3 Steps to Get Prepared!

Disasters can strike suddenly, at anytime and anywhere. Prepare yourself and your family to be self-sufficient for at-least 72 hours by taking the following steps:

**Complete a Family Emergency Plan**

Document how your family will communicate with one another in times of disasters and identify a plan for evacuation, should you need to leave your home.

**Buy or Build a Disaster Kit**

Put together an emergency kit with essential supplies for times of disaster. Be sure to customize your kit to meet the needs of all family members.

**Stay Informed and Connected**

Utilize smartphone apps from FEMA or the American Red Cross to receive alerts of severe weather in your area.

Please visit [www.focus-usa.org/prepare](http://www.focus-usa.org/prepare) to learn more about these steps, including ways to acquire an emergency kit.

### Your Dollars at Work

Based on disaster response in Central & South Asia

<table>
<thead>
<tr>
<th>Donation</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50</td>
<td>Blankets for one family*</td>
</tr>
<tr>
<td>$120</td>
<td>One month supply for food for one family*</td>
</tr>
<tr>
<td>$200</td>
<td>A temporary emergency shelter (tent) for one family*</td>
</tr>
<tr>
<td>$500</td>
<td>Village Disaster Management Plan Development (includes hazard identification, evacuation procedures and identifications of safe havens)</td>
</tr>
<tr>
<td>$1,500</td>
<td>Comprehensive Community Emergency Response Team training for 30 volunteers to increase response capacity</td>
</tr>
<tr>
<td>$2,500</td>
<td>Advanced avalanche emergency response and communications equipment for one trained team to facilitate search and rescue operations</td>
</tr>
</tbody>
</table>

*one family comprises of seven people

### Ways to Make an Impact!

- **Become a FOCUS STAR**
  Make monthly, quarterly, or annual gifts through Electronic Fund Transfers

- **Make a One-time Donation**
  Easy and convenient way to give through check or money order

- **Employee Matching Gift**
  Working professionals can maximize their contributions through employee giving programs

**REMEMBER**, all contributions are tax deductible.
Disaster Preparedness

FOCUS works with local governments and communities to implement a wide range of disaster risk reduction programs, mainly in the regions of South and Central Asia. These programs include disaster preparedness education, training and awareness initiatives. Mitigation projects like reinforcing bridges, building flood-retaining walls, and creating irrigation channels help minimize possible adverse effects from disasters. By investing in the training of local community-based professionals and volunteers, FOCUS is able to increase capacity in vulnerable regions of the world. This enables trained volunteers to be the first responders in the event of a disaster and respond to emergencies immediately and without relying solely on humanitarian aid.

Humanitarian Response

For over 20 years, FOCUS has responded to the emergency needs of communities who have suffered from devastating effects of hurricanes, cyclones, avalanches, tsunamis, floods, earthquakes and civil conflict. FOCUS also responds to ongoing natural hazards that cause particular damage and destruction in remote mountain communities. FOCUS deploys search and rescue teams, local first response teams and volunteer manpower to assist in the coordination of humanitarian response operations before advanced levels of assistance arrive. Vital supplies such as safe drinking water, temporary shelter, high nutrition foods, warm clothing, blankets and basic household items are distributed to those in need.

Interesting Facts

The FOCUS symbol is built around the human figure, reaching out to the four points of a compass. A repeat pattern of a caring gesture – extending helpful arms – lends harmony and unity to the human contour defined by the elongated “F” shape.

Over the past 2 years FOCUS USA has trained over 1,000 volunteers across the United States in First Aid, CPR and AED training.

In December 2013 FOCUS USA signed a Memorandum of Understanding with the California Governor’s Office of Emergency Services. Among other activities, FOCUS utilizes this agreement to provide advanced training to volunteers from across the US.