



MEDIA RELEASE

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## **September is National Preparedness Month**

(Mason City) — Disasters don't wait to strike when you're at home. They may hit when your family is separated at work or school. September is National Preparedness month! During the month of September, we're all getting used to the new school year routines. It's the perfect time for every family to develop and discuss a communications plan to figure out how you will reconnect after an emergency.

Let children know who could pick them up in an emergency. Make sure family members with phones are signed up to receive alerts and warnings from their school, workplace or local officials. For children without cell phones, make sure they know to follow instructions from a responsible adult such as a teacher or principal.

Store at least one emergency contact under the name "In Case of Emergency" or "ICE" for all cell phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.

Text is Best! If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires less bandwidth than a phone call. Text messages can also be saved and then sent automatically as soon as lines become available. Discuss with family members what information you should send by text. You will want to let others know you are safe and where you are. Short messages like "I'm OK, at library" are appropriate.

In addition to a communication plan, we also encourage residents to keep enough emergency supplies - water, nonperishable food, first aid, prescriptions, flashlight, and battery-powered radio on hand - for you and those in your care. Be sure to have enough supplies on hand to go a minimum of three days without electricity, water service, access to a supermarket, or other local services.

For more information about emergency preparedness, please visit our website:  
[www.cghealth.com](http://www.cghealth.com)

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