



PREPAREDNESS AND RESPONSE

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**Preparing Families To Survive In An Emergency**

The County of San Bernardino is part of a nationwide effort encouraging people to take simple steps in being prepared for emergencies at home, work, and school. Knowing where your loved ones are and how to be in contact with them, will ease unnecessary panic. Being prepared is a familiar message for earthquake preparedness. Ensuring that you can survive for up to a week in the event of a major disaster requires the entire family’s participation. Talking about what to do in an emergency should involve everyone including children, relatives, and caregivers. It’s important for everyone to participate in preparedness, so they will know what to do.

The San Bernardino County Department of Public Health, Preparedness and Response Program is dedicated to preparing the county residents for possible health related disasters or terrorist threats. “The responsibility of preparedness lies with every citizen in San Bernardino County. You can prepare yourself, your family, and your home by taking simple measures that will make a big difference if a disaster occurs,” said County Health Officer, Eric Frykman, MD. “Our county has

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already responded to the fires this summer. Having an emergency plan and supply kit helps families prepare for fires or any other threat to their health and safety.”

The most important thing to know in a disaster is how to find your loved ones. Families should talk about how they will contact each other, and where they will meet if cell phones and phone lines are not working. Being able to survive for the recommended 72 hours to 7 days seems like a big task, but there are many simple measures that can be taken. Even people with special needs and medical conditions can be healthy and safe in an emergency. Families can begin preparing with a conversation.

The goal of National Preparedness Month is to increase public awareness about the importance of preparing for emergencies. Individuals are encouraged to take action and prepare themselves and their families. For more information, contact the Preparedness and Response Program at (800) 762-4264, or go to the website at [www.sbcounty.gov/pubhlth/prepandresponse](http://www.sbcounty.gov/pubhlth/prepandresponse)

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