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INFORMATION RELEASE

For Immediate Release

Date: 9.8.2023

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National Emergency Preparedness Month *Be Prepared*

The Northern Michigan Public Health Alliance (NMPHA) and District Health Department No. 2 are acknowledging National Emergency Preparedness Month. Each September, we observe and raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

“Emergencies happen and when they do, they happen quickly! Being prepared with supplies and a plan will make recovery after the emergency quicker and easier,” said Health Officer, Denise Bryan.

The Ready Campaign’s 2023 National Preparedness Month campaign will focus on preparing older adults for disaster. The older adults may have specific needs during and after a disaster. Using this information to assess your needs and take simple, low-cost steps that help you get better prepared.

Plan Ahead

- Plan how you will communicate if you have communication needs.
- Plan for food, water, and essentials for you and pets or service animals.
- Plan for your transportation if you need help evacuating.
- Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers, in your emergency supply kit.
- Create a support network of family, friends and others who can assist you during an emergency. Make an emergency plan and practice it with them.
- Make sure at least one person in your support network has an extra key to your home, knows where you keep your emergency supplies, and knows how to use lifesaving equipment or administer medicine.

“Older adults can face increased risk when it comes to emergencies or weather events,” said Health Officer, Denise Bryan. “We have higher populations of residents 65 years and older and they are at increased risk, especially if they are living alone, are low-



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income, have a disability, or live in rural areas like much of the NMPHA 31-county region.”

Every community in the United States should be ready to respond to an infectious disease outbreak, chemical or radiological release, or natural disaster. To learn more about how you can be prepared, visit <https://www.ready.gov/be-informed>.

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