

# Remember, Being Prepared



- ✓ Fosters Hope
- ✓ Helps you Act with Purpose
- ✓ Gives you Connections with Others
- ✓ Helps you Take Care of Yourself as it increases your sense of control
- ✓ Helps you Search for and Find Meaning

[www.RedRiverResilience.com](http://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](http://www.RedRiverResilience.com) and on Facebook



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# Preparing for and Coping with Disaster



Be Resilient  
...

Reduce Your Stress



## 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

- If you know how to respond to a crisis, you are less likely to panic.
- If you know how to protect yourself, you may be less fearful.

### Act with Purpose

- Plan with your family in advance.
- Realistic preparations are best; rely on trustworthy resources such as the American Red Cross and government agencies.
- Make sure your disaster plan includes your pets.

## 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

- Recognize that schools, businesses and churches may be closed for safety reasons.
- Find out where to access alternative means of support: TV, radio, phone calls, websites and e-mail.

### Act with Purpose

- Identify and make a list of contacts, and keep it handy.
- Designate a person out-of-state to serve as a contact point for family members; it may be easier to call long distance than locally.

## Stay In Control



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

### Be Informed

- Rely on trustworthy sources for information.
- Accept that the government may need to maintain order for the common good.
- Sign up for Code Red notification through your local government (search online for “Code Red”).

### Act with Purpose

- Put together a 3-day portable emergency kit.
- Go to [www.redcross.org](http://www.redcross.org) and click on the “Preparing and Getting Trained” link.

### And During a Disaster . . .

#### Foster Hope

- Remember how you made it through difficult times before.
- A disaster is time-limited; it will not last forever.
- It is normal to be afraid and uncertain, but also realize that you can cope.

### And During a Disaster . . .

#### Connect with Others

- Be creative about ways to stay in touch: cell phones, text messaging, e-mail, video phones and letters.
- Reach out to others to offer assistance and support.
- Treat others kindly and with respect.

### And During a Disaster . . .

#### Take Care of Yourself

- Maintain daily routines.
- Get adequate rest and sleep.
- Eat healthy.
- Practice good hygiene to avoid catching and spreading viruses.