



Did You Know?

September Marks National Preparedness Month

September marks the arrival of National Preparedness Month. Created in 2003, and sponsored by the Federal Emergency Management Agency (FEMA)—National Preparedness Month highlights the need to be equipped for all types of emergencies, including:

- Natural disasters
- Mass casualties
- Biological and chemical threats
- Terrorist attacks

These emergencies can take place in any environment—at home, work, or school, anywhere in our communities. FEMA outlines the four steps you can take to help prepare yourself, your family, and your business.

- **Build a kit** with everyday items. These items should include food, water and other supplies. Some of the supplies you should have in your kit include a flashlight, battery powered or hand crank radio, extra batteries, first aid kit, medication, and local maps. The Centers for Disease Control and Prevention (CDC) provides a [comprehensive list](#) of items to include in your kit.
- **Make a plan** in advance. An emergency could occur at any time in the day. In case you are away from family and friends, it is important to have a plan outlining how you will contact each other, and a location to meet. The CDC offers a guide in developing a [family disaster plan](#).
- **Be informed** and know the steps to take before, during, and after an emergency. Take advantage of social media, Web sites, TV, radio, and newspapers for up to date information.
- **Get involved** before a disaster occurs; consider emergency response training, volunteering, and taking part in community exercises.

You can also take steps to prepare your business. The American Red Cross provides a free Ready Rating tool to assist in evaluating and improving your business to withstand disaster, maintain operations, and protect lives and property. FEMA also offers guidance in developing an Emergency Response Plan and Business Continuity Plan to assist in your disaster preparedness.

Smartphone apps are also available from FEMA and the American Red Cross. These apps contain valuable information in preparing for natural disasters, maps, and critical first aid information.

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