To: Local News Media
From: Central Michigan District Health Department
RE: Emergency Preparedness
Release Date: September 12, 2012

Getting yourself and your family prepared for an emergency takes less time and effort than you think. Having a plan and stocking up on basic supplies can make all the difference how comfortable and easily you make it through a crisis.

Although our needs and abilities are unique, there are three important steps all of us can take to get ready.

- **Assemble an emergency kit--3 day supply**
  - Nonperishable food items that don’t require cooking (ie. dry or canned fruit; dry packaged beef; cereal)
  - Water, 1 gallon per person per day
  - First aid kit and manual
  - Matches in a waterproof container
  - Blanket
  - Flashlight with extra batteries
  - Cash and coins
  - Photo copy of personal identification
  - Extra set of car and house keys
  - One change of clothes
  - Family and friend’s contact information

- **Make a Plan**
  - Communicate with family, friends and neighbors
  - Have contact information for one out-of-town person
  - Plan an escape route and practice
  - Plan for a meeting place
• **Be Informed**
  
  Contact your local Emergency Management Office  
  Contact your local Commission on Aging  
  Contact your local American Red Cross  
  Contact your local health department  
  Visit [www.ready.gov](http://www.ready.gov)

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 Counties.

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