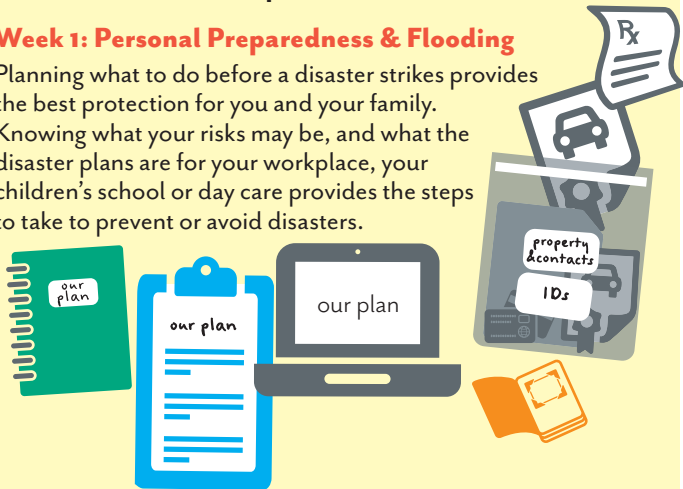


SEPTEMBER IS National Preparedness Month

Florida Department of Health

Week 1: Personal Preparedness & Flooding

Planning what to do before a disaster strikes provides the best protection for you and your family. Knowing what your risks may be, and what the disaster plans are for your workplace, your children's school or day care provides the steps to take to prevent or avoid disasters.



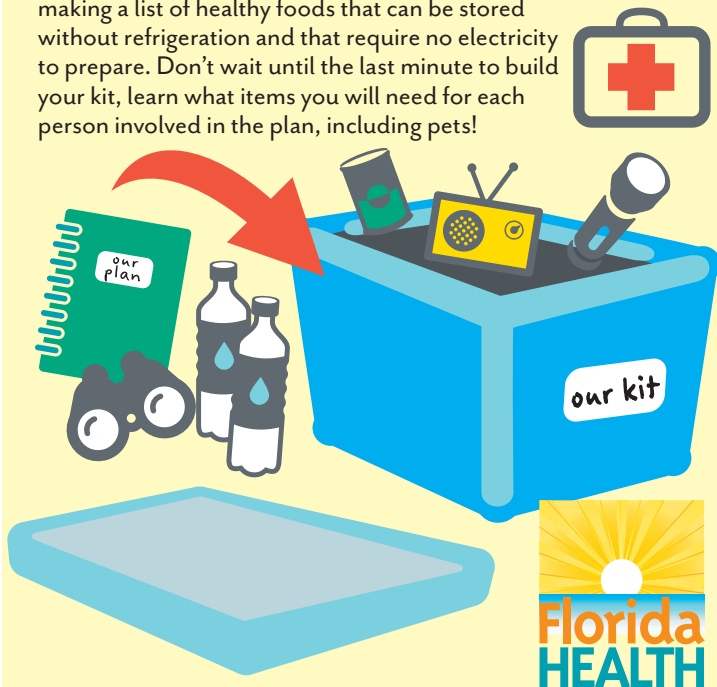
Week 2: Education & Training

The Department is providing education and training in emergency preparedness response in the workplace and sharing opportunities for the public to become involved. Take action and know what to do when in an emergency situation (Active Bystander Training). Medical Reserve Corps representatives will be present at Local Health Offices statewide highlighting their work.



Week 3: Emergency Preparedness Kits & Hurricanes

Are you prepared for a hurricane or storm? Start by making a list of healthy foods that can be stored without refrigeration and that require no electricity to prepare. Don't wait until the last minute to build your kit, learn what items you will need for each person involved in the plan, including pets!



Week 4: PrepareAthon & Power Outages

Get involved, find opportunities to support your community's preparedness activities! Be prepared for power outages, don't scramble for flashlights at the last minute, plan ahead and practice food safety. Know when it's safe to eat and when it's time to toss it out! When the power is out, refrigerators will keep foods cool for approximately 4 hours. Thawed and refrigerated foods should be thrown out after 4 hours.

TOP 10

Week 5: Top 10 Tips to Help You Prepare

The following tips are the top 10 ways to help you make your preparedness plan complete.

1. Make an emergency plan for you and your family.
2. Put together an emergency supply kit, including healthy emergency foods.
3. List each person involved in the plan, contact information and label necessary supplies.
4. Have enough healthy food and water for at least 72 hours (1 gallon of water per person per day).
5. If evacuating, have a place to go, call ahead and plan your route.
6. Designate a point of contact and consider how you will let others know you are ok.
7. Carry sufficient medications and first aid kit with you.
8. Make sure the emergency plan includes your pets.
9. Maintain good physical and mental health.
10. Help children cope with disasters and make sure they understand your emergency plan.

