

ORANGE COUNTY OPERATIONAL AREA
EMERGENCY OPERATIONS CENTER

FOR IMMEDIATE RELEASE

PRESS RELEASE #36

Date: 10-24-07

Time: 1300 Hours

COPING WITH STRESS FOLLOWING WILDFIRES

Disasters like wildfires can result in increased anxiety and stress for both adults and children. This can occur even with people that have not directly suffered loss as a result of the fires.

Signs that someone may be having difficulty coping with a disaster include:

- Depression, sadness or feelings of hopelessness
- Mood swings
- Headaches or stomach problems
- Difficulty sleeping
- Disorientation or confusion
- Reluctance to leave home

To ease the stress, talk to someone about your feelings. Try to maintain a normal household and daily routine. Stay in contact with your existing support network, including family, friends and religious or spiritual contacts. Make sure you get plenty of rest and eat healthy meals. If you or a member of your family still have trouble coping, seek help by consulting a counselor or mental health professional. Children may need frequent comforting and reassurance. Be open and honest, but make sure information provided to children is appropriate for their age. Encourage children to talk about their feelings.

The Orange County Public Information Hotline number is (714) 628-7085. Unless there is a life-threatening emergency, do not call 911. Orange County residents are encouraged to monitor their local television or radio stations for the most current information about the Santiago Fire.

Release authorized by: _____ Title: _____

Email or Faxed/time: _____

Media Station: _____

Sent by: _____ Date/Time: _____