

Are you worried about wildfires in California?



Wildfires are burning across over 100,000 acres near San Diego, California. A state of emergency has been declared in seven counties by the governor of California and 250,000 people have been evacuated from affected communities including Escondido, Rancho Bernardo, Poway, Forest Ranch and Lake Hodges.

If you or someone you know is affected by the wildfires, LifeWorks is here to help. LifeWorks can offer information and help on any issues you may be facing and can help you cope with both practical and emotional concerns. Call anytime, 24 hours a day, 7 days a week, to talk with a consultant who can help you

- Create a family emergency plan
- Identify local and national resources such as the Red Cross that can help
- Find resources for food, clothing, and shelter
- Deal with feelings of anxiety, fear, and loss
- Communicate and connect with your family, friends and co-workers
- Help people who have been directly affected

You can also go online to read or download informative Life Articles including:

- *Creating a Family Emergency Plan*
- *How to be Prepared When Disaster Hits Home*
- *Preparing for Wildfire*
- *Steps to Take After a Fire, Flood, or Natural Disaster*
- *Helping Young Children Cope After a Natural Disaster*
- *Helping an Older Relative Cope After a Natural Disaster*
- *Helping Your Teenager Cope After a Natural Disaster*
- *Taking Care of Yourself After a Traumatic Event*

To find the help you need right away, call LifeWorks® anytime at 877-234-5151 to speak with a trained consultant, or visit the LifeWorks web site at www.lifeworks.com (user id: noaa; password: 5018). *Para información sobre este programa en español, visite en-línea en www.lifeworks.com o llame al 888-732-9020.*

LifeWorks® is brought to you by your employer and is delivered by Ceridian, the leading provider of managed human resource solutions that maximize the value of people. It's confidential and available 24/7 at no cost to you. It's here for you and your entire family to use—any time of day, wherever you are. We have consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. To access TTY/TDD lines, call 800-999-3004.