

# PREPARING YOUR FAMILY FOR EMERGENCIES - THE ESSENTIALS

Home Family & Relationships Family Life Preparing Your Family for Emergencies

---

Military families are stationed all over the world and may not always have family nearby to help when disaster strikes. No one wants to think about worst case scenarios; however, you'll have peace of mind when you take the time to create an emergency plan for your family.

Military OneSource gives you guidance on what you need to know to prepare for any kind of emergency. Follow these important steps:

## **Create a family emergency plan.**

Planning for the unexpected begins with the whole family talking about what to do in an emergency. We can supplement your good start with tips and ways to efficiently create an emergency plan so you and your family are prepared should a crisis hit.

Relevant Articles:

- [Creating a Family Emergency Plan](#)
- [Emergency Family Assistance](#)

Relevant Resources:

- [Ready.gov](#)
- [FEMA](#)

## **Prepare a disaster kit.**

Planning for the unexpected begins with the whole family talking about what to do in an emergency. We can supplement your good start with tips and ways to efficiently create an emergency plan so you and your family are prepared should a crisis hit.

Relevant Articles:

- [Home Disaster Planning – The Essentials](#)
- [Creating a Family Emergency Plan](#)

Relevant Resources:

- [Emergency Supply Checklist \(FEMA\)](#)
- [FEMA Financial First-Aid Kit](#)

## **Know how to connect to missing loved ones.**

Be familiar with the programs that can help you connect with a family member after a disaster, including the Federal Emergency Management Agency's National Emergency Family Registry and Locator System and the American Red Cross Safe and Well program, which allows individuals to register as safe or search for others who have listed themselves as safe.

Relevant Articles:

- [Creating a Family Emergency Plan](#)
- [Emergency Family Assistance](#)

Relevant Resources:

- [National Emergency Family Registry and Locator System](#)
- [Red Cross Safe and Well program](#)
- [Department of State's U.S. Citizens Missing Abroad](#)

## **Sign up for installation emergency alerts.**

Now is the time to inquire about the emergency procedures in place on your installation or in the community. For your family's sake, find out about your installation's security procedures and sign up for installation and community alerts so you know what to do in an emergency.

Relevant Articles:

- [Creating a Family Emergency Plan](#)

- Emergency Family Assistance

Relevant Resources:

- National Emergency Family Registry and Locator System
- Red Cross Safe and Well program
- MilitaryINSTALLATIONS
- Red Cross