



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: <https://www.cdc.gov/childrenindisasters/pdf/children-coping-factsheet-508.pdf>

Español: <https://www.cdc.gov/childrenindisasters/es/documents/children-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
<https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035>

Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress - SAMHSA
English: <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress/SMA13-4776>
Español: <https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-Managing-Stress-Spanish-Version-/SMA13-4776SPANISH>

Let's Get Ready, Planning Together for Emergencies – Sesame Street Family Guide
https://www.sesamestreet.org/sites/default/files/media_folders/Images/PSEG_ePrep_FamilyGuide_R10FINAL.pdf
Family Emergency Plan
https://www.sesamestreet.org/sites/default/files/media_folders/Media%20Root/PREP_familyemergencyplan_1_0.pdf

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