When reading the newspaper or watching the news, there always seems to be a story about preparing for some type of emergency or disaster. However, many times there aren’t clear instructions given regarding how to go about preparing. This issue of *Health and Safety News* is meant to solve that problem, or, at the very least, provide good information to point people in the right direction. The Centers for Disease Control and Prevention (CDC) indicates that September is National Preparedness Month, so all the information found on the pages of this newsletter come directly from the CDC’s website ([http://www.cdc.gov/features/beready/](http://www.cdc.gov/features/beready/)). As always, to read more detailed information about a topic highlighted in blue, right click the mouse and choose Open Hyperlink.
Be Ready! September is National Preparedness Month

Would you be ready if there were an emergency? Be prepared: assemble an emergency supply kit, make your emergency plans, stay informed, and get involved in helping your family, your business, and your community be ready for emergencies.

Throughout September there will be activities across the country to promote emergency preparedness. More than 3,000 organizations – national, regional, and local public and private organizations – are supporting emergency preparedness efforts and encouraging all Americans to take action.

Join the effort! Visit the CDC’s Web site for “Emergency Preparedness and Response” and follow these four steps:

- Get a Kit
- Make a Plan
- Be Informed
- Get Involved


During September, emergency preparedness will focus on:

- Home and family preparedness, including pets, older Americans, and individuals with disabilities and special needs (Ready America)
- Back-to-school (Ready Kids)
- Business preparedness (Ready Business)
- Preparación en Español (Listo America)
In collaboration with the American Red Cross, CDC's Web site, Emergency Preparedness and You identifies and answers common questions about preparing for unexpected events, including:

- Developing a family disaster plan
- Gathering emergency supplies
- Learning how to shelter in place
- Understanding quarantine and isolation
- Learning how to maintain a healthy state of mind

The Emergency Preparedness and Response offers additional information and resources under topics such as hurricane preparedness, extreme heat, and bioterrorism. CDC continually updates information on recent outbreaks and incidents, and lists emergency resources for the general public as well as for clinicians and public health professionals.

**Get an Emergency Kit**

If disaster strikes your community, you might not have access to food, water, or electricity for some time. By taking time now to prepare emergency water supplies, food supplies and a disaster supplies kit, you can provide for your entire family.

Review the items recommended for a disaster supplies kit or print the Homeland Security Emergency Supply checklist.

**Make an Emergency Plan**

Make plans with your family and friends in case you're not together during an emergency. Discuss how you'll contact each other, where you'll meet, and what you'll do in different situations. Read how to develop a family disaster plan or fill out the Homeland Security Family Emergency Plan.
Ask about planning at your workplace and your child's school or daycare center. The US Department of Education gives guidelines for school preparedness. Workers at small, medium, and large businesses should practice for emergencies of all kinds. See Ready Business for more information.

**Be Informed**

Being prepared means staying informed. Check all types of media – Web sites, newspapers, radio, TV, mobile and land phones – for global, national and local information. During an emergency, your local Emergency Management or Emergency Services office will give you information on such things as open shelters and evacuation orders. Check Ready America community and state information to learn about resources in your community.

**Get Involved**

Look into taking first aid and emergency response training, participating in community exercises, and volunteering to support local first responders. Contact Citizens Corps, which coordinates activities to make communities safer, stronger and better prepared to respond to an emergency situation. Contact the Medical Reserve Corps, (MRC). MRC are community-based units and function as a way to locally organize and utilize volunteers who want to donate their time and expertise to prepare for and respond to emergencies and promote healthy living throughout the year.

Homeland Security promotes emergency preparedness all year round via the Ready America campaign. Checklists, brochures, and videos are available in English and in Spanish online and by phone (1-800-BE-READY and 1-888-SE-LISTO).
More Information

- CDC’s Emergency Preparedness and Response
- Ready America campaign (US Department of Homeland Security)
- What's your Readiness Quotient?