



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets
From: Central Michigan District Health Department
RE: CMDHD Promoting September as National Preparedness Month
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CMDHD is Promoting September as National Preparedness Month

This year's theme focuses on preparedness in Asian American, Native Hawaiian, and Pacific Islander communities.

Central Michigan District Health Department (CMDHD) is promoting September as National Preparedness Month. For 2024, [Ready.gov](https://www.ready.gov) is focusing on preparedness in Asian American, Native Hawaiian, and Pacific Islander communities. This theme aims to raise awareness about the special needs and challenges these groups face during emergencies.

"Helping these communities prepare for emergencies protects their health, well-being, and dignity during tough times," said Montie Schutz, CMDHD Emergency Preparedness Coordinator. "It's important to plan for their unique needs to keep them safe."

Build a Kit: Do you have a [basic disaster kit](#) for your home, work, and car? Do you have one to take if you need to evacuate? It's smart to store items in airtight plastic bags and then put them in easy-to-carry bins or bags. Think about any special needs, like pet food, medications, and medical equipment. Include items to help prevent COVID-19 and other respiratory illnesses.

Make a Plan: What is your family emergency plan? Businesses should have a plan too. Have you practiced any drills in the last year at home and work? The "[Do 1 Thing](#)" campaign is a great resource. By following a few simple steps each month, you can have a plan by the end of the year.

Protect Family and Property: Is your renter's or homeowner's insurance up to date? Find out if flood insurance is available in your area. Learn about the disasters that can happen where you live. It's also a good idea to make copies of important financial documents. The [Emergency Financial First Aid Kit](#) from FEMA is a helpful resource. Learn more about being financially prepared at <https://www.ready.gov/financial-preparedness>.

Please visit us online at www.cmdhd.org.

For more information about planning, visit the [Ready Campaign](#), [Michigan Department of Health and Human Services](#), [American Red Cross](#), and [Central Michigan District Health Department](#).

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 and follow us on [Facebook](#) and [Instagram](#).

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To request an interview, please visit our website (cmdhd.org) and fill out the [Media Interview Request Form](#).



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