



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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Are You Prepared for an Emergency?

September is National Preparedness Month. This month encourages individuals and families 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 consider the following:

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my family/household communication plan?

Discuss specific needs, such as medical needs, pets, and the ages of the members of your family or household. Family Emergency Plans are available here: <https://bit.ly/2JdbzPW>. Plan templates can also be found here: <https://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: <https://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 <https://www.fema.gov/media-library/assets/documents/94715> under "Be Smart. Take Part. Document and Insure Your Property."

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: <https://www.ready.gov/financial-preparedness>.

It is important for individuals, families, organizations, and businesses to always be prepared for an emergency. The Barry-Eaton District Health Department suggests that all of these groups have an emergency plan in place. For more information, visit <https://www.ready.gov/>, <https://emergency.cdc.gov/preparedness/>, or <https://www.barryeatonhealth.org/community-health/emergency-preparedness>.