How to get help right now
Getting in touch with loved ones
Supporting those impacted by the wildfires
Staying informed
Additional Resources

Wildfire Safety

- Back your car into the garage or park it outside, facing the direction of your evacuation route.
- Keep your pets in one room, so you can find them if you need to evacuate quickly.
- Limit exposure to smoke and dust. Keep indoor air clean by closing windows and doors to prevent outside smoke from getting in.
- Do not use anything that burns, such as candles, fireplaces, and gas stoves.

Hawai‘i CARES 988
If you are experiencing a mental health or substance use crisis please text, call, or chat 988, the Hawai‘i Suicide & Crisis Lifeline.

Ka‘ū–Kea‘au–Pāhoa Complex Area 8.10.23
If you or someone you know needs help right now:

**Disaster Distress Helpline (DDH)**
- Call or text 1-800-985-5990 to get help and support for any distress that you or someone you care about may be feeling related to any disaster. (Press “2” for Spanish)
  - [English Flyer](#)
  - [Spanish Flyer](#)
  - [American Sign Language](#)

**American Red Cross of Hawaii**
- [Get Help page](#)
- [Find a Red Cross Shelter Mapping Tool](#)
- [Request for Assistance with Disaster Relief](#)
  - Hawaii: (808) 935-8305
  - Maui: (808) 244-0051
  - Oahu: (808) 739-8113
  - Kauai: (808) 245-4919
How to get in touch with loved ones who may have evacuated

**Tips for Contacting Loved ones from the American Red Cross**

- Call during off-peak hours for the best chance of getting through.
- Send a text message, which may go through when phone calls cannot.
- Check your loved one’s social media pages (i.e., Facebook, Twitter, etc.), as they may have already gone online to tell their story.
- Send an email
  - Call friends and relatives who may have already been in contact with your loved one.
  - Call people and places where your loved one is well-known; neighbors, employer, school, place of worship, senior center, social club/center, union, or fraternal organization.
  - Try sending a letter. Your loved one’s mail may be getting forwarded to his or her new location.
Supporting children and adolescents during & after a wildfire

National Association of School Psychologists (NASP)
- Helping Children After a Wildfire: Tips for Parents and Educators

National Child Traumatic Stress Network (NCTSN)
- Preparing Children after a Wildfire Damages Your Community
- Simple Activities for Children and Adolescents
- Wildfire Resources

Substance Abuse and Mental Health Services Administration (SAMHSA – DDH)
- Types of Disasters: Wildfires

Additional mental health resources available:
- No Shame Get Help (MHAH)
- American Red Cross of Hawaii: Disaster Preparedness
Coalition to Support Grieving Children:

- **Parent Booklet: After a Loved One Dies**
  - Guidance for parents and other caring adults on how to support grieving children, available in nine languages.
    - Access booklets in other languages [here](#)
- **Parent Handout: Supporting Your Child**
  - A handout to accompany the Supporting Our Students booklet and to advise parents and caregivers on supporting children who are grieving.

- **Materials for Schools:**
  - **Talking With Children**
    - [Module Summary](#)
  - **What To Say /What Not To Say**
    - [Module Summary](#)
  - **Impact on Learning**
    - [Module Summary](#)

**National Center for School Crisis & Bereavement**

- [Guidelines for Responding to the Death of a Student or School Staff](#)

**Dougy Center Grief Resources**
Staying Informed

- Hawai`i Emergency Management
- Hawaii County
- County of Maui
- City & County of Honolulu
- Kaua`i County

*HIDOE employees, please also refer to all official HIDOE communications, resources, supports, and notifications.

How to help those impacted by the wildfires

Hawaii Salvation Army:
- Visit [Hawaii.SalvationArmy.org](http://Hawaii.SalvationArmy.org) to
  - Find Volunteer Opportunities
  - Donate

The American Red Cross of Hawaii
- Visit the [American Red Cross of Hawaii](https://www.redcross.org) Site to:
- Find Volunteer and learning opportunities
- Donate

Ka‘ū–Kea‘au–Pāhoa Complex Area 8.10.23
Remain Calm and Reassuring
Experiencing a disaster can shake our view of our world/community as a safe and predictable place. Whenever possible we want to restore that sense of safety - including by only sharing pertinent, accurate information.

Handle With Care
We may react in ways that we did not expect. These reactions are temporary and in response to the current stressor. Acknowledge and normalize feelings.

B.O.L.O. (Be on the Look Out) for Warning Signs
Feeling drained, changes in appetite and sleep patterns, irritability, feeling numb and/or disinterested, anxiety, regression, poor attention/concentration, withdrawing.

Coping
Safety and basic needs first, stay connected, stay regulated (calm that nervous system), identify what is in your control and take small steps to address priorities, establish a routine, focus on resilience, ask for help, help others, accept help for yourself. See also Maslow’s Hierarchy of Needs and Co-Regulation Hand Outs

Avoid
Limit your consumption of news/avoid doom scrolling, avoid sources of information that are inaccurate or inflammatory, as much as possible avoid repeated exposure to the sights and sounds of the disaster area, avoid alcohol/drugs, and making major life decisions

Know Where to Go
• Get accurate information and updates from official sources such as county and state websites, or the Hawai’i Emergency Management Agency.

Access additional resources on the following pages and/or in the resource folder: KKP CA Natural Disaster Response Resources
Title: Help Kids Cope  
Type: App  
Audience: Adults  

Helps parents talk to their children about disasters and know how best to support them - whether sheltering-in-place at home, evacuating to a designated shelter, or helping your family heal after reuniting. This mobile app is also a great resource for teachers and other professionals involved in children’s lives.

Title: SAMHSA Disaster Distress Helpline  
Type: Helpline & Text Line  
Audience: Adults  

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Title: NASP  
Type: Website & downloadable PDFs  
Audience: Adults  

- Natural Disasters: Brief Facts and Tips  
- Large-Scale Natural Disasters: Helping Children Cope
There are many useful tools for evacuation, sheltering/relocation, trauma response, earthquake, and wildfire which can be used to support children and families.

- **Helping Youth after Community Trauma: Tips for Educators**

**Warning Signs and Risk Factors for Emotional Distress**

- **Coping Tips for Traumatic Events and Disasters**

**Recovering Emotionally After a Disaster**

- **Helping Children Cope with Disaster**
- Also see the section on the webpage about Coping with Disasters During the Holidays

Please share with youth on your campus, in particular the page on stress.
CDC
Type: Website
Audience: Adults

Please share with families and caregivers as appropriate, see more resources on the Caring for Children in a Disaster webpage

Ka'ū-Kea'au-Pāhoa Complex Area

**CDC’s**
- Easy as ABC – Steps to Protect Your Child During Emergencies
- Returning to School After a Disaster: Tips to Help Your Students Cope