

NEWS RELEASE

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For immediate release

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Would you be ready if there were an emergency?

September is National Preparedness Month and with the recent flooding along the Platte Rivers it's a good time to remind residents to take the steps necessary to "Be Ready!"

Tabi Prochazka, Emergency Response Coordinator with Panhandle Public Health District urges residents to:

- Pack an emergency supply kit (complete list **below**)
- Make a plan for what to do in the case of an emergency
- Be informed about what might happen when an emergency *does* happen
- Get involved in preparedness in your community

An Emergency supply kit is a collection of basic items your household may need in the event of an emergency. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately it may be hours or days. It is recommended that you have enough food, water and other supplies in your kit to last for at least 72 hours. Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice.

Make a plan for what to do in the case of an emergency. Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations. Ready.gov has made it simple for you to make a family emergency plan. Download the Family Communication Plan for Parents and Kids (PDF) and fill out the sections before printing it or emailing it to your family and friends.

You should also inquire about emergency plans at places where your family spends time: work, daycare and school, faith organizations and sports events. If no plans exist, consider volunteering to help create one. Talk to community leaders, your colleagues, neighbors and members of faith or civic organizations about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

Being prepared can help you and your family stay connected in an emergency.

Sidebar:

Disaster Kit Contents

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

For additional information visit www.pphd.org or call PPHD at 308-487-3600 or toll free at 866-701-7173. Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.