

### *September is National Preparedness Month*

September is National Preparedness Month. It is an initiative sponsored by the U.S. Department of Homeland Security designed to promote family emergency preparedness. National Preparedness Month is a nationwide effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. The goal of the month is to increase public awareness about the importance of preparing for emergencies and to encourage individuals to take action.

Throughout the month of September, all Americans are asked to take steps to prepare their families for emergencies, including getting family emergency supply kits, making a family emergency plan, being informed about different threats and getting involved in preparing their communities.

One of the easiest ways to begin preparing for emergency situations is to make a family emergency plan. To develop one, ask yourself some important questions. “In the event of an emergency, do we have everyone’s contact numbers and an out of town contact?” “Is there a designated place for everyone to meet outside of the home and neighborhood?” “What is the emergency plan, including evacuation location, for my child’s school, my workplace, other family member’s workplaces?” Only you can answer these questions and develop an emergency plan that suits your family’s unique needs. You can download templates for family emergency plans from [www.ready.gov](http://www.ready.gov) or [www.redcross.org](http://www.redcross.org).

Another simple step in emergency preparedness is to create emergency kits. Each family is encouraged to create a “Stay Kit” and a “Go Kit”. The family’s “Stay Kit” will include basic items that are needed to sustain family life for 10 days. The family’s “Go Kit” will include basic items needed to evacuate your location and enough supplies to sustain family life for 3 days. Families with pets also need to consider creating emergency kits for your pets to include with each of the kits. Basic items for the kits include water, food, battery-powered radio, flashlight, and first aid kit. For a complete list of all recommended supplies, go to [www.ready.gov](http://www.ready.gov) or [www.redcross.org](http://www.redcross.org).

If you would like to take a more active role in emergency preparedness on a community level, consider joining the Denton County Medical Reserve Corp. It is a group of medical and non-medical volunteers that could be called on during a public health emergency. For more information or to register go to [www.metroplexvolunteers.com](http://www.metroplexvolunteers.com) or contact Jessica Herpeche at 940-349-2923 or [Jessica.herpeche@dentoncounty.com](mailto:Jessica.herpeche@dentoncounty.com).