

- ▼ 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) handcrank or battery-powered radio
- ▼ Handcrank 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
- ▼ Card with local translations of basic terms
- ▼ Electrical current converter

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, checklists, helpful resources and children's activities

Ready Campaign—www.ready.gov Our partner campaign, sponsored by the U.S. Department of Homeland Security

- ▼ *Listo America—www.listo.gov/america* The Spanish version of the Ready Campaign
- ▼ *People with Disabilities and Other Special Needs—www.ready.gov/america/getakit/disabled.html*
- ▼ *Pet Owners—www.ready.gov/america/getakit/pets.html*

American Red Cross—www.redcross.org Information on preparedness, training, assistance and giving

- ▼ *Safe and Well List—<https://disastersafe.redcross.org>* provides a way for disaster victims to communicate their well-being with Family members

Centers for Disease Control and Prevention—www.cdc.gov CDC 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.citizencorps.gov Provides opportunities to prepare, train and participate in community exercises and support local emergency responders

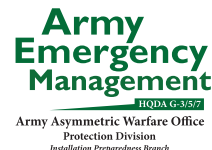
- ▼ *Community Emergency Response Team (CERT) Program—www.citizencorps.gov/cert* Educates people about disaster preparedness and trains them in basic disaster-response skills

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.fema.gov/areyouready* A comprehensive online and downloadable guide on individual, Family and community preparedness
- ▼ *Training—www.fema.gov/prepared/train.shtm* Offered by audience and topic designed for those with emergency management responsibilities and the general public

PandemicFlu.gov/AvianFlu.gov—www.pandemicflu.gov The most current information on pandemic and avian flu from the U.S. Department of Health and Human Services

World Health Organization—www.who.int Resources for epidemic and pandemic alert and response



Are you and your Family ready for an EMERGENCY?



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:



Get 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.

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.

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.



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:

- ▼ **Army Info Hotline:** 1-800-833-6622
- ▼ **Army OneSource**
 - Within CONUS: 1-800-464-8107
 - Outside CONUS (Collect): 484-530-5980
 - (Toll-Free): 800-3429-6477
 - Hearing-impaired callers & TTY/TTD: 1-800-364-9188
 - Spanish-speaking callers: 1-888-732-9020 / 1-877-888-0727 / 1-877-255-7524

- ▼ **Military OneSource**
 - Within CONUS (24/7): 1-800-342-9647



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

<https://disastersafe.redcross.org>
A way for disaster victims to communicate their well-being with Family members.

Recover and Rebuild

www.fema.gov/rebuild/index.shtm
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.

