Stay Safe and Supported During a Wildfire

Wildfires can spread quickly, leaving little time to think. Staying calm and prepared, both physically and emotionally, can make all the difference.

If you see a wildfire and haven't received evacuation orders yet, call 911 right away. Describe the location clearly and stay on the line until instructed otherwise.

If it's safe to do so, and you have not yet been ordered to evacuate, take steps to protect your home and loved ones:

- Arrange a safe place to stay with friends or family outside the affected area.

- Wear protective clothing such as sturdy shoes, long sleeves, gloves, and a mask or handkerchief to protect your face.

- Gather emergency tools (rake, shovel, hose) and remove flammable materials from your home's exterior.

- Shut off gas or propane and close all vents, windows, and doors.

- Keep water sources accessible. Fill tubs, buckets, or pools, and leave sprinklers running if possible.

- Keep your car packed with essential items, documents, medications, and pet supplies so you can leave quickly if needed.

If advised to evacuate, do so immediately. Take your emergency kit, lock your home, and follow routes away from the fire. Let someone know where you're going and check in once you arrive safely.

Caring for Your Emotional Well-being

Disasters bring uncertainty, fear, and emotional strain. It's normal to feel overwhelmed. AllOne Health is here to help, whether you're processing stress, supporting loved ones, or rebuilding after a loss. Services include:

- Confidential counseling and coaching to manage stress and anxiety

- Practical resources for emergency planning, housing, and financial support

- Virtual support to help you stay connected and resilient

- 24-7 access to articles, toolkits, and wellness resources to guide recovery

AllOne Health provides fast access to care, real human connection, and whole-person support. Services are free and available to you and your family members. To get started, visit **allonehealth.com/member-support**.

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