

List of Resources

The resources listed below provide additional information about preparing yourself and your family for an emergency:

Operation Prepare (www.cnic.navy.mil): Emergency planning information and tools for all Navy personnel.

Fleet & Family Support Center (ffsp.navy.mil): Programs and services to support sustained mission and Navy readiness.

NFAAS (<https://navyfamily.navy.mil>): Web-based accountability, assessment and recovery tool for disaster-affected Navy personnel and their families.

American Red Cross (www.redcross.org): Preparedness guides and information for home, school, work and community.

Ready.Gov (www.ready.gov): Information, checklists and printable forms to educate and empower Americans to prepare for various emergencies.

Centers for Disease Control and Prevention (www.cdc.gov): Tools and resources to ensure the health and safety of all Americans.

FEMA (www.fema.gov/plan): Offers information on the range of natural and manmade disasters and guidance for protecting families and their property.

Humane Society (www.hsus.org): Provides the necessary emergency preparedness resources to ensure the safety and protection of pets.

The AGS Foundation (www.healthinaging.org): Assists older adults with resources that address their special needs before, during and after a disaster.

Prepare Now (www.preparenow.org): Resource library that offers support to special needs, handicapped, disabled and vulnerable populations affected by disasters.

Basic Emergency Kit

The following supplies are recommended for a basic emergency kit. It's also a good idea to create a **Go Kit**, a portable kit that can be stored in your car, at work or in case you must evacuate quickly.

- ❑ **Water** – at least one gallon per person per day for at least three days
- ❑ **Food** – nonperishable food for at least three days
- ❑ **Baby formula/food and supplies** – nonperishable baby food for at least three days, diapers, blankets, toys, bottles and pacifiers
- ❑ **Pet food** – nonperishable pet food for at least three days
- ❑ **Manual can opener and eating utensils**
- ❑ **First aid kit**
- ❑ **Prescription medications**
- ❑ **Dust masks**
- ❑ **Personal sanitation supplies** such as moist towelettes, garbage bags and plastic ties
- ❑ **Flashlight**
- ❑ **Battery-powered or hand-crank all-hazards NOAA** (National Oceanic & Atmospheric Administration) **radio**
- ❑ **Extra batteries**
- ❑ **Cash** in the local currency
- ❑ **Tools** to turn off utilities
- ❑ **Local maps**
- ❑ **Family emergency plan**
- ❑ **Command muster information**
- ❑ **Important documents** stored in portable and waterproof container



What Are You Prepared For?



Commander, Navy Installations Command



PREPARE

When an emergency strikes, knowing what to do can save time, property and lives. Learn how to prepare and cope with natural disasters.

Be Informed

- Know what emergencies are most likely to affect you and your family.
- Learn your local emergency warning system.
- Educate yourself and your family on the different ways to prepare for a disaster.

Have a Plan

- Prepare multiple emergency plans for the various disaster types (e.g., what to do, where to go, whom to call).
- Communicate your emergency plan with everyone in your family.
- Practice your emergency plan and update it every six months.

Make a Kit

- Assemble an emergency kit with essential supplies for survival plus medicine and items for persons with special needs and pets.
- Store valuable documents in a portable and water-proof container.

MUSTER

During or following a disaster, the Navy must be informed of your status and needs. The Navy requires you to muster or report your whereabouts with your command to ensure all members of the Navy Family* are accounted for.

To muster,

- Follow your command's established procedures to report your status. If command or alternate command cannot be reached,
- Log into the Navy Family Accountability and Assessment System (NFAAS): <https://navyfamily.navy.mil>. Family members will need their sponsor's date of birth and social security number to log in.
- If a computer is not accessible, call the **Navy Personnel Command Emergency Coordination Center (NPC ECC)**: 1-877-414-5358 or 1-866-297-1971 (TDD).

*All active duty Navy personnel, Navy Reservists, Navy Civilian employees, both Civil Service and nonappropriated funds employees (NAF/NEX), and their families (as listed in the DEERS database) have a responsibility to properly account for their status following an incident.

RECOVER

If you or your family has been affected by a declared emergency and you need assistance, log in to **NFAAS** and report your needs.

Follow these steps to ensure you receive proper recovery assistance from the Navy:

1. **Account, Update and Verify:** After mustering, verify that your contact information in **NFAAS** is correct and current.
2. **Fill out a Needs Assessment Survey*:** Indicate what type of assistance you are seeking (e.g., housing, finance, legal).
3. **Manage Recovery Process:** A Fleet and Family Support Center representative will contact you to help determine the appropriate response or assistance needed for your recovery efforts.

*Information provided in the survey will be used only by Navy professionals and subject matter experts to aid with recovery efforts. Details contained in the survey are confidential and will NOT be shared with anyone without permission.

