

Ensure that your family
is prepared.

When disaster strikes, emergency responders—including Coast Guard personnel—address the most critical needs. While you are a ready guardian in the heartland, in the ports, at sea, and abroad, your family may be coping with any number of hazards with the potential to disrupt their lives. Ensure that your family is ready before times of crisis, so you can focus on the mission with the confidence that your loved ones will be secure.

**Don't delay. Protect your family
so you can protect the nation.**



SEMPER PARATUS

Be “Always Ready.” Be informed about what might happen, make an emergency plan with your family, and build an emergency supply kit good for at least three days.



Ready Coast Guard is a proactive education and awareness campaign to inform the Coast Guard community about relevant hazards. Through education and community awareness activities, the campaign encourages individuals and families to maintain a basic level of preparedness for all potential hazards and threats.



You're Ready for Anything



But is your
**family
ready?**





Be ready at a moment's notice by taking three essential steps to prepare. Be/Stay informed. Make an plan. Build a kit.



BE/STAY INFORMED by understanding the potential hazards in your area. Knowing what to do can make all the difference when seconds count. Visit the following websites to find emergency planning resources and hazard information:

- ▶ **Ready Coast Guard**
(<http://www.uscg.mil/hr/cg111/ready.asp>)
- ▶ **Coast Guard Office of Work-Life**
(www.uscg.mil/worklife)
- ▶ **Ready Campaign** (www.ready.gov)
Listo America (www.listo.gov)
- ▶ **American Red Cross** (www.redcross.org)
The Safe and Well List
(<https://safeandwell.communityos.org>)
- ▶ **Centers for Disease Control and Prevention**
(www.cdc.gov)
- ▶ **Federal Emergency Management Agency**
(www.fema.gov/plan)
Are You Ready?
(www.fema.gov/plan-prepare-mitigate)



By making and practicing a family emergency **PLAN** (that includes evacuation and communication procedures), you and your family are more likely to find each other quickly and help one another get through the emergency situation safely and with less worry, especially if one of you is away on duty.

- ▶ **Plan for the various emergency** situations or disasters that could strike your family, considering potential hazards and weather patterns in your region.
- ▶ **Think through each possible emergency** situation, and determine how your family should respond.
- ▶ **Gather input** from all family members, including children. When everyone shares in building the plan, they are more likely to remember it during an emergency.
- ▶ **Think about all the places** you and your family may be throughout the day, such as home, work, school, and in transit.
- ▶ **Establish meeting places** and discuss situations in which to use them.
- ▶ **Choose a contact person**, a family member, or friend living out of town whom you can all contact if an emergency strikes when you are separated.
- ▶ **Review and practice the plan** annually and whenever there are major changes in your family situation, schedule, or activities.

BUILD one or more emergency **KITS** that include enough supplies for **at least three days**, to sustain your family during an emergency. Some basic items to consider for a home emergency kit are:

- ▶ **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**
- ▶ **First aid kit** with dust masks, disinfectant, and prescription medications
- ▶ **Sanitation supplies** such as moist towelettes, disinfectant, and garbage bags
- ▶ **Formula and diapers** for infants
- ▶ **Flashlight and extra batteries, battery-powered or hand-crank NOAA** (National Oceanic and Atmospheric Administration) **weather radio and cell phone charger**
- ▶ **Important documents**—personal, financial, and insurance
- ▶ **Money**—A minimum of \$100 cash in small bills
- ▶ **Maps and your family emergency plan**
- ▶ Food, water, other supplies, and documents for any **pets**

EMERGENCY KITS

To fully prepare your family for an emergency, build one or more emergency kits that include enough supplies for at least three days. Keep a kit prepared at home ready to use or take with you, and consider also having kits in your car and at work. These kits will enable you and your family to respond to an emergency more quickly. Your various emergency kits will be useful whether you have to shelter in place or evacuate.

What to Put in Your Basic Home Kit

- Necessary
 - ☐ Water—at least one gallon per person per day for at least three days (Consider iodine and a filtration system to treat water if your supply runs out.)
 - ☐ Food—nonperishable food for at least three days
 - ☐ Manual can opener
 - ☐ First aid kit
 - ☐ Prescription medications and medical equipment/care aids
 - ☐ N95- or N100-rated dust masks
 - ☐ Personal sanitation supplies, such as moist towelettes (one container for every two individuals), garbage bags, and plastic ties
 - ☐ Flashlight
 - ☐ Battery-powered or hand-crank radio and cell phone charger
 - ☐ All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
 - ☐ Extra batteries
 - ☐ Cash (at a minimum \$100 in small bills)
 - ☐ A wrench or any tools needed for turning off utilities
 - ☐ Local maps, your family emergency plan, and emergency contact numbers
 - ☐ Your command reporting information
 - ☐ Important documents, including will, medical and financial power of attorney, property documents, medical instructions—printed copies or electronic copies on a durable storage media such as a thumb drive and stored in waterproof container
 - ☐ Emergency preparedness handbook



- Additional
 - ☐ Infant formula and diapers
 - ☐ Pets supplies, including food, water, medication, leash, travel case, and documents
 - ☐ Reusable plates, paper cups, plastic utensils, saucepan, and portable stove
 - ☐ Disinfectant
 - ☐ Matches or flint in a waterproof container
 - ☐ Sleeping bag or other weather-appropriate bedding for each person
 - ☐ A weather-appropriate change of clothes for each person
 - ☐ Coats or jackets and rain gear
 - ☐ Fire extinguisher
 - ☐ Paper and pencil
 - ☐ Books, games, puzzles, toys, and other activities for children
 - ☐ Any items necessary for individuals with special needs, such as wheelchair batteries or medical equipment
 - ☐ Any items necessary for a specific type of disaster
- In the event of an influenza pandemic, some extra precautions are in order:
 - ☐ Water, food, and prescription medicine supplies to cover two weeks
 - ☐ Hand wash with 60%–95% alcohol content
 - ☐ Thermometer
 - ☐ Medicines for fever and diarrhea
 - ☐ Fluids with electrolytes
 - ☐ Surgical masks
- Additional items that can be essential for those deployed or stationed abroad:
 - ☐ Passports
 - ☐ Birth, marriage, and birth abroad (for children born overseas) certificates
 - ☐ Cash (at a minimum \$100 in small bills) in the local currency
 - ☐ Card with local translations of basic terms
 - ☐ Electrical current converter

Store your emergency kit in an easily accessible area such as a cupboard by the door and make sure everyone in your family knows where it is.

Consider whether your area is likely to face a specific threat. If your home is prone to flooding, store your kit upstairs. If you face tornados, think about storing your kit in the basement.

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Portable Emergency Kit

- Take this kit with you when you are ordered to evacuate.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your family knows where the kit is.
- If you are required to shelter in place, keep this kit with you.
- Consider adding enough supplies to last two weeks.

Workplace Emergency Kit

- This kit should be in one container to be kept at your work station in case you must evacuate from work.
- Make sure you have comfortable walking shoes at your work place in case you have to walk long distances.
- This kit should include at least food, water, and a first aid kit.
- Make sure you include your family's communications procedure.

Vehicle Emergency Kit

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables, and seasonal clothing (coats, rain gear).
- Make sure you include your family's communications procedure.

Maintaining Your Kits

- Routinely evaluate your kits and their relevance to the threats in your area and current season.
- Throw away and replace any expired or damaged medications, food, or water.

Where to Find Additional Information

- Federal Emergency Management Agency (FEMA) Ready.gov—
 - <http://www.ready.gov/build-a-kit>
 - http://www.ready.gov/sites/default/files/documents/files/checklist_1.pdf
 - <http://www.ready.gov/maintaining-your-kit>
 - <http://www.ready.gov/kit-storage-locations>

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PEOPLE WITH SPECIAL NEEDS

If you or someone close to you has a disability or special needs, you should make special preparations in case of an emergency. Those with physical disabilities could have increased complications during an evacuation. Those with visual, hearing or mental disabilities may be especially fearful and reluctant to leave familiar surroundings. Others with medical conditions may be dependent on devices or medications that need to travel with them. To adequately prepare for every possible emergency situation, consider making the following arrangements.

Preparing for an Emergency

- Check for hazards in your home and workplace.
- Discuss your needs with family members, neighbors, coworkers, and those who manage your office or apartment.
- Make sure those around you know how to operate any necessary equipment and where it is stored. Label equipment and attach instructions as a backup.
- Have a list with the types and models of any equipment or devices you need.
- If you use electrical equipment, plan how you will deal with a power outage, for instance, keeping a manual wheelchair for use if your electrical wheelchair becomes inoperable.
- Consider having backup equipment stored at your evacuation location or places where you spend a lot of time.
- Know more than one location of a medical facility that provides the services you need.
- Add any necessary supplies such as wheelchair batteries, catheters, oxygen, medication, food for service animals, or other special supplies to your emergency kit.
- Do not assume that you or your loved one has been factored into an evacuation procedure. Let others know of your specific requirements.
- Make the necessary preparations and know what needs to happen during an emergency.
- If you are physically disabled, study the evacuation procedure of any building from which you might evacuate. If necessary, know if and where an Evacuation Chair (EVAC+CHAIR) is located, and make sure several others know how to operate it.
- Request your office or housing building install clear visual and audio alarms and signage indicating accessible exits and designated emergency shelter areas.
- Learn about specific devices and technology that may assist you in receiving information during an emergency.
- Arrange for someone to communicate essential information to you during an emergency if you are hard of hearing or visually impaired.
- Consider getting a medical alert system that allows you to call for help in case you are immobilized.
- If you receive care through an agency, ask about its plans to provide care during and after an emergency.
- Prepare any instructions you need to give rescuers or others who may be around you. Use concise verbal directions, or carry written instructions with you at all times. Practice giving these instructions.



During an Emergency

- If told to evacuate, do so if it is possible with the help of others.
- If you are unable to evacuate, wait where you are for rescuers.
- Take your emergency supply kit, including any necessary items, with you.
- Stay as calm as possible to help those around you.

Where to Find Additional Information

- Federal Emergency Management Agency (FEMA) Ready.gov—
 - <http://www.ready.gov/individuals-access-functional-needs>
 - http://www.ready.gov/sites/default/files/FEMA_Disabilities_R-6_web_june2012.pdf
 - <http://www.fema.gov/office-disability-integration-coordination/office-disability-integration-coordination/office-1>
 - www.fema.gov/pdf/library/pfd_all.pdf
- Center for Disability Issues and the Health Professions (CDIHP)—
 - www.cdihp.org/evacuation/emergency_evacuation.pdf

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