

The DPH Bulletin

From the Delaware Division of Public Health

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Take steps now to organize finances before natural or man-made disasters

Delawareans should have their personal financial documents and obligations in order before tornadoes, floods, or other disasters hit.

Compile your bank and insurance company names, address and phone numbers, account numbers, and passwords for mortgages, checking and savings accounts, credit cards, and household and medical insurance policies. Print them out and back them up on a flash drive, and keep them in a safe place, such as in a fire-proof safe, a safe deposit box, or a trusted relative's home.

Whether you are a homeowner or a renter, inventory your home and your possessions. Use a cell phone to videotape and take still photos. Since there may be no cell phone service for days or weeks after a disaster, back up the inventory on your computer and on a flash drive kept with your financial items. Annually review the disaster coverage covered by your homeowner's insurance. Renters should purchase renter's insurance.

Find out how ready you are with the [Disaster Financial Recovery Score](#) from [Operation Hope](#). Watch this video from the [Consumer Financial Protection Bureau](#) - [Saving for Financial Shocks and Emergencies](#).

Then use [The Emergency Financial First Aid Kit \(EFFAK\)](#), a joint publication from [Operation Hope](#) and the Federal Emergency Management Agency (FEMA publication #532). It helps plan for a financial emergency and how to establish accounts to help you get back on your feet faster.



EFFAK is available in [English](#), [Spanish](#), and a [reader enabled](#) English version that is fillable online. An EFFAK overview slide presentation in [English](#) and [Spanish](#).

For additional [preparedness tips and resources](#), visit www.ready.gov/prepare and Mymoney.gov.



Lieutenant Governor Bethany Hall-Long, at right, and Division of Public Health Director Dr. Karyl Rattay, center, thank ab+c for their work on the refreshed "Help is Here" website. Pictured at the website's May 23 re-launch are ab+c representatives, from left: Jason Trojanowski, Alex Parkowski, Andrew Raftovich, and Paul Pomeroy.

DHSS, ab+c refresh the Help is Here website to assist all Delawareans

Delaware Health and Social Services (DHSS) re-launched Delaware's online resource for addiction prevention, intervention, treatment, and recovery information, HelpIsHereDE.com, on May 23. It will assist people struggling with addiction, their families, the community, and medical providers.

The new version is easier to navigate, can be translated into four languages (Spanish, Haitian Creole, French, and Chinese), is more mobile-device friendly, and offers updated information for community and medical providers. Its expanded video section features new and highly personal testimonials from individuals in long-term recovery, parents who have lost adult children to overdoses, a treatment provider, and a police officer.

"Prevention and intervention are key to battling addiction in our state," said Delaware Lieutenant Governor Bethany Hall-Long. "This is particularly true when it comes to our children. Stress, trauma, early exposure to drugs in the teen years, and early symptoms of a mental disorder can lead to addiction and mental illness. Making parents aware of and connecting them to supportive information through the 'Help Is Here' website is vital to preventing years of struggle with substance use."

The website address is www.helpisherede.com.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health