

September 2026



NATIONAL PREPAREDNESS MONTH AMERICANS STAND READY

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For more
information, visit
these websites:

fema.gov
dhs.gov
ready.gov
cdc.gov

Week 1 - Individual Reliance & Preparedness

National Preparedness Month is a reminder to be prepared for emergencies. Preparedness starts with your individual actions. Emergencies can often happen with little to no warning but taking small steps now can greatly benefit you and those around you to adapt and recover. This week, focus on strengthening your personal well-being to rely on yourself and your support network.

Strengthen Your Personal Reliance

Reliance is the ability to rely on your own skills, knowledge, resources and support network during difficult circumstances. It can be strengthened by every day habits and intentional actions to stay informed. One of the best ways to strengthen your preparedness is to develop skills before emergencies happen.

Consider taking classes to build practical skills:

- **CPR & First Aid** - Learn basics that can help you provide assistance in the case a responder isn't there to help.
- **AED training** - learn to use a automated external defibrillator.
- **Emergency Communications Training** - learn skills to help support communications during emergencies.

You can also strengthen personal reliance through everyday habits like eating healthy, managing stress, and staying physically active.

Build your Emergency Kit

We know how to keep our loved ones safe when things go wrong, but do you have what you need to stay safe and comfortable until help arrives? You may think building a well-stocked emergency kit is difficult or expensive, but it doesn't need to be. You can gather supplies over time, starting with items you may already have at home like canned food and first aid supplies. Visit ready.gov/kit for a list of items to include and how to tailor your kit to meet your family's needs.

- Water
- Food
- Radios
- Flashlight
- Batteries
- Local maps
- Dust masks
- Can opener
- Cell phones
- Chargers

STAY INFORMED

KNOWING IS HALF THE BATTLE

DOWNLOAD THE **FEMA APP**. SIGN UP FOR
EMERGENCY ALERTS AND KNOW WHAT
TO DO DURING A DISASTER.

NATIONAL
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Ready

[READY.GOV/STAND-READY](https://ready.gov/stand-ready)