

Disaster Resource Center

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 resources at your fingertips can help you to be ready to meet practical and emotional challenges before, during, and after an event.

Cigna's Disaster Resource Center:

[Cigna.com/knowledge-center/disaster-resource-center](https://cigna.com/knowledge-center/disaster-resource-center)

This online resource is open to the public and can be shared with friends, family or anyone impacted by a disaster.

Available on the Disaster Resource Center site:

- Cigna contact information
- Helpful information, resources, and presentations on:
 - Self-care and emotional support
 - Family preparedness
 - Helping children cope after an event
 - Disaster/traumatic event-specific tips
- Featured articles that put key information and tips front and center.
- Information and resources for employers/managers
- Information and resources for first responders
- Links to state and U.S. territory emergency websites, which helps you to quickly find official government emergency procedures, helpful information, and real-time resources before, during, and after an event.
- This valuable resource is available to everyone. The site is easy to navigate and is designed to be responsive on most devices.



The Cigna Disaster Resource Center includes...

Information for:

Individuals, parents, families
Employers and managers
First responders

Specific tips for:

Earthquakes
Floods
Hurricanes
Tornadoes
Violent attacks
Traumatic events
Wildfires
Winter storms

Links to:

State and U.S. Territory
Emergency Websites