

NATIONAL PREPAREDNESS MONTH – HOW TO PLAN FOR THE UNEXPECTED

September is National Preparedness Month!

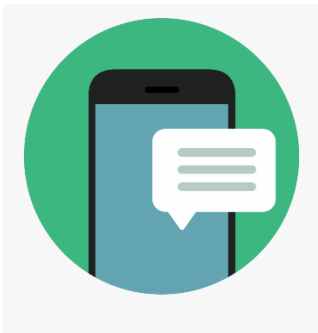
The Virginia Office of EMS is launching its “HOW TO” campaign with guidance on preparing for natural or man-made disasters that may impact you, your family, or your agency. Topics will include “How to”:



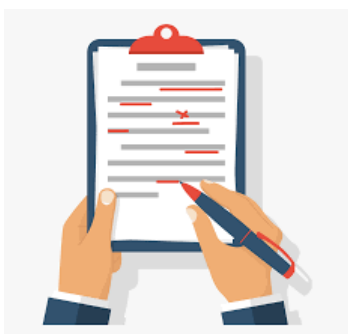
MAKE A PLAN! Whether at home or at work, knowing the plan before an emergency can reduce fear and chaos. Ensure you include everyone in your household, including pets.



BUILD A KIT! Building a low cost/no cost Emergency Disaster kit can ensure you have the necessary supplies to care for you and your family for at least 72 hours, or until help arrives.



STAY INFORMED! Know what alerts are available to you from Federal, State, and local government agencies. Sign up for weather and community alerts to have the most up-to-date information available.



TEST YOUR PLAN! Get your family involved. All members of the family need to know how to respond in the event of an emergency. Practicing your plan helps identify places for improvement and prepares everyone for the unexpected.

Information was adapted from:

[Ready.gov](https://www.ready.gov) and [Virginia](https://www.virginia.gov)
[Department of Emergency](https://www.virginia.gov)
[Management](https://www.virginia.gov)

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