September is National Preparedness Month

Each September there is a nationwide effort to encourage Americans to take simple steps to prepare for emergencies. The goal is to increase public awareness about the importance of getting your family ready for emergencies.

Here are three things that need to be done:

1. Get an emergency supply kit that includes basic items like water, food, battery-powered radio, flashlight, and a first aid kit.

2. Make a family emergency plan.

3. Be informed about how to respond to different types of emergencies.

The Department of Homeland Security has developed videos dealing with issues of getting ready for natural disasters or national emergencies. In addition to some of the things you might readily think of to gather together or do ahead of time, they have many other suggestions you will want to consider, such as:

- Include necessary prescriptions in your emergency supply kit.

- If you are a person with a disability, create a personal support network that you can rely on in an emergency.

- Learn which emergency shelters allow pets if you have one.

Being prepared for an emergency takes time, organization and money. Use our 26 Week Disaster Supplies Calendar to help prepare you and your family. Click on "Emergency Preparedness" on our homepage to download a copy of the calendar.

For more details visit www.ready.gov