



PROTECT WHAT MATTERS<sup>SM</sup>

# BE PREPARED

Taking Care of You and Your  
Family



## Training Overview

- Why is preparation important?
  - Your role
  - Steps to Preparation
- Be Informed
  - Dangers in Louisiana
- Make a plan
  - Children?
  - Are there any special needs?
  - Practice the Plan
- Build a kit
  - Maintain and update your kit
- Get Involved
- Resources





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- “The First 72 is on You”
- Why Not 2 WEEKS?
- Which would you think would better support your family?

“It is not a matter of if, it is a matter of when”





## Your Role

**In a disaster, you may be a victim, but you are also a vital part of the response, critical to your family, neighbors, fellow Guard members, and the citizens of Louisiana.**

Immediately following a catastrophic disaster, National Guard Service Members are mobilized.

Upon mobilization stabilize family members and report as follows:

- 1. First report to your assigned unit/armory, or per your unit's SOP.**
- 2. If you cannot get to your unit/armory report to the nearest Guard facility.**
- 3. If you cannot get to a Guard facility report to the nearest Emergency Operations Center or Incident Command.**
- 4. Upon arrival to any location announce your status and availability. Ensure you contact your unit advise them of your location.**



## Steps to Preparation

**Learn the steps to getting prepared:**

- Be Informed
- Make a Plan
- Build a Kit
- Get Involved





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# NO Time Like Now to Get Ready!



Ready.Gov PSA - "The Day Before"





## Be Informed

### Know the Risks – Know Your Area

The consequences of emergencies can be similar, but knowing the risks in your area can help you better prepare.

#### Types of Disasters in Louisiana:

- Hurricanes
- Flooding
- Tornadoes
- Earthquake
- Fires
- Winter Storms
- Infectious Disease
- Terrorism
- Hazardous Material Spill





## What Could Really Happen?



PHOTO: BRUCE BENNETT/GETTY

- Buildings
- Utilities
- Telephones
- Stores
- Drug Stores
- Bank ATM
- Roads
- Gas stations
- Hospitals
- Airports





## Why is Preparation Important?

**Have you ever thought about how to prepare for an emergency?**

How would you:

- Cope without power or water?
- Take care of your pets?
- Contact your family if you were at work or school?
- Look after your family for 3 days? 7 days? 14 days?
- How would you send and receive information about what is happening?





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# Make a Plan



**FEMA- "Seat of Your Pants"**





## Planning Considerations

### Special Needs:

- Unique needs
- Infants
- Disabilities
- Medical devices





## Planning Considerations

### Pets:

- “Pet-friendly” shelters/hotel
- Extra pet food and water
- How will you transport your pets?





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# Religious Support in Emergencies

- Why think about religious support?
  - Churches, Synagogues, Mosques, and other places can be centers of emotional and spiritual support for those affected
  - Chaplains, pastors, priests, imams, and rabbis can help civilian population with counseling
  - Religious groups often offer meals, first aid, counseling, and other “front line” type support
  - Religious properties can also provide staging areas for military personnel and equipment (ask for permission first!)







## Build a Kit



### EMERGENCY KITS

To prepare your family for an emergency, assemble one or more emergency kits that include enough supplies for at least three days. Think of items that have multiple uses and are long lasting. Keep a kit prepared at home and consider also having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your emergency kits will be useful whether you have to shelter in place or evacuate.

#### ***What to Put in Your Basic Home Kit***

- **Necessary**

- ☐ Water—at least one gallon per person per day for at least three days
- ☐ Food—nonperishable food for at least three days; select items that require no cooking, preparation, or refrigeration such as high energy foods and ready-to-eat canned meat, vegetables, fruit
- ☐ Manual can opener (if the food is canned), preferably on a multi-tool
- ☐ Reusable plates, cups, utensils, saucepan (a metal bowl can double as a cup or plate)
- ☐ First aid kit
- ☐ Prescription medications and medical equipment/care aids
- ☐ N95- or N100-rated dust masks
- ☐ Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
- ☐ Hand-crank or battery operated flashlight
- ☐ Hand-crank radio or battery operated cell phone charger
- ☐ All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- ☐ Extra batteries at the size required
- ☐ Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
- ☐ Weather appropriate clothing to keep your family warm and dry
- ☐ Cash in the local currency
- ☐ Any tools needed for turning off utilities
- ☐ Local maps and your family emergency plan
- ☐ Important documents, including will, medical and financial power of attorney, property documents, medical instructions
- ☐ Emergency preparedness handbook
- ☐ Your command reporting information – know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)

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## Get a Kit



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## Emergency Kits

### Fast fact:

Although the majority of Americans believe that having an emergency plan and emergency kit are important, *only a small minority* have actually created them





## Get Started – Make Steady Progress

You aren't prepared — until you make a plan.

- Use your resource checklists and forms as guides
- Photocopy your plan
- Keep copies of your plan in safe and memorable places
- Make sure everyone in the family understands the plan
- Choose an out-of-town contact person

It is only a piece of paper until you practice your plan.

**FAMILY EMERGENCY PLAN**

Your Family may not be together when disaster strikes, so plan what you will do in different situations and plan how you will contact one another.

**Family Evacuation Procedure**

Where the Family will meet near home: \_\_\_\_\_ Phone: \_\_\_\_\_  
Alternate meeting place if access is blocked: \_\_\_\_\_ Phone: \_\_\_\_\_

**Family Communications Procedure**

– Fill in the information below. Add other important information to suit your Family's circumstances.  
– Keep this plan with your emergency supplies kit, along with your command's standard and emergency reporting procedures.  
– Ensure all Family members have the most important contact information for each other.

**Where Your Family Spends Time**

Work:	Work:	School:
Address: _____	Address: _____	Address: _____
Phone: _____	Phone: _____	Phone: _____
Evac Location: _____	Evac Location: _____	Evac Location: _____
School: _____	Other: _____	Other: _____
Address: _____	Address: _____	Address: _____
Phone: _____	Phone: _____	Phone: _____
Evac Location: _____	Evac Location: _____	Evac Location: _____

**Contact Information**

Out-of-Town Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

**Family Members**

Name:	Birth Date:	SSN:	DL#:
Passport #: _____	Prescription/Medical Info: _____		
Name: <td>Birth Date:<td>SSN:<td>DL#:</td></td></td>	Birth Date: <td>SSN:<td>DL#:</td></td>	SSN: <td>DL#:</td>	DL#:
Passport #: _____	Prescription/Medical Info: _____		
Name: <td>Birth Date:<td>SSN:<td>DL#:</td></td></td>	Birth Date: <td>SSN:<td>DL#:</td></td>	SSN: <td>DL#:</td>	DL#:
Passport #: _____	Prescription/Medical Info: _____		
Name: <td>Birth Date:<td>SSN:<td>DL#:</td></td></td>	Birth Date: <td>SSN:<td>DL#:</td></td>	SSN: <td>DL#:</td>	DL#:
Passport #: _____	Prescription/Medical Info: _____		
Name: <td>Birth Date:<td>SSN:<td>DL#:</td></td></td>	Birth Date: <td>SSN:<td>DL#:</td></td>	SSN: <td>DL#:</td>	DL#:
Passport #: _____	Prescription/Medical Info: _____		

  
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# Practice the Plan







## Get Involved

- Louisiana National Guard
- At home
  - Organize your neighbors
    - they help when you are away
  - Meet your local EM
- At work (civilian)
  - Pre-coordinate with your Commander





## Steps to Preparation

**Remember the steps to getting prepared:**

- Be Informed
- Make a Plan
- Build a Kit
- Get Involved



**DON'T WAIT. COMMUNICATE.  
MAKE YOUR EMERGENCY PLAN TODAY.**



**SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!**



AMERICA'S  
**PrepareAthon!**





## Resources

- Michael Green, EM Program Coordinator
  - [michael.s.green39.mil@mail.mil](mailto:michael.s.green39.mil@mail.mil)
- Ready Army
  - [www.ready.army.mil](http://www.ready.army.mil)
- LA Governor's Office of Homeland Security & Emergency Preparedness
  - <http://gohsep.la.gov/>
- Louisiana Military Department Emergency Management Web Site
  - <http://geauxguard.la.gov/resources/emergency-management/>

