

Emergency Preparedness

Why are we concerned about emergency preparedness?

Natural disasters are becoming more frequent in the US. From 1980 to 2024, the US averaged 9 events per year, while the annual average number of events for the most recent 3 years is 24.3. September is National Preparedness Month, so it's a great time to start, or continue, preparing for emergencies. A variety of emergency incidents can happen anytime and anywhere, so now is the time to take steps to be sure you and your loved ones are ready.



How can I prepare my household?

1. Make a plan:
 - What if you need to shelter in place or evacuate?
 - What are the particular needs of household members?
2. Build a kit:
 - Water and food for 3 days
 - Flashlight, first aid supplies, and medications
 - NOAA weather radio, battery and/or crank powered radio
 - Phone chargers
3. Stay informed:
 - Enable weather and emergency alerts on your phone
 - Listen to local news for updates

Take steps now to be prepared for emergencies!

For more information: [Ready.gov](https://www.ready.gov) and [VaEmergency.gov](https://www.vaemergency.gov) are both great websites with reliable information to help you get started.



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HealthWhys
A public health message from
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