

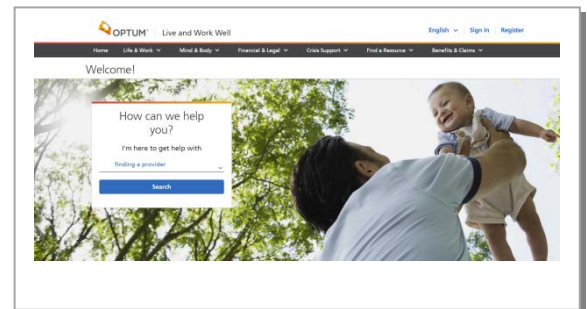
Recovering from Storms and Flooding



Liveandworkwell.com is a free, convenient online resource available to you and your family because of your benefit package. Please visit and view the **Important Communications Alert** on your member home page for local resources and help after a storm or flooding.

You can also find online disaster and coping resources. Register/Login or enter with your Access Code. The toll-free emotional support number is **(866) 342-6892**. It will be open 24 hours a day, seven days a week. *Service is free of charge and available to anyone.* We are here to help.

For even more support click on the **Crisis Support** tab in the top navigation bar for information on *Financial Relief, Housing, and Disaster Recovery*. For information on coping and managing stress, click on the **Life & Work** tab and visit the *Well-Being* hub. There you'll find a Coping center with articles, guides, and resources. The website also provides information to assist you in helping your children handle the stress of major storms.



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After the Flood: The First Steps

Excerpted from Federal Emergency Management Agency. Read the entire article on liveandworkwell.com

Your home has been flooded. Although floodwaters may be down in some areas, many dangers still exist. Here are some things to remember in the days ahead.

- Roads may still be closed because they have been damaged or are covered by water. Barricades have been placed for your protection. If you come upon a barricade or a flooded road, go another way.
- Keep listening to the radio for news about what to do, where to go, or places to avoid.
- Emergency workers will be assisting people in flooded areas. You can help them by staying off the roads and out of the way.
- If you must walk or drive in areas that have been flooded:
 - Stay on firm ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
 - Flooding may have caused familiar places to change. Floodwaters often erode roads and walkways. Flood debris may hide animals and broken bottles, and it's also slippery. Avoid walking or driving through it.
- Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.

Liveandworkwell.com Helps Your Children Deal with Emergencies too

Liveandworkwell.com's "My Healthy Family" section features age-appropriate support information for children and teens. Our content partner is the award-winning Kid's Health organization. **Find it:** under *Popular Tools* on your member home page (click *load more* to view).

We provide interactive health related games, advice on stress, emotional issues, safety, age-appropriate disaster information, and more.

