

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

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



NDSU
Extension Service
North Dakota State University

For more information on this and other topics, see
www.ag.ndsu.edu

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Preparing for and Coping with Disaster



Be Resilient

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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 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.