



## FOR IMMEDIATE RELEASE

News Release From: **Jackson County Health Department**  
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**JACKSON COUNTY, Mich.** –The Jackson County Health Department (JCHD) is excited to recognize the month of September as National Preparedness Month. The 2016 National Preparedness Month theme is *“The Power of Preparedness.”* Each week in September will focus on a different community setting where individuals and families can apply their own preparedness efforts. The following are some helpful ideas to get you started on your preparedness plans:

**Week 1: Prepare Globally-** Take the time to connect with local, state, and federal agencies to keep updated on health and safety issues that can affect you and your family, especially if traveling abroad.

**Week 2: Prepare Locally-** Make the effort to meet your neighbors and share any emergency plans you have, as well as encouraging your neighbors to create their own personal emergency plans.

**Week 3: Prepare Together-** Emergencies can happen anywhere. Discuss emergency meeting places with your family in case you are separated and cannot call each other. Take time at work and school to discuss what types of emergency plans and drills are in place for those different hazards that could occur.

**Week 4: Prepare Yourself-** Disaster preparedness starts with personal preparedness for you and your family. Make sure to create a plan that includes all of the necessary supplies to keep your family safe and healthy during an emergency.

“National Preparedness month is a great time for families to focus and plan for ways to protect themselves and their homes during emergencies,” says Stephanie Baker, Emergency Preparedness

Coordinator, JCHD. “Simple steps such as teaching your family how to stay in contact during an emergency will help prevent confusion and added stress during an emergency.”

The Jackson County Health Department encourages all residents to visit its webpage at [www.co.jackson.mi.us/hd](http://www.co.jackson.mi.us/hd) or [www.michigan.gov/michiganprepares](http://www.michigan.gov/michiganprepares) for further information and resources to help individuals and families get on the right track for staying prepared. Residents may also visit the Jackson County Health Department on Facebook to stay informed on ways to stay prepared.

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