



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local News Media**

**From: Central Michigan District Health Department**

**RE: National Preparedness Month - September 2022**

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### National Preparedness Month

#### A Lasting Legacy

Central Michigan District Health Department (CMDHD) would like to remind the public that September is National Preparedness Month. Being resilient is one of the many abilities that we have identified in ourselves during the past 2 ½ years. Our loved ones -- family and friends -- are important to us. We want to continue to pass on our knowledge so that the generations to come will be able to prepare, respond, and recover for whatever disasters may happen. This year's theme is "A Lasting Legacy." The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family.<sup>1</sup>

**Build A Kit:** Do you have a [basic disaster kit](#) for your home, work, and car? Do you have one to take with you if you must evacuate? It's a good idea to store items in airtight plastic bags and then put them in easy-to-carry plastic bins or bags. Consider any unique needs, such as food for pets, medications, and other items for those living in your home who may need to have access to medical equipment and other essential items. It's still a good idea to consider adding items to your kit(s) to help prevent COVID-19 and other respiratory illnesses.

**Make A Plan:** What is your family emergency plan? Businesses should also have a plan. Have you practiced any drills in the last year -- at home and at work? The "[Do 1 Thing](#)" campaign 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.

**Protect Family and Property:** Is your renter's insurance or homeowner's insurance policy up to date? Find out if flood insurance is offered in your area, whether you own your own home or rent. Also, it's a good idea to learn about the disasters that can happen in your area. It's also recommended 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>.

*Please visit us at our website [www.cmdhd.org](http://www.cmdhd.org)*

**Teaching Youth:** Start by talking with your children about their school fire drills, and how important it is to learn evacuation procedures. Practice with them at home so they know what to do in case of a fire. Plan a night as a family, order pizza and create a family emergency kit and a plan. Visit [www.ready.gov/kids](http://www.ready.gov/kids) for information. Preparedness is often taught in Scouting programs, as well.

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

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

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