

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

SEPTEMBER 2021

GOOD DECISIONS - Prepare to Protect

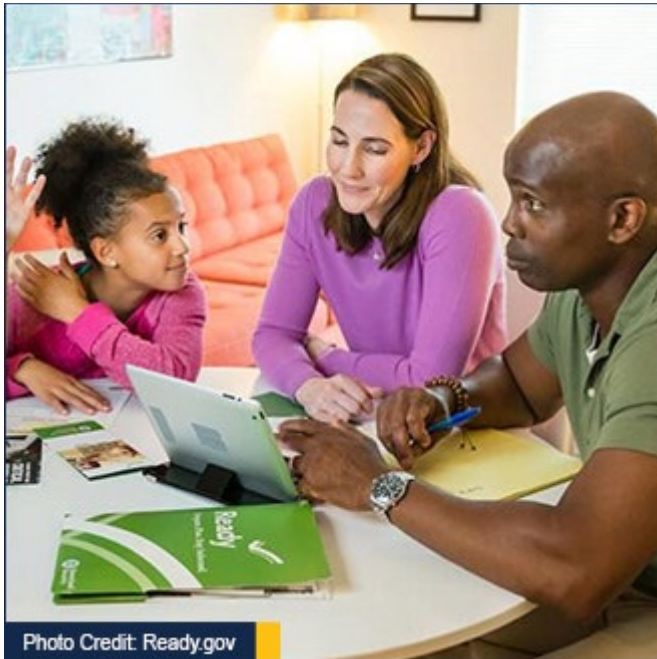


Photo Credit: Ready.gov

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National Preparedness Month is recognized each September to encourage and remind the public to be prepared for natural disasters and emergency situations. Individuals and families can take this opportunity to prepare for situations you hope never happen. Having an emergency plan will help you and your family members remain as calm as possible and make sound decisions in stressful situations.

Make a plan • Keep in mind that your family may not be together if disaster strikes. This makes it even more important to develop a plan that your entire family understands and

remembers. Think about things like where to meet for protection or if separated, who to contact for assistance, and reassessing the plan regularly as your family needs may change. Practice and review the plan with family members often to ensure everyone is familiar and comfortable with it. Ready.gov has communication plan templates available for [kids](#), [adults](#) and [emergency cards](#).

Build a kit • Each person or family's kit will contain different items depending on their unique family needs, [pets](#), and types of natural disasters they may be potentially exposed to. While it is important to prepare for staying safe during an emergency, you should also prepare for staying safe, fed and clean during the aftermath. Check out this [Basic Emergency Supply Kit](#) list developed by FEMA but consider adding additional items that would meet your specific needs.

Prepare for disasters • Disasters can happen in a moment's notice. You can prepare for the unexpected by knowing the risks and hazards that may affect the community you live in. Risk factors in your community could include susceptibility to natural devastations brought on by inclement weather, nearby hazardous facilities, or loss of utility services. You may check with your insurance provider to proactively protect your belongings against some of these risk factors. FEMA has also created an in-depth guide to citizen preparedness, [Are You Ready?](#) The guide contains very detailed information on how to prepare for a variety of situations.

Teach about preparedness • Sharing knowledge is the best way to give back! You can help support your community before, during, and after a disaster. Contact your local emergency manager to learn about opportunities near you. Nonprofits, faith-based organizations, schools, and civic groups are all great places to begin your search.

