



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

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To: Local News Media

From: Central Michigan District Health Department

RE: National Preparedness Month

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Disasters Don't Plan Ahead. You Can.¹

In recent years, and even this summer, many communities in Michigan experienced major storms, long-term power outages, and flooding. Disasters like these, unfortunately, are common across our country; therefore, we must continue to prepare for events like these as well as public health emergencies such as disease outbreaks. Knowing how to help yourself, your family and your community is important. This year, the campaign focuses on four weekly themes. America's PrepareAthon™, builds upon this campaign, encouraging Americans to prepare for specific hazards through group discussions, drills and exercises.²

Make a Plan for Yourself, Family and Friends: What is your family emergency plan? Do you have enough items to last for 3 days without power, if necessary? Remember to plan for both your pets and those with special medical needs as you may not all be together at the time an emergency happens. Businesses should also have a plan. Have you practiced any drills in the last year both at home and at work? The "Do 1 Thing" campaign (www.do1thing.com) is a wonderful resource for individuals and businesses. Following just a few simple steps each month will help create a plan by the end of one year.

Plan to Help Your Neighbor and Your Community: You have your plan and emergency kit ready for your family, but what about your neighbors? Is there someone who could use your help with planning or at the time of an emergency? Become involved in local efforts in your community by becoming a member of your local Citizens Corps (you can contact your county emergency manager for more information). In Michigan, you can also become a registered volunteer through the Michigan Volunteer Registry (www.mivolunteerregistry.org). Organizations such as these provide opportunities to participate in drills, trainings and exercises. In addition, the Federal Emergency Management Agency (FEMA) offers online courses on Citizen Preparedness

and Community Preparedness. Check these out at www.fema.gov.

Practice and Build Out Your Plans: Make sure your family knows what the plan is for disasters such as tornado, fire, and power outages. Discuss the drills that happen at school with your children. Also, expand your plans to include information on important financial documents and know how to access community resources.

Get Involved! Be a part of something larger: Offer to help with planning or drills at your church, local community organization, or work place. Encourage others to do the same.

For more information on planning, visit: *Ready* Campaign (www.ready.gov), The Michigan Department of Health and Human Services preparedness site (www.michigan.gov/michiganprepares), American Red Cross (www.redcross.org), FEMA (www.community.fema.gov), and Central Michigan District Health Department (www.cmdhd.org).

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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¹Source: U.S. Department of Homeland Security's *Ready* Campaign (www.ready.gov)

²Source: FEMA's America's PrepareAthon Campaign (www.community.fema.gov)

To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.