



Be Ready Tip(s) of the Month

May Tip: Ensuring that your family is ready at home enhances your response to a crisis!

As a first responder, you are always ready; knowing that your family is ready to face emergencies at home reduces stress, enhancing your mission response.

Tip #1: Make sure you and your family are and stay **informed** of about all potential hazards in your area.

Tip #2: Make an **emergency plan** as a family that includes a meeting place inside and outside the neighborhood, an out of town contact to link up with if you are separated, and your children's participation in the planning process—it speeds response time when seconds count and lowers everyone's anxiety.

Tip #3: Build an **emergency supply kit** that includes:

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days and a manual can opener
- First aid kit, including 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 and extra batteries
- Battery-powered or hand-crank radio and cell phone charger
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- 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

For more information on how to be ready, view the Ready Coast Guard website at <http://www.uscg.mil/hr/cg111/ready.asp>.

Be/stay informed, make a plan, build a kit and pass it on, so all are prepared.

Semper Paratus!