



U.S. Department of Health and Human Services  
Federal Occupational Health

## After a disaster: How the public can help

When a disaster strikes, people everywhere want to help those who are in need. To ensure that your compassion and generosity are put to the best use, consider these tips:

- **Financial support.** Usually this is an immediate need for disaster victims. Financial donations should be made through a recognized voluntary organization to help ensure that donations are put to their intended need.
- **Food and clothing donations.** Follow instructions from local officials for food and clothing donations. Call your local Salvation Army or American Red Cross chapters to see if they are accepting donations.
- **Volunteer.** Many people seek volunteer opportunities after a disaster. Be sure to go through a recognized organization such as the American Red Cross or Salvation Army.
- **Other donations.** Various organizations and local community resources such as religious affiliations, and non-profit organizations may host drop off sites for any type of donations.

### Resources Are Available

Additional information, self-help tools and other resources are available online at [www.FOH4YOU.com](http://www.FOH4YOU.com). Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.



Employee Assistance Program

*We care, just call.*

**1-800-222-0364**

1-888-262-7848 TTY Users

[www.FOH4YOU.com](http://www.FOH4YOU.com)

# EAP

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