



## **PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

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### **September Is National Preparedness Month**

**MOSES LAKE, Wash.** – Grant County Emergency Management (GCEM) is reminding everyone that September is National Preparedness Month. This National Preparedness Month, GCEM is encouraging all citizens to visit [www.Ready.gov](http://www.Ready.gov) and learn how they can better prepare themselves and their families before the next emergency or disaster.

“Disasters can strike in the blink of an eye, anytime, anywhere,” said GCEM spokesman Kyle Foreman. “By taking a few simple steps now you can ensure that your family and your community are prepared before the next emergency arises. We urge every American to take the steps necessary to keep their family safe, which include getting a kit, making a plan, being informed and getting involved.”

September 2009 marks the sixth annual observance of National Preparedness Month. This year’s focus is on changing perceptions about emergency preparedness and helping Americans understand what it truly means to be *Ready*.

When preparing for a possible emergency, it’s important to think about *who depends on you* during an emergency. Parents and caregivers and pet owners must remember to prepare on behalf of those who depend on them. Preparing for 72 hours of self-sufficiency is paramount to citizen emergency planning.

The best steps for surviving an emergency or disaster are to **Prepare, Plan, Stay Informed and Get Involved!**

#### **Prepare for an Emergency**

##### **1. Get a Kit**

In a basic emergency supply kit, GCEM recommends including the following:

- One gallon of water per person per day for three days – remember to include enough for your pets, too.
- At least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. Also, choose foods your family will eat, such as ready-to-eat canned meats, peanut butter, protein or fruit bars, and dry cereal or granola. Also, pack a manual can opener and utensils.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.
- Flashlight with extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.

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- Moist towelettes, garbage bags, and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Local maps.

And don't forget about the special needs of family members:

- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food, extra water for your pet, leash and collar.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Books, games, puzzles or other activities for children.

## **2. Make a Plan**

Preparing a family emergency plan is simple. It will help your family to stay in contact if they are separated during an emergency.

The emergency plan includes the physical address, phone number and evacuation locations for work, school and other most frequented locations. Remember to include phone and policy numbers for doctors, pharmacies, medical insurance, homeowners insurance, and vet or kennels.

Most importantly, the Plan should include:

- Out-of-town contact.
- Neighborhood meeting place.
- Regional meeting place.
- Evacuation location.

## **3. Be Informed and Get Involved**

Being informed about the different types of emergencies that could happen where you live and the appropriate ways to respond to them will impact the decisions you make and the actions you take.

Know resources around you, including agencies and groups that provide safety training like first aid and cardiopulmonary resuscitation (CPR). Be a resource to someone else who may need help preparing. Remember: during a major disaster we will depend on each other.

In addition, learn about the emergency plans that have been established in your area by your state and local government. In Grant County, Local Emergency Planning Committees exist in all cities and towns. Contact GCEM at 509-762-1462 to learn more.

For more information on National Preparedness Month and how you can be better prepared, please visit [www.co.grant.wa.us/EM](http://www.co.grant.wa.us/EM), [www.ready.gov](http://www.ready.gov) or [www.listo.gov](http://www.listo.gov). Information is also available by phone at 1-800-BE-READY or 1-888-SE-LISTO.

Grant County Emergency Management is the department charged with creating the framework within which the county will reduce vulnerability to hazards, respond to emergencies and cope with disasters.