Responding to a Natural Disaster: Maryland Flooding



If you turn on the TV, pick up a newspaper or go on the Internet, you'll likely find the news is full of negative stories, including natural disasters around the world. But when a tragedy strikes closer to home — like in your community — it may be even harder to process.

While people may respond to and deal with a natural disaster in different ways, there are several tools and resources available to you on **liveandworkwell.com**.

Disaster Planning & Recovery Center: Type the keyword "disaster" into the search bar, select the *Disaster Planning & Recovery Center*. Here you'll find information on preparing for and recovering from natural disasters and links to national organizations too.

Coping Center: Type the keyword "coping" into the search bar, select *Coping*. Here you'll find supportive resources to help you deal with the emotional effects of a disaster.

Additional National 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



Visit **www.liveandworkwell.com** and enter with your company access code.
View the ***Important Communications*** alert near the bottom of your member home page for local resources

Optum Public Crisis Line: Our toll-free emotional support help line at **(866) 342-6892** is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

Disaster Safety Tips to Follow

- Listen to local officials for updates and instructions. Evacuate if necessary.
- 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.
- Photograph the damage to your property in order to assist in filing an insurance claim.
- Be prepared for the future with a disaster preparedness kit and family communication plan..

Tips for Recovering from a Traumatic Event

Start a dialogue. Reach out to friends or family for support. It's one simple way to help process a natural disaster.

Choose when to connect. 'Unplugging' from media may give you time to focus on important things — like your health or stress management.

Change your perspective. Try to find something you've learned from the negative experience. It may be helpful to gain a broader perspective.

Focus on your feelings. Acknowledge your feelings as they occur to you. Self-awareness is an important first step in learning to manage your feelings.

Pay attention to your health. Don't forget the importance of regular exercise, a healthy diet, good sleep and avoiding bad habits, like smoking.

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