

MCAS MIRAMAR

EMERGENCY PREPAREDNESS GUIDE

1. MAKE A PLAN

- Your family may not be together when a disaster strikes
- Develop a Family Disaster Plan ahead of time. A simple plan is better than no plan at all
- **Communication:** Determine how you will contact one another if local communication lines are down.
- Designate an out-of-area contact for everyone to check in with
- **Reunion Locations:** Choose three options: **At Home**, **Away from Home** (neighborhood), and **Out of the Area**
- **Practice:** Rehearse your emergency plan at home and at the workplace

2. BUILD A KIT

- Plan to be self-sufficient for a minimum of **three days (72 hours)**.
Your kit should be portable and checked every six months.

Water & Food :	1 gallon of water per person/day; 3-day supply of non-perishable food.
First Aid & Health:	First Aid kit, prescription medications, glasses, and other medical items.
Tools & Supplies:	Battery/hand-crank radio, flashlight, extra batteries, utility wrench, manual can opener, duct tape, plastic sheeting.
Sanitation:	Moist towelettes, garbage bags, and plastic ties for personal sanitation.
Important Docs:	Copies of IDs, insurance policies, and bank records in a waterproof bag.

3. BE INFORMED

- Follow instructions from the Emergency Operations Center (EOC) and 911 Dispatch Center
- **Emergency Notifications**
 - o **ALERT Mass Notification System** sends alerts via computer pop-up, email, text, and phone
 - o **DOD.ALERT.MIL (Sign up to edit your contact data)**
 - o **"Giant Voice" System** Outdoor and indoor speaker systems for real-time instructions
- **Social Media**
 - o Facebook: [facebook.com/MCAS MIRAMAR CA](https://www.facebook.com/MCAS.MIRAMAR.CA)
 - o X (Twitter): [@MCASMiramarCA](https://twitter.com/MCASMiramarCA)
- **Official Websites** [miramar.marines.mil](https://www.miramar.marines.mil), [ready.marines.mil](https://www.ready.marines.mil), [readysandiego.org](https://www.readysandiego.org)
- **MCAS Miramar Individual Emergency Action Plan:** <https://miramar.usmc-mccs.org/about/staying-safe>

4. RESPOND TO KEY THREATS

Be prepared to respond to the most likely hazards in the San Diego area.

Active Shooter	
Run (EVADE):	Evacuate immediately if a safe path exists. Leave belongings.
Hide (BARRICADE):	Find a secure place. Lock/barricade the door, silence phone, remain quiet.
Fight (DEFEND):	As a last resort, act with physical aggression to incapacitate the shooter.
Wildfire	Be ready to evacuate instantly. Close windows and set A/C to re-circulate to limit smoke exposure. Do not return until cleared by officials.
Earthquake	Indoors: Drop, Cover, and Hold On. Stay away from windows. Outdoors: Find a clear spot away from buildings/trees and drop to the ground.
Suspicious Activity	Report suspicious activity via Eagle Eyes. If it doesn't look right, report it. TIME SENSITIVE: Dial 911

5. GET ASSISTANCE & KEY CONTACTS

- **EMERGENCY (ON-STATION) Dial 911- Confirm you reach a MCAS Miramar Dispatcher**
- **PMO Desk Sergeant (Non-Emergency)** (858) 307-4068
- **Eagle Eyes Hotline** (877) 356-EYES (3937) **Eagle Eyes Website** [USMCEagleEyes.org](https://www.usmceagleeyes.org)
- **MCAS Miramar Emergency Family Assistance Center (EFAC):**
 - o Established post-disaster to provide aid, information, and support
 - o **Location:** The HUB, Building 5305
 - o **EFAC Phone** (858) 307-9205; X4930; X4194; X6613; X5507
 - o **Family Information Call Center** (858) 307-9723; X9741; X6323
- **Liberty Military Housing (24/7)** (888) 578-1012; **Maintenance** X4141