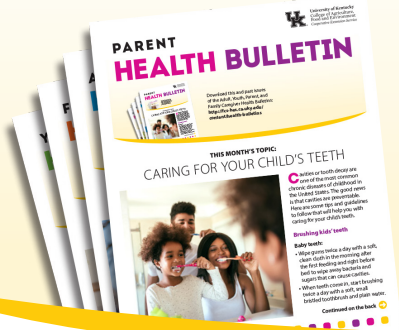


# PARENT HEALTH BULLETIN



SEPTEMBER 2025

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

## THIS MONTH'S TOPIC

# PREPARE AHEAD FOR NATURAL DISASTERS



**S**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.

Continued on the next page ➔

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506





