

Preparing for and Recovering from Hurricanes and Tropical Storms

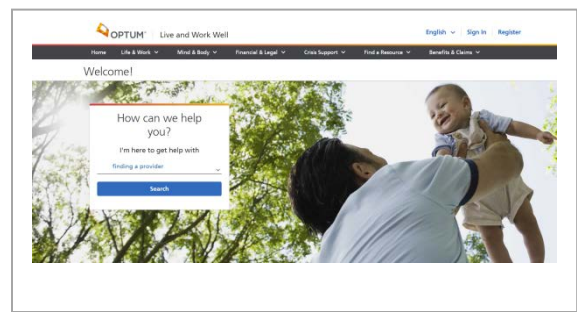


Being prepared for emergencies is important. Visit liveandworkwell.com for information on preparing for severe weather and for help afterward. Register or log in with your access code. The website also provides information to assist you in helping your children handle the stress of major storms. Select the “Disaster Planning & Recovery” center under the **Crisis Support** tab for resources. For coping resources, select “Well-Being” from the **Life & Work** tab to view the Coping center.

Preparing for Hurricanes and Tropical Storms

Excerpted from www.ready.gov

- Know where to go. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Contact your local emergency management agency.
- Put together a disaster supply kit, including a flashlight, batteries, cash, first aid supplies, and copies of your critical information if you need to evacuate.
- If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding.
- Make a family emergency communication plan by visiting <https://www.ready.gov/make-a-plan>. Share it, have everyone keep a copy, and post on your refrigerator. Practice your plan.



www.liveandworkwell.com is a free, convenient online resource available to you and your family because of your benefit package. Please visit and view the **Important Communications Alert** for local resources on your member home page. The toll-free support number is **(866) 342-6892**. It will be open 24 hours a day, seven days a week. *Service is free of charge and available to anyone.* We are here to help.

After a Hurricane or Tropical Storm

- Listen to local officials for updates and instructions.
- Check-in with family and friends by texting or using social media.
- Return home only when authorities indicate it is safe.
- Watch out for debris and downed power lines.
- Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down, and fast-moving water can sweep your vehicle away.
- Avoid flood water as it may be electrically charged from underground or downed power lines and may hide dangerous debris or places where the ground is washed away.
- Photograph the damage to your property in order to assist in filing an insurance claim.
- Do what you can to prevent further damage to your property, (e.g., putting a tarp on a damaged roof), as insurance may not cover additional damage that occurs after the storm.

Additional Resources:

FEMA (Information about Federal Assistance) – <http://www.fema.gov>

American Red Cross – <http://www.redcross.org/>

CDC (Emergency Preparedness) – <http://emergency.cdc.gov/>

Ready.gov (Preparation and Recovery) – <https://www.ready.gov/hurricanes>

Liveandworkwell.com Helps Your Children Deal with Emergencies Too

Liveandworkwell.com's **My Healthy Family** section features age-appropriate safety and support information for children and teens. Our content partner is the award-winning Kid's Health organization. **Find it:** In Popular Tools on your member home page.



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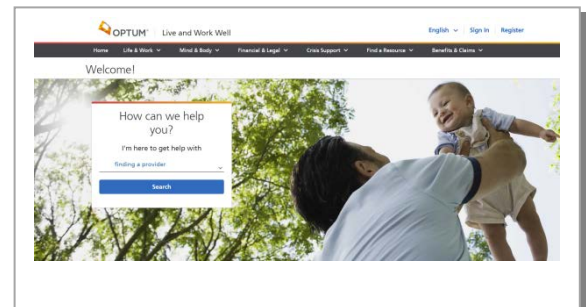
Recovering from Storms and Flooding



Liveandworkwell.com is a free, convenient online resource available to you and your family because of your benefit package. Please visit and view the **Important Communications Alert** on your member home page for local resources and help after a storm or flooding.

You can also find online disaster and coping resources. Register/Login or enter with your Access Code. The toll-free emotional support number is **(866) 342-6892**. It will be open 24 hours a day, seven days a week. *Service is free of charge and available to anyone.* We are here to help.

For even more support click on the **Crisis Support** tab in the top navigation bar for information on *Financial Relief, Housing, and Disaster Recovery*. For information on coping and managing stress, click on the **Life & Work** tab and visit the *Well-Being* hub. There you'll find a Coping center with articles, guides, and resources. The website also provides information to assist you in helping your children handle the stress of major storms.



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After the Flood: The First Steps

Excerpted from Federal Emergency Management Agency. Read the entire article on liveandworkwell.com

Your home has been flooded. Although floodwaters may be down in some areas, many dangers still exist. Here are some things to remember in the days ahead.

- Roads may still be closed because they have been damaged or are covered by water. Barricades have been placed for your protection. If you come upon a barricade or a flooded road, go another way.
- Keep listening to the radio for news about what to do, where to go, or places to avoid.
- Emergency workers will be assisting people in flooded areas. You can help them by staying off the roads and out of the way.
- If you must walk or drive in areas that have been flooded:
 - Stay on firm ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
 - Flooding may have caused familiar places to change. Floodwaters often erode roads and walkways. Flood debris may hide animals and broken bottles, and it's also slippery. Avoid walking or driving through it.
- Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.

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We provide interactive health related games, advice on stress, emotional issues, safety, age-appropriate disaster information, and more.

