

# Radio Emergency Action

## Sending a Distress Message

In an emergency, stay calm, assess the situation, and use the following steps to call for help:

1. Select the correct frequency.
2. Speak clearly. Take your time.
3. Call “MAYDAY, MAYDAY, MAYDAY.”
4. Listen for a reply.
5. When a reply is received, tell them who you are, where you are, and the nature of your emergency, and that you are trying to make contact with the closest permanent USAP station in your area. Give any information which may assist the rescue.
6. If no reply is received:
  - Check your equipment.
  - Repeat your call at regular intervals -- allow listening periods between calls.

## Action on Receipt of a Distress Message

1. Listen carefully. Write down the message(s) and time.
2. Listen for an acknowledgment from a major station.
3. If another station does not acknowledge the distress call, acknowledge the distress call and retransmit the distress message to the closest permanent USAP station in your area, using the words:  
“MAYDAY Relay, MAYDAY Relay, MAYDAY Relay.  
This is. . .” (repeat your station call sign three times).
4. Give distress message as broadcast by station in distress.
5. Give assistance to station in distress if possible. Advise your base station of what you are / are not doing.
6. Continue to listen in.

## Cancellation of MAYDAY messages

If help is no longer required, don't forget to announce cancellation of your distress or urgency call!

## Avoid Unnecessary Traffic At All Times!