

*Call Us. We're here to help with resources and support  
800.448.8326 OR visit [LifeAdvisor.com](http://LifeAdvisor.com)*

## *"Starting to Heal Following National Tragedies"*

### **Recovering & Safety After a Hurricane**

*The storm has passed, but it is not over yet.*

Hurricanes can be highly dangerous storms that cause damage and disrupt infrastructure. After the storm has passed, you may feel confused, isolated, and at a loss for what to do next. Please keep the following in mind:

#### **Stay Safe:**

- Listen to local authorities for information. Do not leave your place of shelter until the "all clear" has been issued. Authorities will not respond to calls until after the all clear has been announced. Always follow instructions issued by your city, county, and state.
- Wait as long as you can to drive. Driving immediately after a storm is extremely dangerous, and it may take emergency crews days or weeks to clear roads and to make them safe to drive.
- Never approach a downed powerline, even if it appears to be "dead". Call your power company to report a downed line. It may take crews considerably longer than usual to address the issue.
- Avoid yard clean-up until all the winds and rain have completely returned to normal.
- If you have standing water in your home, immediately shut off the power, even if it appears that you have lost power. Only do this if you are able to shut off the power while avoiding the standing water. Never approach standing water when there is electrical power turned on in the home.
- Stay out of buildings if you are not sure they are safe. Sheds, barns, and other buildings that have been damaged may collapse after the initial storm.
- Avoid pools of water. Water is likely to be contaminated with chemicals, road runoff, and pesticides.
- Be careful of the heat. Losing air conditioning and potentially having limited access to clean safe water can lead to heat stroke. Stay indoors when possible, during the heat of the day,

and drink as much safe water as you are able.

- If you are using a generator, never run it indoors, and always make sure it is not in standing water.
- There may be dangers present for weeks after a hurricane. Standing water can lead to mold in buildings and weaken foundations, buildings may have structural damage that was not readily apparent, and water may be contaminated.
- Avoid using matches indoors unless you do not have gas lines, or you are sure your gas is turned off. Gas leaks are common after high-wind storms.
- Keep your pets on leashes, and do not allow them to wander. Loose pets can present difficulties after storms, may become injured, or may be a hazard to others.

### Recovering after the storm:

- Take pictures of any damage to your home and belongings before starting temporary or permanent repairs.
- Document, document, document. You may have help available through FEMA and your own insurance. Document and take pictures of any damage, and all steps that you have taken. Save receipts of anything you purchased to make repairs or clean.
- If you have not already, have all your important family records, insurance information, emergency information and essentials including required medication in a waterproof bag. A gallon size freezer bag or two may work for you.
- Don't begin any major repairs until your insurance company has inspected the damage and determined what they will pay for the repair.

### Checking in on friends and loved ones:

- Phone lines and cellular towers may be down for days or weeks after the storm. When lines are restored, they are frequently overwhelmed by everyone calling at once. If you can't get through to someone, do not panic, and call back later. Constantly redialing will just continue to overwhelm the communications systems.
- We are all in this together. If it is safe, the all clear has been issued, and you feel comfortable doing so, check in on a neighbor. Families with young children or the elderly may be without resources or may simply need to see a friendly face.

### The following links provide useful information or may connect you with important resources:

- **American Red Cross** [www.redcross.org](http://www.redcross.org) 1 (800) 733-2767 Or download their app, Hurricane: American Red Cross, or text "GETCANE" to 90999
- **Salvation Army** [www.salvationarmy.org](http://www.salvationarmy.org) 1 (800) SAL-ARMY, 1 (800) 725-2769 Emotional & Spiritual Care Hotline (844) 458-4673 – provides emotional & spiritual support during disasters and are trained to direct to other needed resources.
- [www.ready.gov](http://www.ready.gov)
- [www.fema.gov](http://www.fema.gov) - FEMA-NAR Toolkit: Flood Preparedness Resources

- **The State Assistance Information Line (SAIL)** is operational. Residents needing resources can call 1-800-342-3557. There are English and Spanish speakers available to answer questions.
- **Updates to closures, evacuations, and visitation suspensions** will continually be posted at <https://www.fdc.myflorida.com/weather-updates>
- **DOH is distributing information on social media platforms regarding emergency health topics**, including [flood water safety](#), [special needs shelters](#), [boil water notices](#), and more.
- **Many counties in Florida have issued [evacuation orders](#)**. Anyone in the forecast path of the storm should monitor their local news for updates, follow directions provided by their local officials and heed evacuation orders. Florida Division of Emergency Management maintains a [list of open shelters](#) including those for people with special needs and those that accept pets. You can also [download the free FEMA App](#) to locate open shelters and receive alerts for up to five areas.
- **Be in the know to evacuate safely**. Visitors and residents in the affected areas should [plan for evacuation](#) and learn evacuations routes. Closely follow the advice of local officials and evacuate immediately if told to do so. [Build a go-bag](#) with all the essentials you, your family and pets might need. If needed, identify a place to stay that will [accept pets](#), as most public shelters allow only service animals. If you do not have reliable transportation, plan how you will leave if needed. Decide with family, friends or contact your local emergency management office to see what resources may be available.
- **Have a plan**. Know how you will keep yourself, your family and your pets safe if flooding is forecast for your area. Make sure you consider your family's unique needs, including anyone who needs medicine or medical equipment. Know how you'll contact one another and reconnect if you aren't together when flooding starts. Visit [Ready.gov](#) or [Listo.gov](#) in Spanish language for more information on how to stay safe before, during and after floods.
- **Learn more ways to stay safe before, during and after flooding** at [Ready.gov/floods](#) and [Inundaciones | Ready.gov](#) in Spanish language.

For more information, tools, resources, or app information, call your Life Advisor Employee Assistance Program!



**Ulliance provides no cost, confidential, short-term counseling for you & your family.**

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