



First Steps After a Tornado

- ▶ **Let friends and family know you're safe.** Register yourself on the Safe and Well website provided by the American Red Cross [here](#). You can also search for friends and family members on this site. Utilize texting and social media ahead of making phone calls so that those who need to call 9-1-1 can get through without phone lines being tied up.
- ▶ **Check on your neighbors.** If you are safe and unharmed, provide assistance to others. They may need water, shelter, medical aid, or help locating a family member or pet. Be especially attentive to anyone who might require additional assistance—infants, elderly people, those without transportation, large families, people with disabilities, and the people who care for them.
- ▶ **Get started on your recovery.** If you have insurance and it's safe to return home, call your insurance company to file a claim. Take photos and videos of all damages before you start cleaning up.
- ▶ **Be aware of potential hazards.** After a tornado, expect falling limbs, poles, and other items that may have become dislodged or broken. Avoid downed power lines as well as objects that are in contact with electrical wiring. Be aware of any structural, electrical, or gas-leak hazards in your home. If these hazards are identified, report them to the proper authorities or utility. Wear gloves and boots around debris, and be mindful of nails and broken glass.
- ▶ **Care for your emotional health.** Look for signs of depression or anxiety related to this experience, such as feeling physically and mentally drained, having difficulty making decisions or staying focused, becoming easily frustrated on a more frequent basis, feeling unusually tired, sad, numb, lonely, or worried, or experiencing changes in appetite or sleep patterns. Seek help from your EAP if you detect signs in yourself or others.

**If you are in need of support, your EAP can help.
Call your BHS Care Coordinator at 800-245-1150.**

Emotional Responses to Natural Disasters

When an individual or a community experiences a tragedy such as the recent storms, one can expect that there will be a period of emotional recovery. How long that takes is not measured by debris removal, but by emotional restoration. How individuals respond is based upon variables such as proximity to danger, loss of loved ones, loss of possessions, history of traumatic events, personal stressors and health. Even those of us who were spared “tangible” loss can still be affected by witnessing the pain and suffering of others.

Tornado Resources in Lee County, Alabama

Disaster Assistance.gov

<https://www.disasterassistance.gov>

Federal Emergency Management Agency (FEMA)

<https://www.fema.gov>

FEMA's Ready.gov

<https://www.ready.gov>

The American Red Cross

<http://www.redcross.org>

2-1-1 Alabama

Dial 2-1-1 for resources regarding housing, shelter, supplies, and more.

Lee County Shelters:

Smith Station Volunteer Fire Department is the designated area where people affected by the storms can seek shelter.

Quality Inn

1102 Columbus Parkway
Opelika, AL 36801
(334) 745-6331

Providence Baptist Church (serves as the Red Cross Shelter)

2807 Lee Road 160
Opelika, AL 36801

Opelika Animal Hospital

Providing boarding services at no charge for those with pets.

Donation Items Needed

Diapers, bottled water, non-perishable food, granola bars, baby formula, baby wipes, hygiene products, feminine products, air mattresses, large heavy duty trash bags, gloves, cleaning supplies, sleeping bags, warm clothes, blankets, towels, and pillows.

Donation Locations

The Bridge Church of Alabama
St Ellis Full Gospel
Lakeside Church of God
Lambert Transfer and Storage
First Baptist Church
Trinity United Methodist Church
Women's Hope Medical Center
Gorree's Furniture

Supplies

Turner Fence Co. has supplies available for distribution.

15447 AL Hwy 51, Opelika, AL

Items available include:

- Non-perishable food
- Cleaning supplies
- Blankets and pillows
- Tools (shovels, hoes, etc.)
- Clothing
- Tarps

To Volunteer

Register with Samaritan's Purse at www.spvolunteer.org/project-response/191 for the March 3rd Lee County tornado clean-up efforts.



BEHAVIORAL HEALTH SYSTEMS