

Stay Calm

Fear, worry and anxiety are normal responses to abnormal situations. However, it is important to stay calm in the face of danger.

Be Informed

- Be aware of the risks that are in your area and how to respond to a crisis; you will be less likely to panic.
- News outlets provide useful information about preparing for a disaster.

Act with Purpose

- Creating and exercising a disaster plan in advance will lower the level of fear and anxiety during a disaster.
- Limit your exposure to upsetting information especially if children are present.
- Project a positive attitude around children and reassure them that you will not let anything happen to them.

And During a Disaster...

Foster Hope

- Remember how you made it through difficult times before and realize you are not alone.
- A disaster is time-limited; it will not last forever.
- Search for meaning; there is more to you than your circumstances.

Stay Connected

Staying connected to those who care about you can buffer you from stress. But during a disaster, communication may pose a challenge.

Be Informed

- Rely on trustworthy sources for information, such as the American Red Cross and government agencies.
- Find out where to access alternative support channels: TV, radio, phone calls, websites and e-mail.

Act with Purpose

- Create a contact list that includes multiple ways family members can be reached.
- Since it may be easier to call long distance than locally, you should designate a person out-of-state to serve as a contact point for family members.

And During a Disaster...

Connect with Others

- Be creative about ways to stay in touch.
- Reach out to others to offer assistance and support.
- Realize your sources of emotional support also include: friends, coworkers, classmates, and other people you are connected with in the community.

Stay In Control

You may not be able to control your circumstances, but you can control how you react.

Be Informed

- Recognize that schools, businesses and churches may be closed for safety reasons.
- Sign up for a free emergency notification system called Code Red that is available through your local government.

Act with Purpose

- Include the special needs of each family member and pets in a plan.
- Put together a 3-day portable emergency kit, it will decrease your dependency on others.

And During a Disaster...

Take Care of Yourself


- Maintain daily routines to help yourself and your family have a sense of normalcy.
- Get adequate sleep and eat healthy.
- Long periods of stress can lower the immune system, so practice good hygiene to avoid catching viruses.

Follow these links for more information on disaster preparedness and coping.

Family Preparedness

 www.redcross.org/prepare

Build a Kit

 www.ready.gov

Code Red

 <https://cne.coderedweb.com>

Manage Flood Distress

 www.apa.org/flood-distress

Fargo, ND Related Information

 www.cityoffargo.com/emergencies

Disaster Behavioral Health Information

 www.samhsa.gov/dtac/dbhis/

www.RedRiverResilience.com

Feel calmer, get connected and increase your sense of control by being prepared.

Prepared on behalf of Red River Resilience

Visit us at www.RedRiverResilience.com and on Facebook



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PREPARING FOR AND COPING WITH DISASTER



Be Resilient
↔
Reduce Your Stress

