Michigan Celebrates National Public Health Week

Disasters can happen at any time. The potential of severe weather, e-coli outbreaks, pandemic influenza, or a hazardous materials accident are just a few of the would-be disasters that have raised concerns among many local residents. While the Central Michigan District Health Department is working with other local emergency response partners to protect the community in the event of an emergency, health officials are urging everyone to take responsibility for the safety of their family and be prepared for all emergencies.

“Family and Individual preparedness are key elements in keeping your family safe in today’s world,” states Helen Lee, Emergency Preparedness Coordinator for Central Michigan District Health Department. During this year’s National Public Health Week (April 16 – 20), Central Michigan District Health Department staff is encouraging local residents to create an emergency plan for themselves and/or their families. Steps to take to prepare for an emergency include:

- Creating a communication plan
- Arranging a meeting place
- Creating a disaster supply kit to include necessary items in the event of severe weather, a power outage or another type of disaster
- Being familiar with your child’s school emergency plans with regards to re-uniting with your child if severe weather or a disaster should occur while school is in session
- Knowing the emergency protocols for your place of employment
- Having a plan for elderly relatives who may be physically ‘shut-in’ and unable to respond on their own.
- Making plans for your pets in the event of an emergency

The following websites contain a variety of resources for individuals, families, schools, churches, businesses and other community organizations with regards to preparedness topics:

- Central Michigan District Health Department:  www.cmdhd.org
- Department of Health and Human Services Pandemic Flu website:  www.pandemicflu.gov
- State of Michigan Preparedness Website:  www.michigan.gov/michiganprepares

This article was provided by the staff at Central Michigan District Health Department, which serves residents in Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties.