

## **Readiness for Military Families**

[Readiness is the military equivalent to preparedness – and the military is ready! Ready to train, exercise or deploy worldwide with sometimes short notice.](#) Like civilians, military personnel and their families should have an emergency preparedness plan ready to be implemented before, during and after disasters. In addition, military families should have contingency emergency plans for any changes in the family's circumstances while a family member is deployed.

To help military families with their emergency planning, each installation has a [Readiness and Emergency Management \(R&EM\)](#) Flight that provides emergency management education materials and briefings to military personnel and their family members. The R&EM Flight helps families develop their emergency plans and resources as well as understand the base's Comprehensive Emergency Management Plan (CEMP).

Military families tend to relocate frequently, so it is critical that when arriving at a new station the whole family becomes familiar with common local hazards. Revising their family emergency communication plan and setting up local alerts and warnings should also be a priority.

Check out this [video](#) for more information on why preparing makes sense for military families. You can also visit <http://www.ready.gov/considerations/military-family-preparedness> for great resources and tips for military families. For additional helpful tips, tools, and resources for military families stationed abroad, please visit the [American Red Cross](#) website.