

# WHAT CAN YOU DO?

## PLAN

**As soon as we can get patients out, or medical staff in, we need to move **fast****

*'We need you, on the outside, to start thinking about the day after.  
It's critical that you have a plan... to systematically hit the ground running.  
You will not find anybody with any energy left  
at the end of this war to be able to help'*

## RECRUIT

**We urgently need **people** – surgeons, nurses, doctors, anaesthetists, mental health specialists, people who can run sterilisation machines**

*'Colleagues have had personal loss that is immeasurable and those who have not, have been exhausted both emotionally and physically. Make sure that you are on the matrix of one of the organizations for the services and the specialties that you can.'*

## REPLENISH

**Medical supplies need replenishing –drugs, equipment, sterilisation products, clean water, **everything** medical professionals rely on.**

*"You're going to have to bring everything... to quickly assess the situation. Try to figure out who are the local contacts that you have where they are, and how to be in touch with them immediately when this finishes so that you have all of the information available to you."*

## TREAT

**Please help the most vulnerable patients get treated**

*'[if] there is a ceasefire, and there is the ability to bring in teams...this is not an issue of sending a few missions ...we need to figure out a way in which maybe, some of the existing hospitals are taken over and turned into permanent treatment centers'*

*'we rely on you to be able to bridge that gap until the health system -- in terms of **people, institutions and resources** -- are able to get back on their feet'*

-Dr Ghassan Abu Sittah, Gaza 12 Nov 2023