



DISTRICT SEVEN HSWL HURRICANE PREPAREDNESS

Hurricane Season 2025

Are you prepared?



Every year your HSWL Team want to help ensure that you and your family are prepared in the event of a hurricane.

We want to provide you tips on being prepared, because no matter the category of the storm the impacts of a hurricane can be very devastating. To be included in your Hurricane Plan:

- Sign up for local alerts
- Know your areas evacuation routes
- Discuss the plan with the entire family
- Have copies of critical documents
- Include your pets in your evacuation plan

For more helpful hints and tips visit:
<https://www.ready.gov>

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Build A Kit

Have enough food, water and other supplies to support your needs for several days.



Ready. 

Know the resources that will help you the most:

NOAA: <https://www.noaa.gov/hurricane-prep>

AMERICAN RED CROSS: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane.html>

By location in Coast Guard District Seven:

Florida: <https://www.stateofflorida.com>

Georgia: <http://dph.georgia.gov>

South Carolina: <https://www.scemd.org>

Puerto Rico & St. Thomas: <https://www.ready.gov/hurricanes>

The Hurricane Challenge

P	X	M	F	O	O	D
B	L	R	K	W	G	Z
P	F	A	M	I	L	Y
E	H	D	N	N	S	U
T	J	I	Q	D	A	M
S	K	O	C	X	Z	J

Words to find:

- Family
- Plan
- Wind
- Pets
- Food

A fun way to engage the whole family in your hurricane preparation.

Another way to engage the little ones in the household, you can visit:

<https://kids.nationalgeographic.com>

Prepare-Plan-Practice

The Ombudsman Family In-Take Form:

DEPARTMENT OF HOMELAND SECURITY U.S. Coast Guard FAMILY CHECK-IN FORM FOR OMBUDSMEN			
Service Member's Name		Rank/Rate	
Work Phone #		Unit/Dept/Division	
Work Email Address		Projected Rotation Date (PRD)	
Mailing Address: Street, City, State, and ZIP			
Spouse's Name (if applicable)		Spouse's Mailing Address (if different from above), Street, City, State, and ZIP	
Spouse's Contact Information:		Email	Cell
		Home	Work
CHILDREN: NAME (Last, First, Middle)	AGE	NOTES	
Primary Emergency Point of Contact:		Name	Phone #
Secondary Emergency Point of Contact:		Name	Phone #
Please list anyone else you would like command information and newsletters sent to (example: parents):			
Name		Mailing Address	
Email Address		City, State, ZIP	
Name		Mailing Address	
Email Address		City, State, ZIP	
I authorize the Ombudsman to use this information for official purposes only. I understand all information is <u>confidential</u> .			
Signature		Date	
<p>The U.S. Coast Guard Ombudsman Program is a source of information and referral on anything affecting command family members. Although the Ombudsman's Program does not consist of counselors, but volunteers who may direct the family member to those who provide counseling or other resources required by the affected family member(s). This may include program assistance from, for example, the Special Needs Program, the DOD School Liaison Office, the Command's Spouses Group, and many other resources.</p> <p>AUTHORITY: 5 U.S.C. 301; 14 U.S.C. 632; 44 U.S.C. 3101; and COMDTINST 1750.4E.</p> <p>PURPOSE: To serve as an Intake form for Coast Guard members and dependants to request information on various military programs and services and, once completed, to be used by the Coast Guard to alert, notify, advise, or recall personnel in event of a natural, man-made disaster, or when directed by the Commanding Officer.</p> <p>ROUTINE USES: Information will be used by Ombudsman to provide essential command-related information to CG military members. Any external disclosures of data within this record will be made in accordance with DHS/USCG-014, Military Pay and Personnel System of Records Notice, 76 Federal Register 66933, (October 28, 2011).</p> <p>DISCLOSURE: Voluntary; however, failure to provide the requested information may result in the Ombudsman's failure to provide the requested services to the service member or his/her dependants.</p>			

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This form needs to be completed and returned to your Unit Ombudsman, so that they can create an email distribution list to keep your family informed before, during and after a hurricane. The Unit Ombudsman is your Families connection to HSWL, Coast Guard, and Community services; we want your family to have accurate and up-dated information. To have this form emailed to you contact the D7 Ombudsman Coordinator: Kenneth.M.Weber@uscg.mil



Have you ever considered becoming an Ombudsman? What can an Ombudsman do? An Ombudsman is:

- A liaison between the families and the Command.
- Can direct a grievance or a suggestion to the proper department.
- Can familiarize you with a variety of organizations or resources within your community.
- Is a source of information and outreach.
- Can pass along important information pertaining to military families.
- Can keep you abreast of ship's movements.

If you have thought about wanting to get more involved with your Coast Guard community and assist other families with acclimating to the unique challenges that living in District Seven present please contact your District Seven Ombudsman Coordinator,
Kenneth.M.Weber@uscg.mil

Be an integral part of the support network that helps Coast Guard personnel and their families while stationed in Puerto Rico, Florida, Georgia and South Carolina!

Final Preparation for you and your family

You can't stop a tropical storm or a hurricane, but you can take steps now to protect you and your family:

- Preparing for a hurricane—take the necessary steps now to ensure your safety should a storm hit.
- Emergency supplies you will need—stock your home and your car with supplies.
- Make a plan—Create a family disaster plan.
- Avoid flooded areas—take precautions before, during and after a flood.
- Prepare to evacuate—never ignore an evacuation order.
- Protecting older adults—understand older adults health and medical concerns.
- Protecting pets—ensure your pets safety before, during and after an emergency.
- Prevent carbon monoxide (CO) poisoning after the storm—ensure your CO detector has working batteries. Place generators outside at least 20 feet from any door, window, or vent.
- After a hurricane—learn how to avoid injuries, make sure your food and water are safe, and clean up mold safely.

For further tips and resources go to:
<https://www.redcross.org>



CGPAAS

Coast Guard Personnel Accountability and Assessment System (CGPAAS) standardizes a method for the Coast Guard to account, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. CGPAAS provides valuable information to all levels of the Coast Guard chain of Command, allowing Commanders to make strategic decisions which facilitate a return to stability.

Please ensure you have your families information updated before the hurricane happens. Working together we can help keep you and your family safe before, during and after the storm.

Prepare-Plan-Practice!

