

## Helpful Tips – Public Tragedies and Disasters

### For individuals



1. Determine physical injuries to self and others in the immediate area.
2. DO NOT place yourself in imminent danger (downed power lines, flash flooding, unstable structures); call out for help in such circumstances
3. If able, offer physical assistance to those in need, helping them move to safer areas. Identify those in need of urgent medical care and professional attention. Give special attention to children separated from their families.
4. Use telephone and cell service for emergencies, not convenience.
5. Provide shelter, food and clothing to those in need.
6. Actively participant in getting rescue personnel into affected area.
7. Offer access to communication. If possible, develop a list of those in the affected area, indicating missing, injured, etc. Make this list available to appropriate emergency response personnel.
8. Work with others to enhance safety of people and property.
9. Collaborate with others to organize collection of supplies and donations.
10. Solicit support and input from area faith community leaders. Offer to connect individuals with a spiritual leader from his/her tradition/practice.
11. Encourage victims to seek emotional support from their family, faith leaders and mental health professionals as needed. This is especially important as rescue efforts turn to recovery, and the need for grief and loss support increases.
12. Encourage others to care for their own needs as much as possible, thus enhancing their sense of control and supporting their decision-making capacity.