

Get Informed. Be Prepared.

Nobody likes to ponder the potential effects of devastating disasters, from the destruction of homes to the heartbreaking loss of loved ones. The best way to prepare for any disaster is to plan for the worst, even as you hope for the best.

The Southeast Health District and your county health department encourage you to get informed and be prepared for any disaster that may strike this area.

From tornadoes to hurricanes to floods to wildfires, this area of the state has seen its share of disasters through the years. Getting informed and being prepared for any type of disaster is important. Don't wait until it's too late.

The health department encourages you to do three things – get an emergency supply kit, make a family emergency plan and be informed about different kinds of emergencies and how to respond to them.

- A basic kit should include at least a 3-day supply of water and non-perishable food, a battery-operated radio as well as an NOAA Weather Radio, a flashlight and batteries, a first-aid kit, a whistle for help, a dust mask, personal sanitation items, a wrench or pliers, a can opener, local maps and possibly prescription medications, infant formula and pet food.
- A family plan should describe how members will contact one another if they are separated. It should include an out-of-town contact number in case local telephone service is disrupted. A family should identify potential evacuation locations and think through how to “shelter-in-place” at home if needed.
- Finally, emergency information should include knowledge about potential disasters, such as tornadoes, hurricanes, floods or wildfires.

Hurricane season continues into November, conditions around the area are dry and ideal for wildfires and flu season will soon be upon us. Now more than ever, you need to understand disasters and prepare yourself for anything that may happen. Take time this month to go over the three measures of protection mentioned above. For more information about preparing for a disaster, visit <http://www.sehdph.org/emergency.htm>.

For the most current Public Health information, visit us on Facebook at Southeast Health District or follow us on Twitter at RogeratSEHD.

