

DISASTER READY

Know What to Do, When it Matters Most

Use this timeline to understand what actions to take at each stage of a disaster — from preparing ahead of time to staying safe during an emergency and starting recovery afterward. Whether or not you have a household emergency plan, this timeline shows you what to focus on so you can protect yourself, your loved ones, and your home.

1. PREPAREDNESS

DURATION: ONGOING

- ❑ **Identify** the most common disasters in your community most likely to impact your safety
- ❑ **Sign-up** for early warning notifications to stay informed about your local risks
- ❑ **Develop** an **emergency plan** for your household
- ❑ **Document** property inventory, take photos or a video recording of what you own (this will be critical for reporting damage after disasters)

2. DISASTER STRIKES

- ❑ **Tornado:** Take shelter in a windowless, interior space and protect your head and neck.
- ❑ **Hurricane:** Stay indoors, away from windows, and don't leave your shelter until the storm has fully passed.
- ❑ **Wildfire:** Protect your breathing, stay low indoors, and evacuate early if fire is nearby.
- ❑ **Flood:** Move to higher ground immediately and never walk or drive through floodwaters.

3. RESPONSE

DURATION: DAYS | WEEKS

- ❑ **Follow** official emergency guidance for safety in your local area
- ❑ **Identify** where local supplies are being provided for any unmet needs (e.g., food, water, shelter, hygiene supplies)
- ❑ **Document** damage w/photos or video recording
- ❑ **Retain** receipts for all emergency-related purchases, which may be useful for reimbursement by insurance or assistance programs

4. RECOVERY

DURATION: WEEKS | MONTHS | YEARS

- ❑ **Report** damage to insurance providers
- ❑ **Apply** for local, state and/or federal assistance programs
- ❑ **Prioritize** repairs or cleanup tasks that make your home livable, even if you can't fix everything right away. Focus repairs on what makes your home safe— roof, water, windows, etc.
- ❑ **Take care** of your mental health — recovery can be emotional. **The Quiet Pause** provides free, short guided meditations to help you breathe, heal, and reset.