

FCAA-102

Recovery Phase

Following any deployment there is a recovery - preparedness phase. This phase includes many things from doing laundry to getting sleep. One thing that is often forgotten is the personal aspect of the recovery phase. Some of the things that we need to do to not only recover from our deployment but to prepare for the next one are:

- 1) **FIRST AND FORMOST:** Hug your family and thank them for their support while you were deployed.
- 2) **SECONDLY AND AS IMPORTANT:** Tell your significant other that you appreciate all they do to take care of the household and family while you are deployed. Remember they are a critical part of this team. Let them know that their support helps others by giving you the peace of mind to be able to concentrate on helping those affected by the emergency.
- 3) Laundry – clean your deployment clothes and return them to your go kit.
- 4) Inventory your personal go-kit. Replace anything that has been used and ensure anything that has an expiration date is checked.
- 5) Clean any equipment used and ensure it is ready for the next deployment. This may require laying out extension cords and/or coax and rewinding it. Wiping down handhelds, chargers, etc. to ensure that it is ready to deploy again. Put handhelds and batteries on chargers, check antennas, etc. Repair or replace any damaged equipment.
- 6) Inventory your Equipment Go-Kit to ensure that it is complete. Ensure that consumables such as electrical tape, nuts/bolts/screws, etc. are replaced. Ensure you have your full complement of adapters.
- 7) Generators – Clean, check oil and refuel. Make sure all gas cans are full.
- 8) Complete your after action report and submit to the EC within 24 hours of returning home. All personnel should complete a After Action Report after every deployment or event.
- 9) Sleep – catch up on your rest.

This list is not all inclusive and it is suggested that you make your own personal recovery checklist that is detailed to your go-kits and personal situation. There is one aspect of recovery that we have not discussed and that **YOU** – your recovery.

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Whether you have been deployed to the EOC, a shelter or other field location, you will have just spent a period of time in a stressful environment and possibly had to deal with people who have gone through a traumatic situation. As such you will be stressed and need to have personal down time and possibly even someone to talk to yourself. Everyone handles stressful situations differently. So what can you do for yourself?

- 1) Look at what healthy things you normally do to relieve stress – if they work use them.
 - a. Long bath
 - b. Read a book – maybe the Bible
 - c. Listen to music
 - d. Talk to significant other
- 2) Get rest – sleep is the best for your recovery
- 3) Consider talking to others
 - a. A team debrief may help
 - b. Talk with your minister or counselor
- 4) Take an extra day off

Once the recovery phase is over you will find that you have also taken care of the preparedness phase as well and will be ready for the next deployment.

END