

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 tips can help you find resources at your time 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 available to help you prepare and recover with friends, family, or those impacted by a disaster.

Available on the Disaster Resource Center site:

High school, college, and presentations on:

Family preparedness

Disaster/Event Specific

Featured articles that put you in the front and center.

Information for business managers

Information and resources for first responders

Link to state and local emergency websites

which helps you to quickly find official government emergency resources.

This valuable resource is available to everyone.

and is designed to be responsive on most devices. You can print or share articles via email, Facebook, Twitter or LinkedIn.

