



## **Coping with Disasters – Resource Links for Families**

Federal Emergency Management Administration (FEMA)

English: <https://www.disasterassistance.gov/>

Español: <https://www.disasterassistance.gov/es>

Florida Division of Emergency Management

English: <https://www.floridadisaster.org/planprepare/disaster-supply-kit/>

Select Language for Others

Department of Homeland Security - Be Informed

English: <https://www.ready.gov/be-informed>

Español: <https://www.ready.gov/es/mantengase-informado>

Haitian-Creole: <https://www.ready.gov/ht/be-informed>

Helping Children Cope - Department of Homeland Security

<https://www.ready.gov/kids/resources-for-emergency-planners/helping-children-cope>

Helping Children Cope During and After a Disaster – Centers for Disease Control

A Resource for Parents and Caregivers

English: [cdc.gov/childrenindisasters/pdf/children-coping-factsheet-508.pdf](https://www.cdc.gov/childrenindisasters/pdf/children-coping-factsheet-508.pdf)

Español: [cdc.gov/childrenindisasters/es/coping-factsheet-spanish-508.pdf](https://www.cdc.gov/childrenindisasters/es/coping-factsheet-spanish-508.pdf)

Prevent Illness and Injury After a Disaster – Centers for Disease Control

English: <https://www.cdc.gov/disasters/illness-injury.html>

Español: <https://www.cdc.gov/es/disasters/illness-injury.html>

Emergency Kit Checklist for Kids and Families – Centers for Disease Control and Prevention

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

Coping with Grief After a Disaster or Traumatic Event - SAMHSA

English: <https://store.samhsa.gov/system/files/sma17-5035.pdf>

Español: <https://store.samhsa.gov/system/files/sma13-4775spanish.pdf>

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress - SAMHSA  
English: <https://store.samhsa.gov/system/files/sma17-5047.pdf>  
Español: <https://store.samhsa.gov/system/files/sma13-4776spanish.pdf>

Let's Get Ready, Planning Together for Emergencies – Sesame Street Family Guide  
[sesamestreet.org/PSEG\\_ePrepFamilyGuide\\_R10FINAL.pdf](https://sesamestreet.org/PSEG_ePrepFamilyGuide_R10FINAL.pdf)  
Family Emergency Plan  
[sesamestreet.org/PREP\\_familyemergencyplan\\_1\\_0.pdf](https://sesamestreet.org/PREP_familyemergencyplan_1_0.pdf)

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