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## **Disasters strike everyday Is your family prepared?**

Stanton~ The potential for severe weather, loss of power, flooding, pandemic influenza and terrorism are just a few of the disasters we all should be prepared for, but most of us are not.

During the month of September, the U.S. Department of Homeland Security and local response agencies, like the Mid-Michigan District Health Department (MMDHD), will be urging all Americans to take some simple steps to make sure their families are more prepared for emergencies.

“September is National Preparedness Month, as well as the 6<sup>th</sup> anniversary of the September 11 attacks, said Kimberly Singh, Health Officer for MMDHD. “which makes it an opportune and symbolic time to remind everyone of the continued importance of adequately preparing for emergencies.”

MMDHD and the Department of Homeland Security urge individuals to take the following steps to be prepared:

**Get a kit-** One of the most important things you can do to protect your family is to create a Home Emergency Preparedness Kit which will allow you and your family to survive for at least **three days** in an emergency. The basic kit should contain:

- water- one gallon of water per person per day
- Non-perishable food items that require no cooking or refrigeration and little water
- can opener
- battery-powered radio
- flashlights and extra batteries
- first aid kit- two pairs of sterile gloves, sterile dressings, soap, antibiotic ointment, burn ointment, adhesive bandages, eye wash solution, thermometer, prescription medications, and prescribed medical supplies
- dust masks
- tools
- blankets and clothes
- moist towelettes, garbage bags and plastic ties

When assembling your kit don't forget the needs of infants, seniors, the disabled, those with special needs or pets. Visit [www.ready.gov](http://www.ready.gov) for a complete list of recommended supplies and remember to prepare a smaller version of the kit for your car.

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## 2~ Family preparedness

**Make a plan-** Plan in advance what you and your family will do in an emergency. Find two ways to escape from each room in your home and designate two meeting spots, one outside your home and another outside your neighborhood. You should also conduct periodic emergency fire and tornado drills so your family knows what to do in an emergency.

**Be informed-** Learn more about different threats that could affect your community and appropriate responses to them.

**Get involved-** After preparing yourself and your family, take the next step: get training in first aid and emergency response. Visit [www.citizenscoprs.gov](http://www.citizenscoprs.gov) for more information.

The “Do 1 Thing” effort is a year-round educational campaign to encourage individuals, families and businesses to make preparedness manageable by doing “one thing” each month to prepare for a disaster. For a complete list and more information visit [www.do1thing.us](http://www.do1thing.us) or [www.mmdhd.org](http://www.mmdhd.org)

MMDHD also has free booklets (English and Spanish) available to the community titled “Preparing for a Public Health Emergency,” which provides basic information about terrorist attacks and disease outbreaks. Stop by any branch office (in Stanton, Ithaca or St. Johns), or call 989-831-3669 or email [lkinnee@mmdhd.org](mailto:lkinnee@mmdhd.org) to request a copy.

Clinton County MMDHD office: 989-224-2195

Gratiot County MMDHD office: 989-875-3681

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