

Individual and Community Preparedness Resources

Prepare for an emergency or disaster today. FEMA Region V offers preparedness and resilience resources for individuals, communities, and organizations in Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin. Browse the resources below and contact FEMA to learn more about preparedness.

Preparedness Resources

FEMA offers the following preparedness resources for individuals and communities. Additional materials are available for free at www.ready.gov.

Family Emergency Communication Plan

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Follow the Family Emergency Communication Plan to create a plan today. (<https://www.ready.gov/sites/default/files/2021-02/family-emergency-communication-plan.pdf>)

FEMA Emergency Supply Checklist

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for several days. This disaster supply kit is a collection of basic items your household may need in the event of an emergency. (https://www.ready.gov/sites/default/files/2021-02/ready_checklist.pdf)

Emergency Financial First Aid Kit (EFFAK)

The Emergency Financial First Aid Kit (EFFAK) a joint publication from Operation Hope and FEMA, can help you prepare financially and provides tips to reduce the financial impact of disasters on you and your family. The manual offers guidance on organizing and securing important documents as well as provides important advice on managing finances, offers insights on dealing with credit scores, and describes what to expect should a disaster strike your community. (https://www.ready.gov/sites/default/files/2020-03/ready_emergency-financial-first-aid-toolkit.pdf)



FEMA

Until Help Arrives (UHA)

Life-threatening emergencies can happen fast, and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. FEMA's You Are the Help Until Help Arrives (Until Help Arrives) provides tools to educate and empower the public to act in an emergency situation before professional help arrives by taking five Until Help Arrives key actions. The Until Help Arrives program teaches basic skills to help keep people alive and safe until professional help arrives. (<https://community.fema.gov/until-help-arrives>)

Community Emergency Response Team (CERT)

The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks. (<https://www.ready.gov/cert>)

Organizations Preparing for Emergency Needs (OPEN)

The OPEN training provides an overview of the 10 preparedness actions and creates a path forward for organizations to develop their own disaster response plan. OPEN includes both a web-based, self-guided training, and a downloadable instructor kit that will guide participants on how to identify risks, locate resources, and take preparedness actions. When Community-Based Organizations, such as food pantries, daycares, and non-profits, are unable to sustain operations during an emergency incident, individuals who rely on them are exponentially impacted. Because of their importance in keeping the community going, OPEN is designed to empower these organizations to better prepare for incidents. (<https://community.fema.gov/opentraining>)

Student Tools for Emergency Planning (STEP)

Student Tools for Emergency Planning (STEP) is a classroom based, emergency preparedness curriculum for fourth and fifth graders designed in an easy, ready-to-teach format. Students will learn about disasters, emergencies, and hazards, and how to create a disaster supply kit and family emergency communication plan. Visit the STEP website for more information: (<https://www.ready.gov/kids/student-tools-emergency-planning-step>)

Prepare with Pedro Disaster Activity Book

Prepare with Pedro is a joint product of FEMA and the American Red Cross. The Prepare with Pedro: Disaster Preparedness Activity Book is designed to teach young children and their families about how to stay safe during disasters and emergencies. The book follows Pedro around the United States and offers safety advice through crosswords, coloring pages, matching games, and more. The Disaster Preparedness Activity Book is available for download in 6 languages. You can also order free copies in English and Spanish from the FEMA Warehouse. (<https://www.ready.gov/kids/prepare-pedro>)

Ready 2 Help Card Game

Kids may experience the same emergency situations as adults. Ready 2 Help teaches kids five simple steps to stay safe and make a difference until help arrives. With the Ready 2 Help card game, students can respond to examples of emergencies by working with friends and using skills that will help in a real emergency. Ready 2 Help teaches 5 simple steps to stay safe and make a difference until help arrives. Designed for children 8 and up, you can download the game in 6 languages below or order free copies in English and Spanish from the FEMA Warehouse. (https://community.fema.gov/game_download?lang=en_US)

Additional Youth Preparedness Resources

FEMA Youth Preparedness Council (YPC) – [FEMA's Youth Preparedness Council \(YPC\)](#) provides a unique opportunity for youth leaders to serve on a highly distinguished national council; to complete national-level preparedness projects; to voice their ideas and questions on disaster preparedness with the leadership of FEMA and national youth preparedness organizations; and to participate in the YPC Summit.

TEEN CERT - Teen CERT aims to train students in emergency preparedness and basic response to ensure that they have the skills needed to protect themselves, and assist others, in the event of an emergency.

Campus CERT - A college or university campus often functions as a “city within a city,” and often has its own emergency management capabilities. A [Campus CERT program](#) can support and enhance existing capabilities, and CERT volunteers can participate in efforts to increase the preparedness and resilience of the on-campus community.

FEMA Preparedness Materials

- [12 Ways to Prepare](#) - This 9” x 6” cardstock postcard describes 12 keyways that you can prepare for disasters.
- [Commuter Emergency Plan](#) – Make sure you have a plan for traveling between work and home, and other commonly visited locations, in case of an emergency. Before an emergency happens, list your normal and some alternative routes you can use to get to your destinations. Keep a copy of this plan in your wallet or another safe place where you can access it in the event of a disaster.
- [Know Your Alerts and Warnings](#) – When emergencies strike, public safety officials use timely and reliable systems to alert you. This document describes different warning alerts you can get and how to get them.
- [Family Communications Plan \(Fillable Wallet-size Card\)](#) - Convenient, easy-to-carry document where individuals and families can write down important information and numbers. The document serves the purpose of allowing each member of the household to carry the plan in his or her wallet, backpack, or purse.
- [Safeguard Critical Documents and Valuables](#) - Be prepared for any disaster by safeguarding documents and valuables. This guide includes a checklist to help you prepare your documents should you need to file an insurance claim after a disaster.

- [Are You Ready?](#) - Learn how to protect yourself and your family during and after a disaster with

the Are You Ready? Guide. Use this guide to develop a plan for any emergency or disaster.

Hazard Specific Handouts

- [Be Prepared for a Thunderstorm, Lightning, or Hail](#)
- [Be Prepared for a Winter Storm](#)
- [Be Prepared for a Flood](#)
- [Be Prepared for a Tornado](#)
- [Be Prepared for a Cyber Attack](#)
- [Be Prepared for Extreme Heat](#)
- [Be Prepared for a Novel Pandemic](#)
- [Be Prepared for an Active Shooter](#)
- [Be Prepared for a Power Outage](#)
- [Full-Suite of Hazard Information Sheets](#) – All Hazard-Specific Handouts

Hazard Specific Handouts

- [IS- 36: Multihazard Planning for Childcare](#): This course covers the steps to help childcare providers prepare for incidents to ensure the safety of the children at their site. Childcare providers must have plans and procedures to keep children safe from everyday hazards and to respond and recover when an emergency happens.
- [IS-288: The Role of Voluntary Organizations in Emergency Management](#): This independent study course provides a basic understanding of the history, roles and services of disaster relief voluntary agencies in providing disaster assistance. It is appropriate for both the general public and those involved in emergency management operations.
- [IS-366.A: Planning for the Needs of Children in Disasters: Planning for the Needs of Children in Disasters](#): The purpose of this course is to provide guidance for Emergency Managers and implementers of children's programs about meeting the unique needs that arise among children as a result of a disaster or emergency.
- [IS-368: Including People with Disabilities and Others with Access and Functional Needs in Disaster Operations](#): The purpose of this course is to increase awareness and understanding of the need for full inclusion of disaster survivors and FEMA staff who are people with disabilities, and people with access and functional needs. The course provides an overview of disabilities and access and functional needs and explains how disaster staff can apply inclusive practices in their disaster assignments.
- [IS-662: Improve Preparedness Through Public/Private Partnerships](#): Public-private partnerships enhance all aspects of emergency management: preparedness, protection, response, recovery, and mitigation. They do so by engaging in activities such as information sharing, emergency planning, emergency communications, and resource sharing. This course describes how to establish and sustain public-private partnerships, as well as how to communicate and share resources in a partnership.
- [IS-1300: Introduction to Continuity of Operations](#): This course is intended to lay the foundation of knowledge for students who wish to increase their understanding of continuity and building a comprehensive continuity program in their organization or jurisdiction.

Subscribe to FEMA Region V News

FEMA Region V publishes a monthly Preparedness Bulletin with news, events and resources.

Email FEMA-RVCommunityPreparedness@fema.dhs.gov to subscribe for news.

Ordering FEMA Publications

You can order printed copies of Ready emergency preparedness publications by downloading the Ready Materials Order Form (PDF) as well as materials related to individual and community preparedness through the FEMA warehouse using our new online ordering tool. Note: Please allow 4-6 weeks for processing and delivery. Search for digital versions of these products at www.ready.gov.

Email: FEMApubs@gpo.gov