



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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## September is National Preparedness Month

Preparing for emergencies is important at any time of year, but this September the Barry-Eaton District Health Department (BEDHD) is observing September as National Preparedness Month. During National Preparedness Month, BEDHD encourages individuals and families in Eaton and Barry counties to plan ahead.

This year's theme is "Prepared, not Scared". Each week has a special theme with suggestions for specific activities.

- **Week 1: September 1-7. Save Early for Disaster Costs.** Emergencies can be expensive, so check if you have insurance for your property. Consider learning more about flood insurance. Plan ahead financially for a disaster.
- **Week 2: September 8-14. Make a Plan to Prepare for Disasters.** Consider making an emergency plan, and sign up for alerts and warnings in your area. Starting a plan can be as easy as having a conversation over dinner!
- **Week 3: September 15-21. Teach Youth to Prepare for Disasters.** Children can be especially vulnerable in certain disasters. Teach children and youth what to do in an emergency and discuss how you will communicate with them if disaster strikes.
- **Week 4: Get Involved in Your Community's Preparedness.** Learn more about volunteer organizations that assist with disaster response in your community. Also consider taking your emergency preparation outside your household and check in with your neighbors!

"Emergencies can come at any time, so make sure you and your family stay safe and healthy by preparing in advance," says Eileen Thompson, Emergency Preparedness Coordinator at BEDHD. "This September is a great month to get started or review your current plans."

For more information on National Preparedness Month and emergency preparedness, visit <https://www.ready.gov/september> or <https://www.barryeatonhealth.org/community-health/emergency-preparedness>.