

# **COPING WITH WILDFIRE STRESS**



**CITIZEN ENGAGEMENT**



**SILVANUS**

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Coping with wildfire stress as a citizen, especially if you live in a fire-prone area or are directly affected by wildfires, involves several strategies to manage emotional and psychological distress effectively.



# Stay Informed

Obtain accurate and timely information from reliable sources. Understanding the situation can reduce anxiety caused by uncertainty. However, be cautious about information overload, which can increase stress.



# Emergency Preparedness

Prepare an emergency plan and a go-bag with essential items, including documents, medications, and basic supplies. Knowing you are prepared can significantly reduce anxiety.



Practice evacuation routes and family communication plans. Familiarity with what to do and where to go can ease stress during an actual emergency.



# Community Support

Stay connected with your community.

Support from neighbours, local organizations, and community groups can provide emotional comfort and practical help.



# Engage in community preparedness activities

Being part of a community effort can provide a sense of control and solidarity.



# **Rely only on official sources**

Always prioritize information from official sources such as local news stations and radio broadcasts, local emergency services and government agencies. These channels provide the most accurate updates on fire locations, evacuation orders, and safety instructions.



# Avoid Misinformation

Be cautious of rumors or unverified information on social media. During emergencies, misinformation can spread quickly and cause unnecessary stress, panic or confusion.

