

- o **Water**—at least one gallon per person per day for at least 3 days
- o **Food**—nonperishable food for at least 3 days
- o **Waterproof bag or container** for kit items
- o **Water storage containers**
- o Hand-crank or battery-powered **flashlight**; all-hazards / NOAA **radio**; and **cell phone charger** (and **extra batteries** for all equipment)
- o Manual **can opener** (on a **multi-tool**)
- o **First aid kit** (rubbing alcohol, bandages, adhesive tape, gauze pads, latex gloves, antiseptic, safety pins, tweezers, thermometer, etc.)
- o N95- or N100-rated dust masks
- o **Sanitation supplies** such as moist towelettes, disinfectant and garbage bags
- o **Important documents** including will, medical and financial power of attorney, property documents, medical instructions, insurance and military service records
- o Any tools needed for turning off utilities
- o Your Family **emergency plan** and your command **reporting information**
- o Emergency preparedness handbook and local maps
- o **Cash** (small bills—ATMs and bank systems may not operate during an emergency)

Items for your Family's unique needs:

- o Infant formula and diapers for young ones
- o **Prescription medications** and medical equipment/care aids
- o **Food, water, medication, leash, travel case and documents for pets**

Additional items:

- o Reusable **plates, cups, utensils**, saucepan and portable stove
- o Disinfectant, dish soap and hand-wipes
- o **Matches** or flint in waterproof container
- o **Sleeping bag**/weather-appropriate bedding
- o **Sleeping pads**, foams or inflatables
- o **Cold-weather and rain gear**, and weather-appropriate change of clothes for each person
- o Fire extinguisher

Items essential for those stationed abroad:

- o Passports
- o International drivers license
- o Birth certificate for those born overseas
- o Cash in local currency (small bills)
- o Card with local translations of basic terms
- o Electrical current converter

BE INFORMED

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

- o **Ready Army**—www.ready.army.mil — Your complete web resource for emergency preparedness information, checklists, helpful resources, and children's activities
- o **Ready Campaign**—www.ready.gov — Partner campaign, sponsored by the U.S. Department of Homeland Security
- o **Listo America**—www.listo.gov/america —Spanish version of the Ready Campaign
- o People with Disabilities and Other Special Needs — www.ready.gov/individuals-access-functional-needs
- o Pet Owners—www.ready.gov/caring-animals
- o **American Red Cross**—www.redcross.org — Information on preparedness, training, assistance, and giving
- o **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
- o **Centers for Disease Control and Prevention** — www.cdc.gov — Falls under the U.S. Department of Health and Human Services
- o Emergency Preparedness and Response — www.bt.cdc.gov — Provides information on agents, diseases and other threats
- o **Citizen Corps**—www.citizencorps.gov — Provides opportunities to prepare, train and participate in community exercises and support local emergency responders
- o **Community Emergency Response Team (CERT) Program**—www.citizencorps.gov/cert — Educates people about disaster preparedness and trains them in basic disaster-response skills
- o **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
- o **Are You Ready?**—www.ready.gov/are-you-ready-guide — A comprehensive online and downloadable guide on individual, Family and community preparedness
- o **Training**—www.fema.gov/training — Offered by audience and topic designed for those with emergency management responsibilities and the general public
- o **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?



READY ARMY
 BE INFORMED. MAKE A PLAN. BUILD A KIT. GET INVOLVED.
www.ready.army.mil



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 3 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 allows Army officials to account for assigned personnel and their Family members and provide assistance if needed. Report your status directly to AD-PAAS 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



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.militaryonesource.mil

Central hub and go-to-place for the military community; get to know your benefits; prepare

Safe and Well List

www.redcross.org/find-help/contact-family

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

Recover from Disaster

www.ready.gov/recovering-disaster

Information and resources for individuals impacted by disasters.

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.

Religious Support—In the event of a disaster or mass casualty event, Chaplains are available on Army installations to provide religious support and counseling to Soldiers, Family members, and authorized Civilians.

