



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

Media Release

For Immediate Release
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September is National Preparedness Month: Are You Ready?

Watertown, NY–The Jefferson County Public Health Service (JCPHS) is celebrating National Preparedness Month by reminding residents to take simple steps to be prepared for all types of emergencies. Emergencies can happen anytime and anywhere.

If you've seen the news recently, you know that emergencies can happen unexpectedly in communities and families just like yours. This September, please prepare in the event your family must go for a few days without electricity, water service, access to a supermarket or local services. Just follow these four steps:

Be Informed

In addition to the Ready.gov site, free information is available from federal, state, local, tribal, and territorial resources to assist you. Know the hazards and risks in your area. Join the NY-Alert system at www.nyalert.gov to be alerted of emergencies.

Make a Plan

Discuss and agree on an emergency plan with your family. You can fill out the Family Emergency Plan by downloading at www.ready.gov/make-a-plan. Make a plan for pets as well.

Build an Emergency Kit

Keep enough emergency supplies on hand for your family – water, non-perishable food, first aid, prescriptions, flashlight, and a battery-powered radio. If you own pets, remember to include their food and supplies in your supply kit. The *Ready Kids* family-friendly website (www.Ready.gov/kids) features instructions on what families and teachers can do to prepare for emergencies and the role kids can play in that effort. Spanish material is available at *Listo Niños* (www.Listo.gov).

Get Involved

There are many ways to Get Involved especially before a disaster occurs. Find out how you can promote preparedness in your community. Join the Central New York Medical Reserve Corp (CNYMRC) to volunteer for medical or non-medical support.

The JCPHS website (www.jcphs.org) includes free information, checklists and guidelines about being informed, developing a family emergency plan, building an emergency kit, and getting involved through the CNYMRC. For preparedness tips throughout the month 'like' JCPHS on Facebook at www.facebook.com/JCPHS.

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