

Items to Consider for Your Basic Home Emergency Kit

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days
- First aid kit
- Prescription medications
- Dust masks (N95/N100)
- Flashlight
- Battery-powered or hand-crank cell phone charger
- Battery-powered or hand-crank radio with all-hazards NOAA (National Oceanic and Atmospheric Administration) weather station frequency
- Matches in a waterproof container
- Extra batteries
- Wrench/pliers/multitool for turning off utilities
- Local maps, your family emergency plan, cash and other important documents enclosed in a waterproof container
- Survival handbook
- Personal sanitation supplies such as moist towelettes, garbage bags and ties
- Additional items for your family's needs such as infant food, diapers and pet essentials
- Additional items for those stationed abroad:
 - Passports
 - Birth abroad certificates 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 additional information about preparing yourself and your family for an emergency:

Ready Campaign (www.ready.gov)—Information, checklists and printable forms to educate and empower Americans to prepare for emergencies.

- **Listo America** (www.listo.gov/america) is the Spanish version of the Ready campaign.
- **People with Disabilities and Other Special Needs** (www.ready.gov/america/getakit/)
- **Pet Owners** (www.ready.gov/america/getakit/pets.html)

American Red Cross (www.redcross.org)—Preparedness guides and information for home, school, work and community.

Centers for Disease Control and Prevention (www.cdc.gov)—CDC is the principal federal agency for protecting the health and safety of all Americans.

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.

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.

Are you and your family ready for an **EMERGENCY?**



**Army
Emergency
Management**
HQDA G3/5/7
Army Asymmetric Warfare Office

**READY
ARMY**
GET A KIT • MAKE A PLAN • BE INFORMED



PREPARE

Preparing in advance could keep an emergency from becoming a disaster for you and your family. Take these simple steps to prepare for all hazards:

Get a Kit—Consider the basics of survival and also special needs.

- 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—Knowing what to do can make all the difference when seconds count.

- Know what emergencies are most likely to affect you and your family.
- Know the local emergency warning system in your area and what actions to take if there is an emergency.



REPORT

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

If Internet connectivity is available, you should 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 the Web address <https://adpaas.army.mil>. ADPAAS links are also available at Military One Source and Army One Source Web sites (addresses provided below).

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 One Source**
 - Within CONUS: 1-800-464-8107
 - Outside CONUS (Collect): 484-530-5980
 - (Toll-Free): 800-3429-6477
 - Hearing-impaired callers: 1-800-364-9188
 - Spanish-speaking callers: 1-888-732-9020 / 1-877-888-0727 / 1-877-255-7524
 - Web site: <http://www4.army.mil>
- **Military OneSource**
 - Within CONUS (24/7): 1-800-342-9647
 - TTY/TTD: 1-800-346-9188
 - Spanish-speaking callers: 1-877-888-0727 / 1-888-732-9020 / 1-877-255-7524
 - Web site: <http://www.militaryonesource.com>

RECOVER

If you or your family has been affected by a declared emergency, the Army and other organizations can help. The following resources are available:

Safe and Well List—Provides a way for disaster victims to communicate with family members about their well-being. <https://disastersafe.redcross.org/>.

Recover and Rebuild—Provides information and resources for individuals impacted by disasters. <http://www.fema.gov/rebuild/index.shtm>.