



# Jefferson County PUBLIC HEALTH SERVICE

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## Media Release

For Immediate Release

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### **The Jefferson County Public Health Service Announces Participation in September's National Preparedness Month**

**September 3, 2013 Watertown, NY**—The Jefferson County Public Health Service (JCPHS) has committed to increase preparedness throughout Jefferson County. The celebration, now in its ninth year, is a nationwide, month-long effort hosted by the *Ready* Campaign and Citizen Corps, encouraging households, businesses and communities to prepare and plan for emergencies.

One of key messages to preparedness is: be prepared in the event an emergency causes you to be self-reliant for three days without utilities and electricity, water service, access to a supermarket or local services, or maybe even without response from police, fire or rescue. Preparing can start with four important steps:

1. **Be informed** about emergencies that could happen in your community, and identify sources of information in your community that will be helpful before, during and after an emergency. Know the hazards and risks in your area. Join the NY-Alert system at [www.nyalert.gov](http://www.nyalert.gov) to be alerted of emergencies.
2. **Make a plan** for what to do in an emergency. 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](http://www.ready.gov/make-a-plan). Make a plan for pets as well
3. **Build an emergency supply 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. Spanish materials are available at *Listo Niños* ([www.Listo.gov](http://www.Listo.gov)).
4. **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](http://www.CNYMRC.org)) to volunteer for medical or non-medical support in Jefferson County.

Preparedness is a shared responsibility; it takes a whole community. This year's National Preparedness Month focuses on turning awareness into action by encouraging all individuals and all communities nationwide to make an emergency preparedness plan.

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

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