

PARENT

HEALTH BULLETIN



SEPTEMBER 2025

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THIS MONTH'S TOPIC

PREPARE AHEAD FOR NATURAL DISASTERS



eptember is National Preparedness Month, a month to remind everyone that preparing for emergencies and disasters can help keep them, their families, and communities safe.

Making a family plan for natural disasters is an important way to keep everyone safe. The first step is to learn about the types of disasters that could happen in your area, such as floods, earthquakes, hurricanes, or wildfires. You can check local emergency websites or visit **Ready.gov** for more information. Once you understand the risks, sit down as a family to talk about what to do in an emergency. Involve everyone, including children, so they feel prepared and not afraid.

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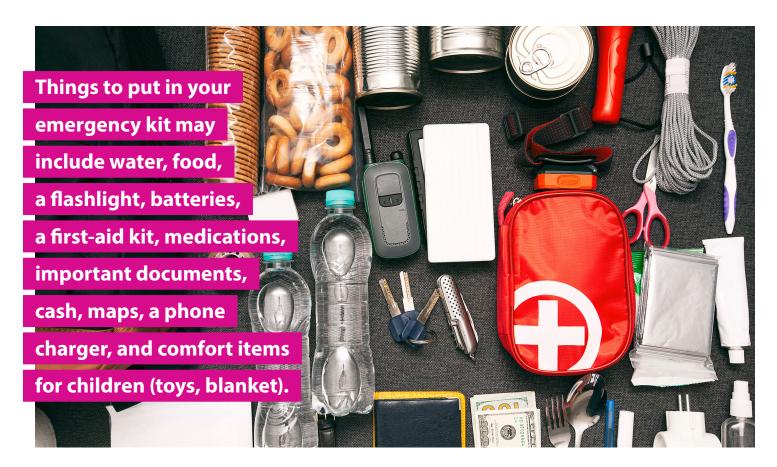
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Next, create a communication plan. Choose two places where your family can meet if you get separated. One should be near your home and one farther away, like a friend's or relative's house in another town. Make a list of emergency contacts and give a copy to each family member. Teach your kids how to call or text someone for help. Show them how to dial 911 in case of an emergency.

You'll also want to put together emergency supply kits. Things to put in your kit may include:

- Water (1 gallon per person per day)
- Food that won't spoil (3-day supply)
- Flashlight and batteries
- First-aid kit and medications
- Important documents (ID, insurance) in waterproof bags
- Cash, maps, and a portable phone charger
- Comfort items for children (toys, blanket)

Keep one kit at home and one in your car. Also, think about keeping a copy of important documents with a family member or friend who does not live with you and would likely not be affected by the same situation. You could even offer to swap folders, so each keeps copies for the other, in case of an emergency.

Make sure your plan includes special care for people who might need extra help, like elderly family members or those with medical needs. Also, find out what plans your child's school or day care has in place during an emergency. Make sure your contact information is up-to-date with them.

Practice your plan by doing things like family fire drills or walking your evacuation route. This helps everyone remember what to do and feel more confident. Finally, sign up for local emergency alerts and check your supplies every six months to ensure everything is still usable. By planning ahead, your family will be better prepared to stay safe during a disaster.

REFERENCE:

https://www.ready.gov/september

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