



Stay Safe and Supported During Floods

Floods can unfold quickly, leaving many people feeling uncertain, overwhelmed, or unsure of their next steps. Preparing ahead of time and knowing where to turn for support can make a meaningful difference in your safety, confidence, and overall well-being.

Whether you live in a high-risk area or simply want to be ready for anything, a little planning goes a long way.

How to Prepare Before Flooding Occurs

Know your risk.

Check whether your home or workplace is in a flood-prone zone. Staying informed helps you make quicker, more confident decisions when weather conditions change.

Create an emergency kit.

Keep essentials in one easy-to-grab place—water, snacks, flashlights,

charging cables, medications, important documents, and pet supplies.

Plan your routes.

Identify safe evacuation paths and backup routes. Roads often close quickly during flooding, so having options can help you when you need to act fast.

Protect your space.

Move valuables to higher areas, check that sump pumps are working, and consider waterproof containers for important paperwork.

Safety Tips During a Flood

Avoid walking or driving through floodwaters.

Even shallow water can be dangerous. Turn around, don't risk it.

Stay tuned to local alerts.

Weather apps, local news, and emergency notifications provide real-time updates that can guide your next steps.

Get to higher ground right away.

If water begins rising, move to a higher floor or safe elevated area.

Keep emergency supplies nearby.

If you shelter in place, have essentials like food, water, and medications within reach.

Caring for Yourself After a Flood

Recovering from a flood isn't only about repairing structures—it's also about caring for your mind, emotions, and energy as you rebuild.

It's common to feel stressed, unsettled, or even frustrated after a natural disaster. Reaching out for support early can help you stay grounded and regain your sense of balance.

We're Here to Help

AllOne Health offers confidential, compassionate support to help you navigate the emotional and practical challenges that follow a flood. You can contact us for:

- Confidential counseling and coaching to help you manage stress, worry, or disrupted routines
- Work-life resources for housing needs, cleanup services, contractor research, and community relief options
- Practical guidance for organizing next steps, rebuilding plans, and finding a sense of direction
- Articles, webinars, and self-paced courses to support resilience and healthy coping



To get started, visit
allonehealth.com/member-support.