

- ♦ Water—at least one gallon per person per day for at least three days
- ♦ Food—nonperishable food for at least three days
- ♦ Manual can opener, preferably on a multi-tool
- ♦ Flashlight, All-Hazards/ NOAA (National Oceanic and Atmospheric Administration) hand-crank or battery-powered radio
- ♦ Hand-crank or battery-powered cell phone charger, extra batteries
- ♦ First aid kit with N95- or N100-rated dust masks, disinfectant, prescriptions, medications, items such as eye glasses or contacts
- ♦ Sanitation supplies such as moist towelettes, disinfectant and garbage bags
- ♦ Important documents including will, medical and financial power of attorney, property documents, medical instructions, insurance and military service records
- ♦ Your Family emergency plan and your command reporting information
- ♦ Emergency preparedness handbook and local maps



Items for your Family's unique needs:

- ♦ Infant formula and diapers for young children
- ♦ Food, water, medication, leash, travel case and documents for pets

Items essential for those stationed abroad:

- ♦ Passports
- ♦ International drivers license
- ♦ Birth abroad certificate for children born overseas
- ♦ Cash in local currency



BE INFORMED

The resources listed below provide information about preparing yourself and your Family for an emergency:

- ♦ **Ready Army**—www.ready.army.mil — Your complete web resource for emergency preparedness information, check-lists, helpful resources and children's activities
- ♦ **Ready Campaign**—www.ready.gov — Partner campaign, sponsored by the U.S. Department of Homeland Security
- ♦ **Listo America**—www.listo.gov/america — Spanish version of the Ready Campaign
- ♦ **People with Disabilities and Other Special Needs** — www.ready.gov/individuals-access-functional-needs
- ♦ **Pet Owners**—www.ready.gov/caring-animals
- ♦ **American Red Cross**—www.redcross.org/ — Information on preparedness, training, assistance and giving
- ♦ **Safe and Well List**—www.redcross.org/find-help/contact-family — Provides a way for disaster victims to communicate their well-being with Family members
- ♦ **Centers for Disease Control and Prevention** — www.cdc.gov — Falls under the U.S. Department of Health and Human Services
- ♦ **Emergency Preparedness and Response** — www.bt.cdc.gov Provides information on agents, diseases and other threats
- ♦ **Citizen Corps**—www.citizen corps.gov — Provides opportunities to prepare, train and participate in community exercises and support local emergency responders
- ♦ **Community Emergency Response Team (CERT) Program** — www.citizen corps.gov/cert — Educates people about disaster preparedness and trains them in basic disaster-response skills
- ♦ **Federal Emergency Management Agency**—www.fema.gov/plan — FEMA's "Plan Ahead" site offers information on the range of natural and manmade disasters and guidance for protecting your Family and property
- ♦ **Are You Ready?**—www.ready.gov/are-you-ready-guide — A comprehensive online and downloadable guide on individual, Family and community preparedness
- ♦ **Training**—www.fema.gov/training — Offered by audience and topic designed for those with emergency management responsibilities and the general public
- ♦ **World Health Organization**—www.who.int — Resources for epidemic and pandemic alert and response



Army Emergency Management
HQDA G-34
Protection Division

Are YOU and your FAMILY READY for an EMERGENCY?



www.acsim.army.mil/readyarmy/

PREPARE



Preparing for emergencies brings peace of mind. And it could keep an emergency from becoming a disaster for you and your Family. Prepare Strong! Take these steps to get started:

Be Informed

- ◆ Identify all hazards that can affect you and your Family.
- ◆ Know the local emergency warning system in your area.
- ◆ Know the appropriate emergency actions.

Make a Plan

- ◆ Consider the range of possibilities and places you might be.
- ◆ Plan reactions to various emergencies.
- ◆ Plan how your Family can stay in touch.
- ◆ Practice your plan.

Build a Kit

- ◆ Consider the basics of survival and the unique needs of your Family including pets.
- ◆ Include enough supplies for at least three days.
- ◆ Assemble emergency supplies in your home, car and workplace.
- ◆ Be ready in case you must evacuate quickly.

Get Involved

- ◆ Everyone has a role in preparedness. Prepared individuals build stronger communities.
- ◆ Train. Trained communities more effectively prepare and respond to emergencies
- ◆ Volunteer. Consider giving back to your community by donating time and resources to local organizations
- ◆ Share. Consider integrating emergency preparedness into existing activities. Share preparedness with others, especially children.

REPORT

After an emergency, all Army-affiliated personnel (Soldiers, Family members and Civilian employees) are to report their status to their command at the first available opportunity.

If Internet connectivity is available, you are to check in online using the Army Disaster Personnel Accountability and Assessment System (ADPAAS). ADPAAS allows Army officials to account for assigned personnel and their Family members and provide assistance if needed. Report your status directly to ADPAAS by going to <https://adpaas.army.mil>.

If you do not have Internet access or you do not receive other official reporting instructions, you may report using any of the following methods:

1. Through your chain of command

2. By contacting any of the following approved call-centers:

- ◆ **ADPAAS Hotline:** 800-833-6622
- ◆ **Military OneSource:**
www.militaryonesource.mil
CONUS & OCONUS (24/7): 800-342-9647
OCONUS: 703-253-9647 (Follow local instructions for Collect calls)
Hearing-impaired callers & TTY/TTD:
866-607-6794
Spanish-speaking callers:
877-888-0727



RECOVER



The Army has a range of resources to assist you following an emergency. Your local health professionals, Family support groups and chaplains can provide helpful information and guidance to speed your recovery.

Army OneSource

www.myarmyonesource.com

A useful locator for Family programs, services and resources.

Safe and Well List

<http://www.redcross.org/find-help/contact-family>

A way for disaster victims to communicate their well-being with Family members.

Recover and Rebuild

www.fema.gov/response-recovery

Information and resources for individuals impacted by disasters.

The United States Army Chaplaincy

www.chapnet.army.mil

Spiritual leadership for the Army Family.

Tragedy Assistance Program for Survivors (TAPS)

www.taps.org

Grief support services and resources for survivors and caregivers.

Army Emergency Relief

www.aerhq.org

Emergency financial assistance.

