

District Health Department #4

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Are You Prepared for an Emergency?

September is National Preparedness Month. Individuals and families are encouraged to prepare now, and throughout the year, for any future emergencies and disasters. This year’s theme is Disasters Happen. Prepare Now. Learn How. Each week in September will focus on a different way to prepare for emergencies.

Week 1: September 1-8: Make and Practice Your Plan.

Families and households should:

1. Make an Emergency Plan
2. Sign up for alerts and warnings in your area
3. Have an Evacuation Plan
4. Practice your plans and routes

Discuss specific needs, such as medical needs, pets, and the ages of the members of your family or household. Family Emergency Plans can be found here: www.ready.gov/make-a-plan.

Week 2: September 9-15: Learn Life Saving Skills

Families and households should learn basic maintenance skills to stay safe. Take measures to protect homes from flood damage; check and install smoke detectors and carbon monoxide detectors, and prepare an emergency supply kit. Suggested emergency supply kit items and tips can be found here: www.ready.gov/build-a-kit.

Week 3: September 16-22: Check Your Insurance Coverage

Take time to understand insurance coverage against flood damage and more, and consider buying insurance if possible. Information about insurance can be found at www.fema.gov under “Be Smart. Take Part. Document and Insure Your Property.”

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Week 4: September 23-29: Save for an Emergency

Recovering from an emergency may be expensive. Plan ahead by saving money in case of disaster. Collect important personal, household, medical, and financial information. Consider opening an emergency savings account. More tips can be found here: www.ready.gov/financial-preparedness.

It is important for individuals, families, organizations, and businesses to always be prepared for an emergency. District Health Department No. 4 suggests that all of these groups have an emergency plan in place. For more information, visit www.ready.gov

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