

PREPARING FOR THE WORST

August 29, 2019- Disasters and emergency situations. No one thinks it will happen to them, however, the saying “better safe than sorry” holds true. Preparing for disasters and emergencies is an important part of life and should be done throughout the year.

This September, District Health Department #10 (DHD#10) is encouraging people to take the time and plan ahead for possible worst-case scenarios by observing National Preparedness Month.

“Everyone should have plans and supplies in place to care for their families for at least 72 hours, but preferably two weeks. As an example, many residents in Michigan could go without power for more than a week during winter weather,” said Bret Haner, Emergency Preparedness Coordinator for DHD#10.

Ready.gov, the official website of the Department of Homeland Security, has put together a “Prepared, not Scared” theme for Emergency Preparedness Month this year. Each week in September has a special theme with suggestions for disaster and emergency related activities:

- **Week 1: September 1-7. Save Early for Disaster Costs.** Emergencies can be expensive, so plan ahead financially for a disaster.
- **Week 2: September 8-14. Make a Plan to Prepare for Disasters.** Ensure you and/or your family know how to react during different emergency situations and practice that plan through the year.
- **Week 3: September 15-21. Teach Youth to Prepare for Disasters.** Teach children and youth what to do and how to communicate during an emergency when they are at and away from home.
- **Week 4: September 22-28. Get Involved in Your Community’s Preparedness.** Educate yourself. Learn about the hazards most likely to affect your community and the volunteer organizations that assist with disaster response.

For more information about National Preparedness Month and emergency preparedness visit <https://www.ready.gov/september> or <http://www.dhd10.org/men-women/mw-emergency-preparedness/>

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org

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