



SEPTEMBER

Disaster Preparedness Month

Disasters can strike when we least expect them—floods, tornadoes, hurricanes, fires, or even unexpected emergencies. While it's not always easy to talk about “what if” scenarios, starting the conversation now can make all the difference for you and your loved ones. Taking simple steps today means you will be ready to act quickly and confidently in the future.

Get Started in Three Simple Steps:

1. **Start the Conversation:** Set aside time with your family to talk about what disasters could affect your area and how you would respond. Encourage questions and share ideas on what actions to take.
2. **Make a Plan:** Determine how you will receive emergency alerts, where you will go if you need to evacuate, and how you will stay in touch. Practice your plan so everyone knows what to do.
3. **Stay Informed:** Ensure you receive emergency alerts for your area through TV, radio, or your mobile device. Sign up for local emergency notifications and consider using the **FEMA app** for real-time updates and safety tips. Stay Informed, click **HERE** to view how you can get emergency alerts on your mobile device.

Build an Emergency Kit

Ensure your emergency kit is packed with the following essentials:

- Water (one gallon per person per day for three days)
- Non-perishable food and a can opener
- Flashlight and extra batteries
- Battery-powered radio
- First aid kit
- Blankets or sleeping bags
- A change of clothes for each person
- Medications and any items for specific needs
- Important documents, cash, and credit cards

Visit **ready.gov** for more resources and checklists.

Sources:

- <https://www.ready.gov/>
- <https://healthylearn.com/connerstrong/be-ready-for-a-disaster.html>
- <https://healthylearn.com/connerstrong/hn/national-preparedness.html>

