



Dickinson-Iron District Health Department

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FOR IMMEDIATE RELEASE

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Dickinson-Iron District Health Department Kicks off “Be Prepared – Protect Your Family and Community” Month in September

Kingsford and Iron River, Michigan, September 10, 2012 - Disasters can happen at any time. We can count on influenza and possible power outages due to severe weather this winter. In addition, there is potential for foodborne outbreaks, a hazardous materials accident, another pandemic influenza outbreak, or a wild fire during the year. While the Dickinson-Iron District Health Department is working to protect the community in the event of an emergency, health officials are urging everyone to take responsibility for the safety of their family and be prepared for all emergencies.

“In an emergency, your safety and the safety of your family may depend on decisions made in a few seconds,” said Beth Tappy, Emergency Preparedness Coordinator. “Be prepared - have a plan and supplies, remain calm, stay informed, and be ready to activate your disaster plans.”

Here are some things that families can do to prepare for a potential disaster:

- Be proactive, not reactive. Create a family emergency plan and talk about it ahead of time – taking action before an emergency occurs helps people deal with disasters of all sorts much more effectively when they do occur.
- Get a flu shot every year.
- If you are like millions of animal owners nationwide, your pet is an important member of your household. Your family emergency plan must include your pets. Being prepared can save their lives.
- If a winter storm, power outage, or other disaster strikes your community, you might not have access to food, water, and electricity for several days. You may need to survive on your own after a disaster. Have your own food, water, and other supplies in sufficient quantity to last for at least three days in the event of a weather-related disaster or at least two weeks in the event of a severe influenza outbreak or prolonged emergency.
- Keep a battery operated NOAA weather radio as well as a regular radio nearby with extra batteries to stay informed.
- Help vulnerable family members and/or neighbors prepare, if you are able.
- Get guidance at www.ready.gov

The Dickinson-Iron District Health Department is committed to promoting wellness, preventing disease, providing health care, and protecting the environment. For information about infectious disease prevention and services, visit www.didhd.org or call your local health department.

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