



**As part of your storm preparation
build your relationships with your
nearest neighbours.**

**Knowing that you have support can reduce
stress and anxiety.**

- Check on your loved ones;
- Make an emergency plan with your nearest neighbours.
- Check in with those around you and offer to help others, especially people that might be vulnerable; and
- Never be afraid to ask for help!

**When making a plan with neighbours, agree that they
will check on you and you on them. Talk about what kind
of support you and they might need after a disaster.**

Connect to Protect



**GOVERNMENT OF THE
VIRGIN ISLANDS**

PAHO

