

☉ Coping with Emotions

Plan Ahead

Whatever the crisis, some planning before the disaster can usually help family members react wisely. Families that work together to prepare for the problem will cope better than those who do not. Consider how your children might react in a disaster.

What would your own reactions be?

The crisis can affect each person's emotional and physical wellbeing. Plan in advance how to deal with the situation. Follow the advice in this booklet. Discuss and practice plans with family members before a disaster strikes. Work together to help everyone understand the procedures.

Venting Feelings

Listening: In times of trouble and

crisis, many people need someone who will just listen. Talking about the experience helps the burden seem a little lighter and easier to bear. If you are feeling "blue" or "down," you may want to contact a friend or neighbor, a family member, your pastor or rabbi, or someone else you feel you can really talk to as a friend.

If you find yourself called upon to listen to a friend or neighbor who just wants to talk, please listen. Some people will feel very much alone and afraid; others will blame themselves and wonder, "Why Me?" They are not really looking for an answer to that question, but rather are saying, "How can I endure this?" "How can I go on?" Solutions, answers, and advice aren't necessary. Just listen

and let the troubled person talk.

Providing Support

Sometimes people, who are very upset or frightened, later are embarrassed about expressing those feelings. They may feel "weak," or that they have "dumped" on you. Reassure your friend by saying that his/her feelings are normal and perfectly understandable. Be sure that your friend knows you are available to listen again, if he or she needs to talk. Help her/him to look toward the future, when things will be better.

If you are concerned that someone is very depressed and you do not feel you are able to help, be sure he/she does get help from a trained professional. Suggest a counselor, member of the religious community, social worker, or support group to help your

friend through this period.

Coping With Children's Emotions

Remember that children mirror their parent's anxieties. Be calm to reduce your children's fears.

Take something familiar such as a favorite toy or book into a new situation. This helps a child feel more secure.

In a crisis situation a child may demonstrate unusually childish behavior. This is normal for a child who is frightened and who doesn't understand a situation as serious as a hurricane.

Most children are not capable of understanding the magnitude and severity of a crisis situation. Be understanding and patient.

Heat Emergencies

Heat emergencies are of three types: heat cramps (caused by loss of salt), heat exhaustion (caused by dehydration) and heat stroke (shock).

Remove the victim from the heat and have him lie down. Apply cool compresses, elevate the feet, drink fluids and use a fan to blow cool air. Get medical help if needed.

Heat emergencies are easily preventable by taking precautions in hot weather. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke.

Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

The early symptoms of a heat emergency include: Profuse sweating, fatigue, thirst, and muscle cramps.

Later symptoms of heat exhaustion include: Headache, dizziness and lightheadedness,

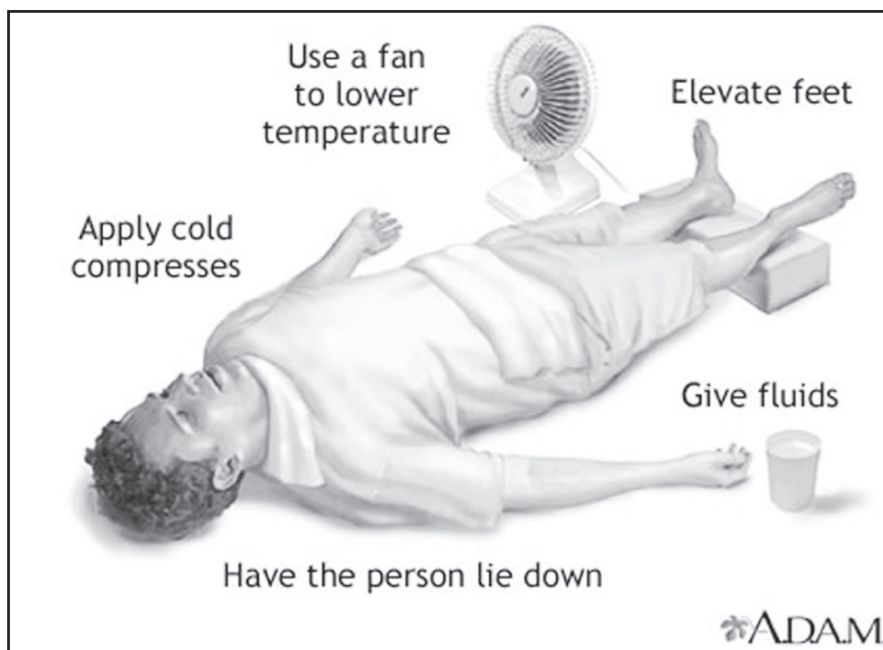
weakness, nausea and vomiting, cool moist skin, and dark urine.

The symptoms of heatstroke include: Fever, irrational behavior, confusion, dry, hot and red skin, rapid shallow

breathing and pulse, seizures, and unconsciousness.

Call 911 if:

- The person loses consciousness at any time.



- There is any other change in the person's alertness (for example, confusion or seizures).
- Fever (temp above 104°F)
- The person shows signs of shock (bluish lips and fingernails and decreased alertness).
- Other symptoms of heat stroke are present (like rapid pulse or rapid breathing).
- The person's condition does not improve, or worsens despite treatment.

Prevention

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest frequently and seek shade when possible.
- Avoid exercise or strenuous physical activity outside during hot or humid weather.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.

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For more information contact the Emergency Management Office in your county

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