



PRESS RELEASE FOR LOCAL MEDIA

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

For more information, please call: (989) 773-5921 ext. 8440
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: Local News Media

From: Central Michigan District Health Department

RE: National Preparedness Month

Release Date: September 2013

This September: You Can Be The Hero¹

Stay Informed. Make A Plan. Build a Kit. Get Involved.

Four simple steps, recommended by the *Ready* campaign, can help you, your family and your community in the event of an emergency. You Can Be the Hero.

Stay Informed: Many websites offer information on a wide variety of topics surrounding emergencies/disasters. Helpful websites include: *Ready* Campaign (www.ready.gov), The Michigan Department of Community Health preparedness site (www.michigan.gov/prepares), American Red Cross (www.redcross.org) and Central Michigan District Health Department (www.cmdhd.org). Sign up for local emergency alerts through Emergency Management and text PREPARE to 43362 (4FEMA) to receive monthly preparedness tips. (*msg/data rates apply*).²

Make a Plan: What is your family emergency plan? Have enough items to last for 3 days without power, if necessary. Plan for your pets and those with special medical needs. Businesses should also have a plan.

Build a Kit: When creating an emergency supply kit, begin by stocking enough items in your kit to last for 3 days. Items to place in your emergency supply kit may include: a flashlight and extra batteries, a battery powered radio and extra batteries, a first aid kit, a map of the area that indicates roadways and rivers, which may aid in evacuation, a compass, a whistle to signal for help, cash (ATM and banks may not work), a utility knife (no exposed blades), matches in a waterproof container, a change of clothes for each person, a sleeping bag or warm blanket for each person, food (canned food and a can opener, dry food that will not expire), a gallon of water per person per day, pet food, prescription medications, copies of birth certificates, passports, licenses, and wills, and a list of phone numbers of relatives or emergency contacts. It is suggested that you create an emergency supply kit for your house, one that you can easily take with you if you have to evacuate

and go to a shelter or a safe location; and one for your place of business.

Get Involved: Being involved is the last step to being prepared. Become involved in local efforts in your community by becoming a member of your local Citizens Corps (www.citizenscorps.gov). In Michigan, you can also become a registered volunteer through the Michigan Volunteer Registry (www.mivolunteerregistry.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 and LIKE Central Michigan District Health Department on Facebook.

###

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

²Source: FEMA