

<h2>Immediate Steps</h2>	
<b>Ensure Safety</b>	Make sure everyone is safe and seek medical attention if needed.
<b>Emergency Kit/Go Bag</b>	<p>If you live in an area at risk of wildfires, it's crucial to prepare a go-bag ahead of time. Having essential items packed and ready can save valuable time during an evacuation and provide peace of mind. If a fire threat arises, and it is safe to do so, make sure to bring the following items from your home:</p> <ul style="list-style-type: none"> <li>• <b>Important Documents:</b> Passports, insurance information, birth certificates, cash, and a record of passwords.</li> <li>• <b>Medications:</b> Include prescription medications and a first-aid kit.</li> <li>• <b>Keepsakes and Jewelry:</b> Irreplaceable sentimental items or valuables.</li> <li>• <b>Computer Hardware:</b> Laptops, hard drives, and other crucial devices.</li> <li>• <b>Charging Cords:</b> Chargers for phones, laptops, and other essential electronics.</li> <li>• <b>Photo Albums:</b> Physical or digital copies of treasured photos.</li> <li>• <b>Pet Supplies:</b> Food, water, leashes, carriers, and any necessary medications for your pets.</li> <li>• <b>Clothing and Shoes:</b> Changes of clothing and sturdy footwear.</li> <li>• <b>Essential Toiletries:</b> Toothbrush, toothpaste, soap, and hygiene items.</li> <li>• <b>Food and Water:</b> Protein bars, non-perishable snacks, and water bottles.</li> </ul> <p>Visit <a href="https://www.ready.gov/kit">https://www.ready.gov/kit</a> for more information.</p>
<b>Contact Authorities</b>	Report the fire to your local fire department and ensure the site is declared safe.
<b>Notify Your Insurance Company</b>	Contact your insurance provider immediately and document all damages.
<b>Secure Temporary Housing</b>	Find a safe place to stay, whether with friends or family or through assistance programs.
<b>Southern California Additional Emergency Resources</b>	Check out California's fire resources <a href="#">HERE</a> .

<h2>Practical Support &amp; Resources</h2>	
<b>Shelter</b>	<p>Help fire victims find temporary housing options (e.g., shelters, hotels, short-term rentals).</p> <ul style="list-style-type: none"> <li>• <a href="#">Santa Monica Hotel Rates for Palisades Fire Evacuees</a></li> <li>• <a href="#">AirBnB Resources</a></li> </ul> <p><b>Note:</b> If checking into a hotel, keep receipts and take photos of them so you can submit them to your home or travel insurance company for reimbursement.</p>
<b>Food and Essentials</b>	<p>Help fire victims acquire essential items like toiletries, clothing, and bedding.</p> <ul style="list-style-type: none"> <li>• <a href="#">Westside Food Bank</a></li> <li>• <a href="#">Los Angeles Regional Food Bank</a></li> </ul>
<b>Transportation</b>	<p>Ride-sharing apps Uber and Lyft, meanwhile, are providing free rides to shelters for those in fire-impacted areas.</p> <ul style="list-style-type: none"> <li>• <b>Uber:</b> Use code WILDFIRE25 for free rides (up to \$40) to shelters.</li> <li>• <b>Lyft:</b> Use code CAFIRERELIEF25 for two rides (up to \$25 each).</li> </ul>
<b>Disaster Relief Resources</b>	<p><b>American Red Cross:</b> Learn more online at <a href="http://www.redcross.org">www.redcross.org</a>.</p> <p><b>Centers for Disease Control and Prevention (CDC):</b> Call 1-800-CDC-INFO (800-232-4636) or visit <a href="http://www.emergency.cdc.gov">www.emergency.cdc.gov</a> for emergency response and preparedness.</p> <p>The <b>Disaster Assistance Improvement Program (DAIP)</b> helps you find and apply for disaster assistance programs. Learn more <a href="#">HERE</a>.</p> <p><b>Federal Emergency Management Agency (FEMA):</b> <a href="http://www.fema.gov">www.fema.gov</a></p> <p><b>FEMA Disaster and Financial Assistance Helpline:</b> Visit <a href="http://www.disasterassistance.gov">www.disasterassistance.gov</a> or call 1-800-621-3362 for more information.</p> <p><b>Salvation Army:</b> Offers various forms of assistance, including temporary housing, food, and clothing. Learn more <a href="#">HERE</a>.</p> <p><b>United Way Dial:</b> 2-1-1 or visit <a href="http://www.211.org">www.211.org</a> for more information.</p>



## Emotional Support & Mental Health Resources

<b>Emotional Support</b>	<p><b>Resilient tips to distribute:</b> <a href="#">Resilience Institute</a>   <a href="#">How to Staying Resilient During a Crisis</a></p> <p><b>Venbrook advocacy open office hours:</b> Assist with insurance claims and other necessary paperwork.</p> <p><b>American Psychological Association (APA):</b> Provides guidance on recovering emotionally after a residential fire, including common emotional reactions and coping strategies. Visit <a href="https://www.apa.org/">https://www.apa.org/</a> for more information.</p> <p><b>Convoy of Hope:</b> Offers support and resources for emotional recovery in addition to physical assistance. Visit <a href="https://convoyofhope.org/">https://convoyofhope.org/</a> for more information.</p>
<b>Additional Fire-related Los Angeles Support Groups</b>	<p><b>Loved Ones Victims Services:</b></p> <p>This organization provides emotional support and resources to families and survivors of fire victims.</p> <p><u>Address:</u> 5701 W Slauson Ave #116, Culver City, CA 90230</p> <p><u>Phone:</u> 310-337-7006</p> <p><u>Website:</u> <a href="https://www.lovs.org/">https://www.lovs.org/</a></p> <p><b>1736 Family Crisis Center:</b></p> <p>This organization provides a variety of services to families in crisis, including fire victims.</p> <p><u>Address:</u> 2116 Arlington Ave # 200, Los Angeles, CA 90018</p> <p><u>Phone:</u> 310-543-9900</p> <p><u>Website:</u> <a href="https://www.1736fcc.org/">https://www.1736fcc.org/</a></p>
<b>Health Plan Resources</b>	<p><b>Blue Shield of California</b></p> <ul style="list-style-type: none"><li>• Blue Shield has activated its Disaster Relief Program, offering immediate access to care, replacement medications, and virtual care services.</li><li>• Member Support Hotline: 1-800-393-6130</li><li>• Visit <a href="#">Blue Shield Disaster Support</a> for more details.</li></ul> <p><b>Anthem Blue Cross</b></p> <ul style="list-style-type: none"><li>• Anthem is providing free counseling services through its <a href="#">Employee Assistance Program (EAP)</a> and telehealth services.</li><li>• 24/7 Member Support Line: 1-833-285-4030.</li><li>• 24/7 EAP Crisis Line: 1-877-208-8240.</li></ul>

- Crisis support is available. Call 988 or go to [988lifeline.org](https://988lifeline.org) to reach the confidential Suicide & Crisis Lifeline. Help is available 24/7.

**Kaiser Permanente**

- Kaiser is offering virtual care and mental health support to affected members. Members can visit any Kaiser facility for urgent care, even if it's outside their region.
- Member Services: 1-800-464-4000.
- Additional details can be found on [kp.org](https://kp.org).

**Aetna**

- Aetna has opened its crisis response lines and is offering free EAP counseling sessions to anyone affected.
- Members can access Teladoc for virtual care.
- 24/7 Support Line: 1-800-556-1555.
- Visit [www.aetna.com](https://www.aetna.com) for more information.

**UnitedHealthcare (UHC)**

- UHC is waiving out-of-network care restrictions in affected areas and offering access to crisis counselors.
- Members can use virtual visits and refill prescriptions early.
- Support Line: 1-866-801-4409.
- Visit [Disaster Relief UHC](#) for more details.

**Cigna**

- Cigna has activated its disaster response services, including access to free counseling and mental health support through their EAP. Members can refill prescriptions early and replace ID cards as needed.
- 24/7 Member Support Line: 1-800-244-6224.
- For more details, visit [Cigna Disaster Resource Center](#).

**Guardian**

- Guardian is offering expedited claims processing and access to financial support tools.
- Members can also reach out for EAP services, including counseling and emotional support.
- Member Support: 1-888-482-7342
- Visit [Guardian Life](#) for more information.

**EAP ComPsych**

- Portal for resources to help with a traumatic event: Crisis Resources
- Visit [www.guidanceresources.com](https://www.guidanceresources.com) or call 855-239-0743 for more information. Web ID: **Guardian**.

**EAP Uprise Health**

- Visit their [website](#) or call 800-386-7055 for more information.

	<p><b>EAP Recuro Health</b></p> <ul style="list-style-type: none"> <li>Click <a href="#">HERE</a> or call 855-673-2876 for more information.</li> </ul> <p><b>EAP Anthem</b></p> <ul style="list-style-type: none"> <li>Visit <a href="https://anthem.com/CA/EAP">anthem.com/CA/EAP</a> or call 800-865-1044 for more information.</li> </ul>
<p><b>Coping Strategies</b></p>	<p><b>Allow Yourself to Grieve</b></p> <p>It's normal to feel a range of emotions, including shock, anger, sadness, and even guilt. Give yourself permission to feel these emotions and process them at your own pace.</p> <p><b>Seek Professional Help</b></p> <p>Consider talking to a therapist or counselor who specializes in trauma and grief. They can provide you with tools and strategies to manage your emotions.</p> <p><b>Stay Connected</b></p> <p>Lean on your support network of family and friends. Sharing your feelings and experiences with others can be incredibly healing.</p> <p><b>Practice Self-Care</b></p> <p>Engage in activities that promote relaxation and well-being, such as exercise, meditation, and hobbies you enjoy.</p> <p><b>Join Support Groups</b></p> <p>Connecting with others who have experienced similar losses can provide comfort and practical advice. Look for local or online support groups for fire survivors.</p>
<p><b>Tips for Emotional Recovery</b></p>	<p><b>Maintain a Routine</b></p> <p>Try to establish a daily routine to bring a sense of normalcy and control back into your life.</p> <p><b>Focus on Small Steps</b></p> <p>Set small, achievable goals to help you feel a sense of accomplishment and progress.</p> <p><b>Limit Major Decisions</b></p> <p>Avoid making significant life changes immediately after the loss, as your emotional state may affect your decision-making.</p> <p><b>Express Your Feelings</b></p> <p>Find healthy ways to express your emotions, whether through talking, writing, or creative outlets like art or music.</p>

<h2>Health Tips During &amp; Post Fires</h2>	
<b>Stay Informed</b>	Monitor air quality by frequently checking local air quality reports. And follow evacuation orders promptly. If advised to evacuate, do so immediately.
<b>Protect Yourself</b>	<p><b>Respiratory:</b> Wear an N95 or P100 respirator mask that fits snugly around your face.</p> <p><b>Eye Protection:</b> Wear goggles to protect your eyes from smoke and ash.</p> <p><b>Skin Protection:</b> Wear long sleeves, long pants, and gloves to minimize skin exposure to ash and irritants.</p>
<b>Indoor Air Quality</b>	<p><b>Filter Air:</b></p> <ul style="list-style-type: none"> <li>• Use a HEPA (High-Efficiency Particulate Air) air purifier to clean indoor air.</li> <li>• Change HVAC filters frequently (consult manufacturer recommendations).</li> </ul> <p><b>Limit Air Intake:</b> Close windows and doors to minimize the entry of smoke-filled air. If you have air conditioning, run it on recirculation mode. If possible, create a clean air space in your home (e.g., a bedroom) and spend most of your time there.</p>
<b>Minimize Exposure</b>	When air quality is poor, avoid strenuous outdoor activities. If possible, stay indoors as much as possible.
<b>Hydration</b>	Stay hydrated by drinking plenty of water and other fluids.
<b>Health Considerations</b>	<p>Watch for symptoms like coughing, wheezing, shortness of breath, chest tightness, or eye/nose irritation.</p> <p>Seek medical attention if you experience severe symptoms, consult a doctor or seek medical attention immediately.</p>
<b>Long-Term Health</b>	Continue to monitor your health for any long-term effects of smoke exposure.



## Volunteer & Community Support

<b>Organize Donations</b>	If you're able, help organize donations of clothing, household items, and other necessities. Organize community events and activities to foster a sense of community.  <a href="#">Charity Navigator</a> is a charity assessment organization.
<b>Errand Assistance</b>	Help fire victims with errands like grocery shopping, picking up prescriptions, or replacing lost documents.
<b>Community Resources</b>	<b>Local Churches and Community Centers:</b> Provide immediate assistance and support.  <b>Fire Cash Buyer:</b> Offers financial help and options for those looking to rebuild or sell their fire-damaged property. Visit <a href="https://www.firecashbuyer.com/">https://www.firecashbuyer.com/</a> for more information.

## Important Notes

**These are general tips.** The best course of action will depend on the specific situation and the severity of the fire and smoke. Listen to and follow the advice of local authorities and emergency responders.

If you have underlying health conditions (such as heart or lung disease), consult with your doctor about precautions you should take.



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