FOR IMMEDIATE RELEASE

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SEPTEMBER IS NATIONAL PREPAREDNESS MONTH
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This September is National Preparedness Month (NPM). NPM is a nationwide, month-long effort hosted by the Ready Campaign (www.ready.gov) encouraging households, businesses, and communities to prepare and plan for emergencies.

Preparedness is a shared responsibility that takes input and work from the Whole Community. A resilient community is one that’s prepared for an emergency and that preparation can’t be done solely by local officials. It takes individuals, families, business, schools, faith-based organizations, and community-based organizations getting involved and joining together.

This year we are asking you to take action now – make a plan with your community, your family, and for your pets. Plan how to stay safe and communicate during the disasters that can affect your community.

Residents should also talk to and work with their local emergency officials. By talking to local officials, citizens gain valuable insight, lend input, and develop relationships for planning and communicating before an emergency strikes.

As a part of NPM, the American Public Health Association (APHA) sponsors “Get Ready DAY”. On Sept. 15, join APHA and public health leaders in celebrating Get Ready Day, a time for communities, campuses and workplaces to learn how to be prepared for emergencies or disasters. Held annually on the third Tuesday in September, Get Ready Day is timed to coincide with National Preparedness Month.

“Get Ready DAY” recognizes that disasters can strike on ordinary days. But that doesn’t mean you should live in fear. With just a few easy steps, you can be ready when emergencies come. Here are five to get you started!

1) Have a plan.

Knowing what to do is an important part of getting ready for disasters. Know what type of disasters are common in your area and come up with a plan for each of them.

Action step: Pick a place for you and your family to meet.
2) Know your H2O.

Water is critical to life. During a disaster, your taps might stop flowing or water may be contaminated. That’s why it’s critical to have bottled water in your emergency stockpile.

Action step: Add a three-day supply of water to your stockpile today.

3) Build your stockpile.

Speaking of stockpiles, yours should be complete! Add in plenty of non-refrigerated food. Make sure you have a flashlight, a battery-powered radio, first-aid kit and extra batteries.

Action step: Make a list of supplies and put together your stockpile.

4) Don’t forget your pets.

Like humans, pets require at least a three-day supply of food and water. Pet food should be stored in airtight, waterproof containers. Include blankets, leashes or other supplies your pets will need.

Action step: Put together an emergency stockpile for your pets.

5) Get vaccinated.

Seriously, this is important. Getting vaccinated means there is one less person who can get sick and infect others.

Action step: Ask your doctor if you are up to date on your shots.


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