



Disaster Prep Social Media Toolkit

These messages are provided for you to use on your platforms with any of the images from the Disaster Prep Toolkit: www.health.mil/DisasterPrepToolkit

You're welcome to tailor these for your organization or facility as needed. For more social media content, please visit:

- <https://www.ready.gov/toolkits>
- <https://www.cdc.gov/disasters/index.html>

GENERIC DISASTER PREP MESSAGES

Want updates about @TRICARE during a disaster? Sign up to get alerts via email:
<https://tricare.mil/Disaster>

When preparing for disaster, visit TRICARE.mil/disaster for key disaster preparedness information.

You can contact the Nurse Advice Line at anytime from anywhere (24/7), to ask urgent care questions, get health care advice, and make same day appointments at your local military hospital or clinic:
www.MHSNurseAdviceLine.com

.@TRICARE has many resources available to you when a disaster strikes. For more information, visit:
TRICARE.mil/disaster

Hurricane and wildfire season is here, and part of disaster preparedness is ensuring you and your family have all of the medical resources you may need to keep you and your family safe and healthy.
<https://go.usa.gov/xvdbf>

June marks the beginning of hurricane and wildfire seasons. Time to start thinking about how to prepare you and your family, and things you may need, such as prescriptions or medical information, if you need to evacuate. Learn more: <https://go.usa.gov/xvw9T>.

HURRICANE/TROPICAL STORM MESSAGES

Are you in [Name of Storm's] path? Whether evacuating or sheltering in place, take steps now to be prepared. For more: <http://www.tricare.mil/DisasterInfo>

A ["Type of Storm" Watch] is now in effect for the [location/area]. Here are some ways your family can prepare. [#nameofstorm] <https://www.youtube.com/watch?v=swAsv4Ok4Sk>

[Name of Storm] Hurricane Preparedness: Build your #HurricanePrep kit! Here are some recommended items from @FEMA to include: [DISASTER KIT INFOGRAPHIC]

If you're impacted by [Name of Storm], here are some key @TRICARE disaster resources.

If you're in [Name of Storms]'s path, here are some ways you can start preparing!
<http://www.tricare.mil/DisasterInfo>



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WILDFIRE MESSAGES

Timely information about wildfires can save your life and property. Sign up for your local alerts and take steps to prepare. Learn more: <https://www.cdc.gov/disasters/wildfires/beforefire.html>

Wildfires can occur anywhere and can destroy homes, businesses, infrastructure, natural resources, and agriculture. Learning your area's risk is the first step in preparedness. To assess your #wildfire risk factor, visit <https://www.fs.usda.gov/managing-land/fire/wildfirerisk>

Wildfires can occur anywhere. It's never too early to start preparing your family and home for a #wildfire. Learn more: <https://www.cdc.gov/disasters/wildfires/beforefire.html>.

Are you in [Name of Wildfire]'s path? Whether evacuating or sheltering in place, take steps now to be prepared and sign up for your local alerts. For more: <http://www.tricare.mil/DisasterInfo> #[NameofWildfire]

A Wildfire Watch is now in effect for the [location/area]. Upcoming weather conditions could result in extensive wildland fire occurrence or extreme fire behavior in this area. Here are some ways your family can prepare. #[NameofWildfire] <https://www.youtube.com/watch?v=swAsv4Ok4Sk>

[Name of Wildfire] Wildfire Preparedness: Build your #WildfirePrep kit! Here are some recommended items from @FEMA to include: [DISASTER KIT INFOGRAPHIC]. #[NameofWildfire]

If you're impacted by [Name of Wildfire], here are some key @TRICARE disaster resources. [DISASTER RESOURCES INFOGRAPHIC]

If you're in [Name of Wildfire]'s path, here are some ways you can start preparing!
<http://www.tricare.mil/DisasterInfo>

EARTHQUAKE MESSAGES

While earthquakes can happen anywhere, areas at higher risk include California, Oregon, Washington, Alaska, Hawaii, Puerto Rico and the Mississippi Valley. If you're in one of these areas, take steps to #BeReady before disaster strikes. <https://go.usa.gov/xGyks> #Prepare2Protect

The best time to prepare for an #earthquake is before it happens. Practice "Drop-Cover-Hold On" drills with your family, secure heavy items in your home and make a plan in case you're faced with an earthquake: <https://go.usa.gov/xGyks> #Prepare2Protect

If that ground's a shakin' it might be an #earthquake! Stop whatever you're doing. Drop to your knees, cover your head and neck with your arms, get under something sturdy and hold on to protect yourself. <https://go.usa.gov/xGyks> #Prepare2Protect

It's important to reduce your risk for injury during an earthquake by avoiding falling objects and potential building collapse. You should immediately DROP, COVER and HOLD ON! <https://go.usa.gov/xGyks> #Prepare2Protect

After an #earthquake ends, it doesn't mean the coast is clear! Hazards could be all around you. Follow these tips after an earthquake to keep yourself and others safe. <https://go.usa.gov/xGyks> #Prepare2Protect



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#DYK? Aftershocks may occur hours, days or even months after an #earthquake ends. #BeReady and take steps now to #BeReady. <https://go.usa.gov/xGyks> #Prepare2Protect

#DYK? Earthquakes in coastal areas could cause tsunamis. If you're in a coastal area, get to high ground as soon as possible after an earthquake: <https://go.usa.gov/xGyks> #Prepare2Protect

Since your family may not be together when an #earthquake hits, it's important to have a family communications plan. Get tips from @readygov: <https://go.usa.gov/xGyks> #Prepare2Protect

WINTER STORMS & EXTREME COLD MESSAGES

If you're impacted by [Name of WinterStorm], here are some things to make sure are in your #WinterSafety Kit. [WINTER SAFETY KIT INFOGRAPHIC] #Plan2Protect

If you're in an area known for extreme #winter weather, make sure you know the signs of common cold weather injuries and how to treat them. #Plan2Protect

With winter storms and extreme cold, there's a higher risk for hypothermia, frostbite, carbon monoxide poisoning, accidents and heart attacks from overexertion. Take steps now to #BePrepared so you're ready if a #WinterStorm hits. <https://go.usa.gov/x7xj9> #Plan2Protect

Do you live in an area prone to winter storms? Make sure you know your areas risk and understand that extreme winter weather can leave you without utilities and other services for long periods of time. Gather supplies and prep your home now: <https://go.usa.gov/x7xj9> #Plan2Protect

While winter months mean fun activities with the family, it could also mean extreme weather. Create emergency supply kits for you home and car so you're ready at a moment's notice. <https://go.usa.gov/x7xj9> #Plan2Protect

#BeReady for extreme winter weather: charge your cell phones, get fresh batteries for your flashlights and get contact info for your neighbors so you can check up on each other: <https://go.usa.gov/x7xj9> #WinterSafety #Plan2Protect

Do you have an emergency kit for your car? If not, now's the time! Include at least: jumper cables, a flashlight, an ice scraper, warm clothes, blankets, bottled water & snacks. Add in extras to tailor the kit to meet your needs: <https://go.usa.gov/x7xj9> #Plan2Protect

For your #WinterSafety emergency kit, make sure you have enough food, water, medications and other supplies to last at least 72 hours per person: <https://go.usa.gov/x7xj9> #Plan2Protect

Snow can be fun but also deadly. Dress in layers, limit your time outside and take it easy, especially if shoveling snow. You can easily overexert yourself! <https://go.usa.gov/x7xj9> #Plan2Protect

Frostbite causes loss of feeling and color around your face, fingers and toes along with firm, waxy skin. If you think you or a loved one has frostbite, do not massage the skin or use a heating pad. Go to a warm place, soak in warm water or use body heat. <https://go.usa.gov/x7xj9>

Hypothermia is unusually low body temperature and signs include shivering, exhaustion, confusion, memory loss and slurred speech. To treat hypothermia, go to a warm place, keep dry and wrap in blankets: <https://go.usa.gov/x7xj9>



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In extreme winter weather, you should limit your time outside. If you must go outdoors, wear layers of warm clothing and watch for signs of frostbite or hypothermia. <https://go.usa.gov/x7xj9> #Plan2Protect

Avoid carbon monoxide poisoning! Only use generators and grills outdoors, never in an enclosed space or near windows. Don't heat your home with a gas stovetop or oven. <https://go.usa.gov/x7xj9> #Plan2Protect

Got furry friends? Keep them safe if temperatures drop. Bring them inside and wipe their paws to limit irritation from ice-melting chemicals or rock salt. www.ready.gov/pets #WinterSafety

If going outdoors, stay off the ice! Many injuries could occur from slipping on ice-covered walkways. <https://go.usa.gov/x7aac> #Plan2Protect

#DYK? Cold weather can put extra strain on your heart. If you have heart disease or high blood pressure, take caution before doing hard chores or shoveling snow. Your body is already working hard to stay warm—take it easy and stay safe: <https://go.usa.gov/x7aac>

COVID-19 RELATED MESSAGES

Hurricanes

Facebook/Twitter:

The Atlantic Hurricane season began June 1. Planning for a hurricane amid the #COVID19Pandemic could be especially stressful. You'll need extra time and some supplies may be limited. Start planning now so you're prepared: <https://go.usa.gov/xwYXS>

If checking on neighbors and friends in an emergency, remember to practice safe social distancing recommendations. Stay at least 6 feet apart – about 2 arms' length – from others. <https://go.usa.gov/xwYXS>

After a hurricane, continue to practice preventive actions during clean up or when returning home. Wash your hands, wear a face covering and practice social distancing. <https://go.usa.gov/xwYXS>

Dealing with any natural disaster can cause stress and strong emotions, which could be heightened the #COVID19Pandemic. It is natural to feel anxiety, grief, and worry. Coping with these feelings and getting help when you need will help you recover. www.tricare.mil/mentalhealth

Facebook:

It's time to dust off your hurricane "go kit" to make sure you have the things to you need to protect yourself and your loved ones from #COVID19 if you need to evacuate. In addition to your usual personal items, add in some cloth face coverings, bar or liquid soap and hand sanitizer: <https://go.usa.gov/xwYXS>

Twitter:

It's time to dust off your hurricane "go kit" so you have the things to you need to protect yourself from #COVID19 if you need to evacuate. In addition to your usual personal items, add in some cloth face coverings, bar or liquid soap and hand sanitizer: <https://go.usa.gov/xwYXS>



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Wildfires

#DYK? Respiratory symptoms such as dry cough, sore throat, and difficulty breathing are common to both wildfire smoke exposure and #COVID19. However, other symptoms of COVID-19 unrelated to smoke exposure include fever, chills or body aches. <https://go.usa.gov/xfReB>

Your planning in case of wildfire may be different this year with #COVID19 social distancing guidelines in place. Some public facilities may not be available to you so consider creating clean air spaces in your home with a portable air cleaner. <https://go.usa.gov/xfReB>

Cloth face coverings used now to slow the spread of #COVID19 will offer very little protection against harmful air pollutants in wildfire smoke. To minimize health impacts from wildfire smoke, limit your time outdoors and seek clean air spaces. <https://go.usa.gov/xfReB>

Wildfire season is overlapping with the #COVID19Pandemic. Recent studies suggest that exposure to air pollutants in wildfire smoke may worsen #COVID19 symptoms and outcomes. If you're in an area prone to wildfires, take steps to limit your exposure: <https://go.usa.gov/xfReB>

Earthquakes

If you need to evacuate after an earthquake, make sure your “go kit” is armed with protection for #COVID19 as well. Pack soap, alcohol-based hand sanitizer, and plenty of face coverings. <https://go.usa.gov/xGyNE> #Prepare2Protect

Need shelter after an earthquake? Your shelter location may be different during the #COVID19Pandemic. Check ahead and make it part of your earthquake communications plan. <https://go.usa.gov/xGyNE> #Prepare2Protect

Remember to practice social distancing if you evacuate or need to find a public shelter. Keep practicing prevention by washing your hands often, cover coughs and sneezing and avoid sharing food and drink with others if possible. <https://go.usa.gov/xGyNE> #Prepare2Protect

Winter Weather

Make sure your #winter safety kits include cloth face coverings and hand sanitizer, just in case. You never know when you may need to evacuate or seek public shelter. #Plan2Protect