



## **September is National Preparedness Month**



September has annually been designated by the federal government as "National Preparedness Month." This is an excellent time to share a reminder about preparedness here in California.

Our state's natural beauties are a wonder to behold. Hundreds of miles of picturesque beaches, spectacular and rugged mountain vistas of tall pines and snow covered peaks, life-sustaining rivers that support wildlife and water the fertile valleys and that are America's garden of plenty. But we also recognize that nature's wonders can bring the dangers of earthquakes, floods and wildfires.



As inhabitants of this amazing state we all share a need to be prepared to withstand natural calamities when they occur. As medical and healthcare professionals, we have a particular opportunity to lead by example in our own home preparedness efforts. We also have an opportunity to share our knowledge with friends, family, co-workers and associates. Perhaps you have a plan that you can share with others during the month of September.



## What can you do to help others be prepared?

**Be Informed** – You can be a well-informed resource for others to contact when they need help to prepare their own plans.

**Make A Plan** – When you make your own plans you will be more prepared, and you can share your plans with others to use as a template.

**Build a Kit** – When you make your own decisions about what to include in your own kit you will be able to give advice to others about what they should include.

**Get Involved** – When you get involved with others in your neighborhood, workplace, school or community you begin to build support groups who can work together if disaster strikes.

## Who should make a plan?

- **Individuals and Families** Planning starts with the individual and family unit. If you and your family are prepared you will more likely be available to help others during an emergency.
- **Schools** As informed healthcare professionals you can help your local schools be better prepared to deal with the aftermath of a disaster.
- **Businesses and Non-Profits** If many of these entities prepare themselves for emergencies, they will be able to recover more quickly after a disaster and then the community recovery can be quicker as well.
- Government Agencies All government agencies will be impacted in disaster even if they are not
  part of the disaster response system. It is important that each agency give serious attention to
  creating their agency preparedness, Continuity of Operations and recovery plan.
- **Emergency Managers** Emergency Managers need to be sure that their families and close associates have disaster plans so they will be more likely to be able to give their full attention to the community response activities when disasters strike.

## For more information, go to these federal or state websites:

- The Federal Emergency Management Administration (FEMA) has excellent information on their website at <a href="http://www.ready.gov/">http://www.ready.gov/</a>
- At the state level, the California Emergency Management Agency (CalEMA) has lots of great preparedness tips at <a href="https://www.calema.ca.gov">www.calema.ca.gov</a>
- The FEMA website also includes the NATIONAL PREPAREDNESS COALITION COMMUNITY USER GUIDE at <a href="http://community.fema.gov/gf2.ti/f/280514/7384549.1/PDF/-/Community.FEMA.gov%20User%20Guide.pdf">http://community.fema.gov/gf2.ti/f/280514/7384549.1/PDF/-/Community.FEMA.gov%20User%20Guide.pdf</a>