

# Coos Health & Wellness

Together, Inspiring Healthier Communities



September 5, 2017

## **FOR IMMEDIATE RELEASE**

### **September is National Preparedness Month**

Preparing for disasters and emergencies can be overwhelming. Do you know how to get started? Creating an emergency communication plan is a great starting point and will ensure that all of your family members know what to do when disaster hits. Make sure that you can plan accordingly by staying informed of potential threats for our area, such as:

- Flooding
- Earthquake
- Fire
- Tsunami
- Winter Storms

Discuss with your loved ones how you will inform each other about each person's safety in an emergency. Know where you will meet with locations both inside and outside of your neighborhood. Don't forget to map out the best routes to those locations from school, work, and home. To learn more or to download and print a premade plan, please visit [www.ready.gov](http://www.ready.gov).

Need help making a personal and family preparedness plan? Download FEMA's preparedness app at [www.fema.gov/mobile-app](http://www.fema.gov/mobile-app) to use a readymade resource including personalized:

- weather alerts
- preparedness planning toolkit
- Go Bag kit checklist
- Directions to emergency and disaster shelters
- Points of contact to get in touch with FEMA directly

Once disaster hits, there is no guarantee that you will have access to the things you need. Creating a Go Bag is an important step to ensure that you and your loved ones will have the supplies needed to survive after a crisis. Essential supplies to get you and your loved ones through at least 3 days should at minimum include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- A manual can opener (if your Go Bag includes canned food)
- Battery-powered or hand crank radio capable of receiving NOAA Weather Radio All Hazards (NWR) (learn more at <http://www.nws.noaa.gov/nwr/>)
- An up-to-date first-aid kit
- Flashlight, hand cranked or with adequate batteries
- Whistle, to signal to emergency responders for help
- Maps of your area
- Cell phones with chargers
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Necessary medications
- Blankets
- Copies of important documents

For more information on how to make and maintain a kit to be prepared for when disaster strikes, visit [www.ready.gov/kit](http://www.ready.gov/kit) .

Don't wait. Make your preparedness plan and Go Bag today.

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*Coos County is an Affirmative Action/EEO TTY Relay: 7-1-1*