

From: Connie Mancari <conniemancari@yahoo.com>
To: Mattos Alcorn CIV ShariShari.Mattosalcorn@usmc-mccs.org
Saundra Gloversglover@mailbox.sc.edu
Scott Casimiroscottcasimiro@hotmail.com
Scott IsaacksScott.Isaacks@va.gov
Scott JailletteScott_Jaillette@LGraham.Senate.Gov
Seth BlantonSeth_Blanton@scott.senate.gov
Shari BakerShari.Baker@uhsinc.com
Sharon LoneSharonL@clemson.edu
Sheldon Herringsherring@ghs.org
Spalvera Mercerspalvera.mercer@us.army.mil
Stacey Daystacey@scorh.net
Steve Bortonsteve.borton@va.gov
Steven DiazSteven@hiddenwounds.org
Sue LevkoffSLEVKOFF@mailbox.sc.edu
Tasha Louis-Nancetlouisnance@hotmail.com
Teresa RixTeresa.Rix@va.gov
Di Chiara, TerrylynnTerrylynn.DiChiara@admin.sc.gov
Thomas AlexanderThomasAlexander@scsenate.gov
Tim Taylortim@usvetcorps.org
Timothy McMurrytimothy.mcmurry@va.gov
Kester, Tonykester@aging.sc.gov
Tonya LobbestaelTonya.Lobbestael@va.gov

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Subject: FW: Steps to Take After a Flood, Fire or Other Natural Disaster zx

Attachments: Talking to Someone Affected By a Natural Disaster.pdf

From: Williams, Latarsa [mailto:Latarsa.Williams@militaryonesource.com]

Sent: Monday, October 5, 2015 10:21 AM

To: Undisclosed recipients:

Subject: Steps to Take After a Flood, Fire or Other Natural Disaster zx

All,

Please share with our brave men, women and families as we being to sort through and recover from the aftermath of the massive amount of rainfall.

Steps to Take After a Flood, Fire or Other Natural Disaster

When a disaster damages or destroys your home or neighborhood, so much changes. Whether it's a flood, fire,

hurricane, tornado or earthquake, recovery can be a challenge. But to begin getting your home, your community and

your life back to normal, you can:

- Create a plan for recovery
- Check in with your unit
- Stay alert and stay safe

Your safety, along with your mental and physical well-being, is the most important thing after a disaster or emergency

situation. Make the process less stressful by having a recovery plan in place.

Here are a few things you can do after disaster strikes:

Check on those around you. After you make sure your family is OK, check on neighbors and people who may have been alone; especially the elderly and disabled, and children. If anyone is injured, weak, or in distress, help them get medical attention.

Find a safe place to stay. The [Federal Emergency Management Agency](#) can provide housing assistance if your home was damaged or destroyed. Call 800-462-9029 for assistance. You should also look for volunteers with the [American Red Cross](#), which helps provide shelter for people in disaster situations.

Check in with your command. Following certain catastrophic events, the Secretary of the Defense may direct all Department of Defense-affiliated people in an affected area to check in. If you can use the Internet, check in online through using the [Army Disaster Personnel Accountability and Assessment System](#), [Marine Online](#), the [Navy](#)

[Family Accountability and Assessment System](#) or the [Air Force Personnel Accountability and Assessment System](#). If

the Internet is down, you can check in over the phone. Army service members should call 800-833-6622; Marine

Corps members should call 816-394-7232; Navy service members should call 877-414-5358; and Air Force

service

members should call 800-435-9941.

Be safe, inside and outside your home. If your home has been damaged, your power lines and gas lines may have sustained damage also. Turn off your gas and electricity if you can do so safely. Report any downed power lines or broken gas lines right away. Avoid puddles and other standing water outside as you could get a shock from underground or downed power lines. If you see any wires on the ground, assume all are dangerous

including cable TV lines. Also watch out for leaking gas lines and propane containers, gasoline that has leaked from

vehicles and lighter fluid or paint thinner that has spilled. When you're out, stay alert as structures that are still

standing may fall in on you or collapse under you.

Provide ventilation for fuel-burning devices. If you are using kerosene lamps, wood stoves, fireplaces, gas-powered pumps or generators, provide plenty of ventilation in the area so that carbon monoxide does not build up. Carbon monoxide is an invisible, odorless gas, and it can be deadly. It is best not to use certain carbon

monoxide-producing devices indoors, but if you have no other choice, be sure and watch people around you for

symptoms of carbon monoxide poisoning, which include: mild headaches that persist or get worse, shortness of

breath, irritability, poor judgment, memory loss and rapid fatigue. If any of these symptoms occur in people around

you, seek medical attention immediately.

Stay informed. Depending on the disaster, radio and TV reports may provide news through the emergency alert system. This system, along with news or government agencies' social media sites, can provide information

about what to do, where to go and how to contact local disaster relief services.

Disasters can be upsetting experiences for everyone involved. Reach out to Military OneSource online or by phone, at

800-342-9647 if you are, or someone in your family is, experiencing issues with disaster-related stress.

Thanks,

LaTarsa R. Williams

South Carolina Military OneSource Consultant

Contractor

803-873-8333

latarsa.williams@militaryonesource.com



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