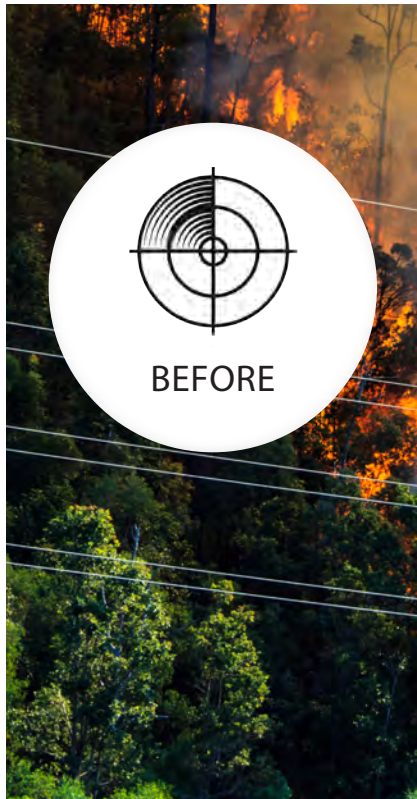




ARE YOU READY?

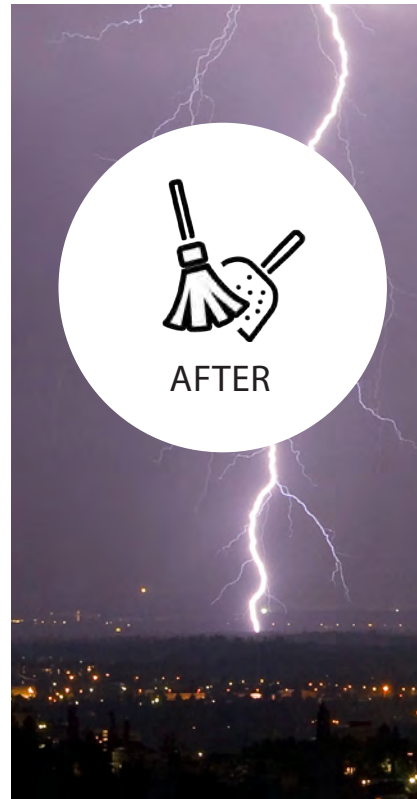
Natural Disaster Preparedness



BEFORE



DURING



AFTER



PREPARE

Have a Plan for the Unpredictable



Natural disasters come in many forms and the region where you live has a large impact on the kinds of weather emergencies you may experience.

While each threat poses specific hazards and readiness guidelines, there are basic preparations that can help during almost any impending weather event.

Assemble Emergency Items

- Food and Water
 - Gallon of water per person per day
 - Non-perishable food like canned soup, pasta, and dry milk
 - Manual can opener and basic utensils
- Safety
 - First aid kit
 - Protective clothing, blankets
 - Knife, pliers, screwdriver, whistle, flares, and lighters
- Electronics
 - Flashlights with extra batteries
 - Battery or crank radio (regularly check operation)
- Health and Personal Care
 - Contact lenses and solution, or glasses
 - Wet wipes, soap, feminine care items
 - Toothbrush and toothpaste

- Documents
 - Family emergency communication plan
 - Insurance info and important medical records
- Other Essentials
 - Extra cash
 - Maps
 - Extra car and house keys

Caring for Others

- Children
 - Bottles, formula/food, and diapers
 - Games and activities
 - Comfort items such as dolls, stuffed animals, blankie
 - Extra clothing and bedding
- Elderly, Disabled, Special Needs
 - Meds and oxygen tanks, and medical history and physician contact info
 - Cane, walker, or wheelchair

- Pets
 - Three-day supply of food and water for each pet, and bowls
 - Toys, bed, litter, leash/harness, and comfortable carrier (your pet may need to be crated for several hours)
 - Meds, vet records, and info on feeding, medical, and behavior

Assume you'll be without access to food, water, electricity, and medical care for several days.

Have enough essentials for each person and pet, per day, for at least three days.

PROTECT

Stay Safe During a Natural Disaster



What to do in the midst depends on the threat and severity. The rain and wind from a hurricane or tornado present hazards that differ from those of a wildfire or earthquake.

Keep your home and family out of danger by staying abreast of the precautions unique to the weather that most commonly threatens your area.

Stay Informed and Communicate

- Monitor Radio and Television
 - Listen for evacuation directives, as well as all-clear announcements
- Evacuate if Needed
 - Execute plans to stay in a hotel, or with friends or family in another town
 - Don't check on home or property until directed to do so
- Make Contact
 - If possible, let others know that you're safe or if you need help

Power Through an Outage

- Lighting
 - Turn on generators, use flashlights, and/or light candles as needed (conserve batteries when possible)
- Basic Food Safety
 - Unopened refrigerators can keep food cold for about four hours; a full, unopened freezer can hold temperature for approximately 48 hours
 - When in doubt, throw it out

Seek Appropriate Shelter

- Earthquake
 - Get under and hold onto a table or other sturdy surface to protect your head
- Flood
 - Find higher ground; do not attempt to drive a car
- Hurricane and Tornado
 - Go to cellar or the center of basement
 - Keep away from windows
 - Especially in newer buildings, doorways aren't always the safest
 - Never try to outrun a tornado
- Volcano or Wildfire
 - Drive away from the danger
 - Protect yourself from smoke and ash
- Other Precautions
 - Turn off gas, electric, and water as instructed
 - Do not use elevators
 - Expect debris, falling objects, and broken glass
 - Do not attempt to drive

PREVAIL

Rebuild and Recover in the Aftermath



In the aftermath of a natural disaster, the damage may range from simple debris disposal and yard cleanup, to extreme destruction such as flooding, fire damage, and complete devastation of homes or loss of life.

In addition to physical damage, the emotional effects brought on by a catastrophe can be equally upsetting and even longer lasting. Your mental health and well-being should be a priority as you begin to rebuild.

Assess with Caution

- Do not return to your home or other property until told to do so by authorities
- Do not enter a building or use fire as a light source if you smell gas
- Beware of your surroundings
 - Downed power lines may still have active electricity
 - Debris may contain nails, splinters, or other hazards
 - Unstable structures could collapse from above or below you
 - Do not attempt to cross flood water
- Wash hands often and wear waterproof boots and gloves to avoid contamination
- If necessary, seek temporary housing with friends, family, or at a shelter

What To Do Next

- Communicate with loved ones and/or coworkers to confirm safety
- Contact local authorities for resources and information
- Call utility companies to reinstate gas, water, or electricity
- Call insurance providers to make a claim if necessary; be sure to have photos of damage

Clean Up

- Remove items that cannot be cleaned and dried
- Dry out
 - Fix leaks and remove moisture with fans, dehumidifiers, and open doors and windows
- Disinfect and remove mold with a mixture of bleach and water; scrub and rinse items with clean water, then allow to dry
- Check heating, ventilation, and air-conditioning systems before use

Beyond the Rebuild

- Take care of your mental health and well-being
 - Allow yourself to grieve and mourn losses
 - Check in with your feelings and seek professional counseling if needed
- Accept help, and offer help to others if you're able
- Try to keep a semblance of routine and sense of purpose, which can help you cope with the recovery process

RESOURCES

More Help When You Need it Most



Learn about the emergency plans that have been established in your area by state and local government.

In any emergency, always listen to the instructions given by local emergency management officials.

Additional resources are available

Find more information online at **DONCEAP.foh.psc.gov**, or call the Department of the Navy Civilian Employee Assistance Program (DONCEAP) for help and support.

Consultants are available any time, day or night to provide confidential assistance at no cost to you.

Helpful websites and organizations

- American Red Cross
RedCross.org
1-800-RED-CROSS (1-800-733-2767)
- Federal Emergency Management Agency (which oversees the U.S. Fire Administration)
FEMA.gov
1-800-621-FEMA (1-800-621-3362)
(TTY: 1-800-462-7585)
- National Oceanic and Atmospheric Administrations' (NOAA) National Weather Service
Weather.gov
1-828-271-4800, then press 2
(TTY: 1-828-271-4010)
ncdc.orders@noaa.gov
- National Voluntary Organization Active in Disaster (NVOAD)
NVOAD.org
1-703-778-5088

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HOURS A DAY

Department of the Navy Civilian Employee Assistance Program

1-844-DONCEAP

(1-844-366-2327) | TTY: 1-888-262-7848

DONCEAP.foh.psc.gov

