these locations in a spreadsheet or other convenient place.
4. If you know other people will also be doing some IYCF-E response, talk to them.

If an individual, you will do as much of this as you believe to be appropriate on your own. If you are collaborating with other people, make sure to have some agreements in place about how you will be operating.

Working with Others

If other people will also be supporting families with safely feeding their infants and children, discuss and agree on these topics:

- Does anyone want to collaborate at all, even by sharing info or supporting different areas?
- Are you operating individually or as part of a group? If a group:
 - Do you want to use the group's name or your own names?
 - Will you use your own emails/phone numbers when leaving a callback or contact info for referrals, one specific person's contact info, or shared a email address and phone number?
- How much information will be shared...
 - About sites?
 - About available resources?
 - About people?

(Remember to keep personal information and confidentiality issues in mind)
If desired, you can track site and other information with [this Operations spreadsheet](#)
- Will you coordinate at all regarding who is going where and when?
- Will you track who went to which locations and what they did to better coordinate efforts?
- Under what circumstances will you refer to each other?
- If you are distributing kits, handouts or other materials, will there be any sharing of those expenses or materials or is each person responsible for their own?
If desired, you can track inventory with [this Inventory spreadsheet](#).

- How will you handle other types of expenses?
- If someone offers donations, how will that be handled?
 - How/where will in-kind donations be received, kept, and shared (or not)?
 - If monetary donations are offered, how will they be received, kept, and used?
- Are there any types of support your group (if operating as a group) want to keep off-limits?
- How will you support each other to ensure good self-care, emotional support, and taking days off when needed?

What to Wear

Dress appropriate to the expectations in your area, as well as for safety.

- **Sturdy, comfortable shoes for a lot of standing and walking.**
- **Weather-appropriate clothing:**
 - Use layers for temperature fluctuations
 - A hat and/or sunglasses if it may be sunny (many points of distribution may be outdoors)
 - Warm gear, including hat and gloves, if it may get cold.
- **Clothing that will support trust from most people in your area.**
 - If people tend to be more trusting of officials such as government, police, and healthcare professionals in your area, you may find it helpful to wear scrubs.
 - If people are more trusting of neighbors and regular people and less trusting of officials, wear casual clothing.
 - Clothing you don't mind getting dirty, especially if there may be mud, soot, debris, or similar "mess" around.
- If indicated by local conditions: masks, gloves, shoe covers or other PPE

Items to Bring

When going to visit a point of distribution, shelter, site, or event, these items may be helpful.

ALWAYS tell someone where you are going, even if you are travelling with someone else.

- **Self-care items:**
 - WATER - bring plenty if you can, as it may not be easily accessible out in the field
 - Snacks and/or lunch - food may or may not be easy to come by
 - A little cash - if power outages are occurring, any purchases you can make may not be able to use electronic payments, including credit cards.
- **A paper map and/or directions if cellular service is unreliable**
- **Name tag/badge**
(You may want to de-emphasize the words "breastfeeding" or "lactation")

- **Permanent marker**
- **Handouts / Resource Info**
 - Business cards - to contact you or your team
 - Hotline cards, if you have access to a hotline
 - Copy of Rapid Needs Assessment (if needed for reference)
 - Public link to your Resource Directory
OR print a copy to bring so people you're helping can copy/take a pic of the info.
 - A link to or copy of suggested Shelter Signs
 - Safe Formula Storage sheet
 - DIY Sheets (how to assemble own sanitation kit)
 - Extra booklets if not always distributing a kit
- If you speak any Spanish:
 - [Spanish phrases reference sheet](#)
- Appropriate number of kits for yourself or your team (if distributing kits).
- Carriers, hand pumps, etc, if you have any on hand and desire to distribute them.
- Any items for special requests.