PRESS RELEASE FOR LOCAL MEDIA
Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"
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To: Local News Media

From: Central Michigan District Health Department

RE: National Preparedness Month

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Disasters Happen. Prepare Now. Learn How[1]

Within the last two years, we have experienced major storms, power outages, and flooding. Disasters like these, unfortunately, are common across our country; therefore, we must continue to prepare for events like these as well as public health emergencies such as disease outbreaks. Knowing how to help yourself, your family and your community is important. Once again, the campaign focuses on four weekly themes.

Make and Practice Your Plan: What is your family emergency plan? Do you have enough items to last for 3 days without power, if necessary? Remember to plan for both your pets and those with special medical needs as you may not all be together at the time an emergency happens. Businesses should also have a plan. Have you practiced any drills in the last year both at home and at work? The "Do 1 Thing" campaign (www.do1thing.com) is a wonderful resource for individuals and businesses. Following just a few simple steps each month will help create a plan by the end of one year.

Learn Life Saving Skills: Do you know how to shut off the utilities in your home in case of an emergency? Place a smoke alarm on every level of your home and test them monthly. Consider installing a carbon monoxide detector too. Keep your home safe from cooking, heating and electrical fires. Also, think about taking a first aid and/or CPR class so that you are ready to help others, if needed.

Check Your Insurance Coverage: Whether you own your home or rent, talk with your insurance company about what kind of coverage is available in your area. Are you able to get flood insurance? For renters, consider taking out a policy to cover your belongings in case something happens. It is a good idea for both small and large businesses to make sure they have the right coverage as well.

Save For An Emergency: Whether it is a natural disaster or your furnace goes out, it is a

good idea to have an emergency fund available. Since we live in Michigan, one idea is to save the deposit money from returnable cans to help get your emergency fund started. In addition, it is a good idea to make copies of important financial documents. A good resource is the *Emergency Financial First Aid Kit* from FEMA. Learn more about being prepared financially at: https://www.ready.gov/financial-preparedness.

For more information on planning, visit *Ready* Campaign (www.ready.gov), The Michigan Department of Health and Human Services preparedness site (www.michigan.gov/michiganprepares), American Red Cross (www.redcross.org), and Central Michigan District Health Department (www.cmdhd.org).

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. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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[1]Source: U.S. Department of Homeland Security's *Ready* Campaign (www.ready.gov)

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