



Tips for safety, support, and recovery

Navigating natural disaster events

A natural disaster can impact the mental, physical, and financial well-being of a whole community. Whether you're directly impacted or supporting someone affected, these tips can help you take care of immediate needs, access helpful resources, and stay protected during recovery.

Immediate steps to take



Ensure your safety first: Follow local evacuation orders, emergency alerts, and shelter guidance.



Check in with loved ones: Use texting or social media to check in with loved ones if phone lines are overwhelmed.



Document any damage: Take photos or videos of your home, car, or belongings as soon as it is safe to do so.

Preparing in advance

Before a disaster starts, gather and keep these handy:

- Insurance policy numbers
- Emergency contacts
- Important personal documents (including your Social Security card and birth certificate)
- Logins to key service providers
- EAP and Work-Life contact information



Taking care of yourself:

- Maintain a healthy diet, ensure adequate sleep, and stay hydrated by drinking water.
- Foster connections with others.
- Keep yourself informed and limit distressing exposure to media.
- Allow time to relax and remember that intense emotions will reduce over time.
- Practice slow deep-breathing techniques.
- Understand your limits and seek support when necessary.

Connecting to resources and support

After a disaster strikes, you're not alone. Below is a list of resources and support organizations that can help with recovery. Scan the QR code or call the number listed to get connected.



Federal Emergency Management Agency (FEMA)

800-621-3362

Federal assistance is available to those experiencing impacts from the storm. Assistance includes help with shelter, property, and income loss.



American Red Cross

800-621-3362

Get tips for preparedness steps you can take today, what to do in an emergency, and how to repair and rebuild afterward. 800-RED-CROSS



Substance Abuse and Mental Health Services Administration (SAMSHA)

800-985-5990

Provides communities and responders with behavioral health resources that help them prepare, respond, and recover from disasters.

Avoiding scams

- **Imposter scams:** Scammers may pose as official figures, such as safety inspectors or government representatives. If someone asks for your money or personal information immediately, they're likely a scammer. Do not give them money. Request identification and verify their credentials before proceeding.
- **FEMA impersonators charging application fees:** If someone asks for money to help you qualify for FEMA funds, do not provide it. FEMA does not operate that way. Instead, download the FEMA mobile app to receive alerts and accurate information once you have service.
- **Home improvement and debris removal scams:** In recovery zones, be wary of unlicensed contractors and scammers offering quick repair or cleanup services. Avoid anyone demanding cash payments upfront or refusing to provide copies of their license, insurance, and a written contract.

If you spot a scam, report it to: reportfraud.ftc.gov.