

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**