



FOR IMMEDIATE RELEASE 01-27-10

MEDIA CONTACT: Leslie Kinnee

989-831-3669, lkinnie@mmdhd.org

Mid-Michigan District Health Department

615 N. State St., Stanton, MI 48888-9702, www.mmdhd.org

Program helps residents prepare for disaster

Ithaca/Stanton/St.Johns~ Watching the Haitians endure unimaginable suffering following the massive earthquake that struck the capital city of Port-au-Prince two weeks ago, many of us can't help but wonder what we would do in a similar situation or how we would react. What would it be like to go days without food, water or shelter? We can only hope we never find ourselves in a similar situation, but the pain and misery experienced by the Haitians could be at our doorsteps without a moments notice.

While earthquakes aren't likely to occur in Michigan, other natural disasters, such as tornadoes, ice storms and floods are. We need to be prepared for these and other emergencies that could disrupt our everyday lives with little or no warning. In the aftermath of a disaster is not the time to be thinking about disaster preparedness. The time is now and it's up to you!

Emergency preparedness may sound intimidating, but it doesn't have to be. Do1thing is a 12 -month program that makes it incredibly easy for you to prepare yourself, your family and your community for emergencies and disasters. The do1thing program breaks the job of emergency preparedness into 12 smaller, manageable pieces. Each month, the program focuses on one preparedness step, such as identifying the best tornado shelter in your home and provides a variety of actions that you can take to become better prepared. Simply follow the monthly schedule on your own or give do1thing your email address and they will send you a monthly reminder. The great thing about the program is that you may start at any time and, if you do one thing each month, after a year has passed you will have taken big steps towards preparing yourself, your family and your community for emergencies and disasters.

In an emergency or disaster, you are the only one who can help assure the safety and well-being of yourself and your family. So remember to do1thing- it's up to you!

For more information, including fact sheets for each month's topic, visit www.do1thing.us.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

###