PRESS RELEASE FOR LOCAL MEDIA
Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"
For more information, please call: (989) 773-5921 ext. 8409
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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

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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