



Be Ready Tip(s) of the Month

March Tip: Who is Counting on You in an Emergency?

You can't prevent all bad things from happening, but by taking actions before emergencies strike, you can be a hero to those who count on you the most. Here are some specific tips for preparations that can give you peace of mind and confidence that you all can make it through an emergency safely and quickly return to normal afterward.

Tip #1: Infants and children—Be sure you have formula, pre-packaged baby food, and similar nutritional items in your emergency kit. Also include age-appropriate items such as a stuffed animal or doll, books, puzzles, and games to both comfort and occupy the kids. Include older children in your planning and practice your plan regularly. Learn more at

http://www.uscg.mil/worklife/docs/Ready/KP_Kids_Plan.pdf.



Tip #2: People with Special Needs—Evacuation may be particularly challenging for people with physical, visual, hearing, or mental disabilities. They may have special equipment or devices that require power to operate. Make an evacuation plan and work with service providers to determine back-up options for coping with a power outage. Learn more at

http://www.uscg.mil/worklife/docs/Ready/KP_Special_Needs.pdf.



Tip #3: Pets—Identify pet-friendly emergency shelters, and make sure you have appropriate pet carriers, identification tags, and leashes. Include pet food and additional water in your emergency kit as well as documents such as rabies certificates. Learn more at

http://www.uscg.mil/worklife/docs/Ready/KP_Pets.pdf.



Tip #4: Seniors and Neighbors—During and after emergencies, check on neighbors, particularly those who are older, to be sure they are okay. Offer help if you can do so safely.

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

Semper Paratus!