



solutions

ASSEMBLE

7 WAYS TO EASE STRESS AND CONFUSION DURING AN EMERGENCY

In case of an emergency, make a clear-cut plan for you and your loved ones in advance to keep everyone calm and together. Your **Employee Assistance Program (EAP)** is here to help before, during, and after a crisis. Try using the following seven strategies to reduce potential stress and confusion around emergencies, such as major storms and fires.

- 1. Know your evacuation route** – In case of a fire or other localized emergency in the house, make sure each room has at least one possible escape route. For a larger-scale emergency, which may include evacuating your neighborhood, city, or county, follow the recommendations from local authorities.
- 2. Set up a meeting point** – Have primary and secondary meeting points pre-selected in the event of an emergency. For example, you could set the primary spot as a nearby tree and the secondary spot at a neighbor's house. We also recommend having a Plan C location for an emergency that causes everyone to leave the area entirely.
- 3. Have more than one plan for communicating** – Create a communication plan for keeping in touch—in case regular phone service is not available. This could include identifying an agreed upon out-of-town relative or family friend for everyone to contact. If telephone service is down or overloaded, email, Facebook, and other social media outlets could still be available to check in with an agreed upon contact. That person could also relay messages, if necessary.



The quickest and best way to contact the EAP is by calling **1-800-222-0364**



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4. Have a plan if you stay – Even if your home is not directly affected by the disaster, your community may be without power or access to fresh food and water. Therefore, it is important to be prepared and have the following basic supplies on hand:

- Water – [Ready.gov](https://www.ready.gov) recommends having one gallon per person per day and maintaining at least a three-day supply. The water will be used for drinking, preparing food, and basic sanitation—e.g., washing hands.
- Non-perishable foods – Store at least a three-day supply for each person. Consider stocking up on canned goods and foods that do not require much preparation or heating—such as cereal, salt-free crackers, and peanut butter.
- Soap and other personal hygiene items
- Blankets or sleeping bags for each person
- First-aid kit
- Extra batteries
- Pet food for each pet
- Emergency cash
- Prescription medicine
- An extra pair of prescription glasses or contact lenses
- Flashlight powered by battery, hand crank, or solar energy
- Radio powered by battery, hand crank, or solar energy
- Sheet of paper with a list of your most important phone numbers, in case your cellphone loses power

For a more comprehensive list, visit [Ready.gov](https://www.ready.gov).

5. Locate shelter – When staying in your home is no longer safe or workable, you may need to seek a local shelter. You can search for a shelter near you by texting SHELTER and your ZIP code to 43362 (“4FEMA”), e.g., text: SHELTER 12345.

6. Connect with neighbors – Teaming up with your neighbors, family, and friends can be invaluable in an emergency. Neighbors may be able to offer care and assistance during an emergency, such as help with temporary pet care. You can offer them your support, too.

7. Get support for recovering after an emergency – The suddenness and scale of some natural or man-made disasters can be life changing for you and your family. Bouncing back from a disaster oftentimes requires support. Don’t hesitate to reach out to the professionals at your EAP for help.

Contact our expert specialists for 24-hour assistance with:

- Counseling that focuses on self-care and resiliency
- Dealing with depression, anxiety, or unease caused by an emergency
- Supporting children affected by an emergency
- Dealing with the disruption of losing your home, etc.
- Developing techniques for coping with residual stress

In addition to counseling for grief, anxiety, and stress, the EAP also provides:

- Immediate telephone-based crisis intervention and stabilization services
- Resources and assistance with legal and financial concerns that may arise in the aftermath
- Assistance and consultation for managers who are supporting affected staff

The EAP is a voluntary and confidential employee benefit available to you and your family at no cost.



Employee Assistance Program

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HOURS A DAY

1-800-222-0364

TTY: 1-888-262-7848

[FOH4You.com](https://www.FOH4You.com)