

# DISASTER RESOURCE CENTER

## Website Overview

From the devastation of a natural disaster to the horror of a terror attack, we live with the reality that traumatic events can strike without warning. Having supportive resources at your fingertips can help you to be ready to meet practical and emotional challenges before, during, and after an event.

### **Cigna's Disaster Resource Center can be found at:**

[Cigna.com/DisasterResourceCenter](https://www.cigna.com/DisasterResourceCenter)

This resource is open to the public and can be shared with friends, family or anyone impacted by a disaster.

Available on the Disaster Resource Center site:

#### › **Helpful information, resources, and presentations on:**

- Family preparedness
- Helping children cope after an event
- Self-care and emotional support
- Disaster/event-specific tips

› **Featured articles** that put key information and tips front and center.

› **Information and resources for employers/managers**

› **Information and resources for first responders**

› **Links to state and U.S. territory emergency websites**, which helps you to quickly find official government emergency procedures, helpful information, and real-time resources before, during, and after an event.

This valuable resource is available to everyone. The site is easy to navigate and is designed to be responsive on most devices. You can print or share articles via email, Facebook, Twitter or LinkedIn.



### **Disaster Resource Center includes...**

#### **Information for:**

Employers and managers

First responders

Parents and families

#### **Specific tips for:**

Earthquakes

Floods

Hurricanes

Tornadoes

Violent attacks

Traumatic events

Wildfires

Winter storms

**Together, all the way.®**



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