



# Help Your Neighbors Stay #HurricaneStrong



Once you and your family are prepared, consider extended family members or friends who are especially vulnerable during hurricanes. Pay special attention to folks with financial limitations and seniors: a disproportionate number of fatalities in recent hurricanes have occurred among seniors.

You can help your broader community before, during, and after disasters by volunteering. Find an organization in your community, and participate in a class, training, or discussion. Affiliate with the organization before disaster strikes.

Local nonprofits, faith-based organizations, schools, and civic groups are all great places to begin your search. There are many ways to help your community, including delivering food to older adults or organizing your own community project. Consider any special skills you may be able to offer.

Get training in CPR and basic first aid, as well as other hazard-specific training. A financial contribution or gift to a recognized nonprofit disaster relief organization is always an effective way to support disaster recovery, and even small amounts can make a big difference.

Here are some options to get you started to support community disaster resilience:

**Join your [local Community Emergency Response Team \(CERT\) program](#).** CERT programs are typically sponsored, affiliated, or created in partnership with a local fire department, law enforcement agency, or emergency management agency. Get CERT trained in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

**Find a volunteer opportunity with your state's [Voluntary Organizations Active in Disaster \(VOAD\)](#).** National VOAD is an association of organizations that mitigate and lessen the impact of disasters.

**Don't forget the crucial role youth play in disaster preparedness. [Get resources](#) to integrate children and youth into family and community disaster preparedness.**