



National Emergency Preparedness Month

Each September, National Preparedness Month encourages and reminds Americans to be prepared for disasters or emergencies in their homes, businesses, and communities.

Homeowners, families, communities, and businesses can use this opportunity to find ways or help others understand more about preparing for disasters and reducing risks to health and the environment. There are many ways to reduce risks from contamination, leaks, spills, hazardous materials, and other dangers.

Take time to learn lifesaving skills such as CPR, check your insurance policies and coverage for the hazards you may face such as flood, earthquakes, and fires. Make sure to consider costs with associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off the water and gas.

The devastating fires and hurricanes in 2017 should serve as a reminder of the importance of preparing for disasters. Often communities are the first to take action after a disaster strikes and before first responders can arrive.

In an emergency, every second counts- that's why it's crucial to have a game plan, and why this year's National Preparedness Month theme is "Don't Wait Communicate."



NATIONAL PREPAREDNESS MONTH 2018


**Disasters
Happen**

PREPARE NOW

LEARN HOW



FEMA



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EMERGENCY PREPAREDNESS: WHAT YOU CAN DO

Planning - Preparing for natural disasters can greatly reduce the risks to health and the environment. Hurricanes or floods can contaminate drinking water sources. Forest fires or volcanoes harm air quality. Tornadoes or earthquakes, by damaging factories or storage facilities, can release contaminants where people live or into the environment.



Individuals and homeowners can plan ahead to protect health for themselves and family members. Communities, schools, and businesses can plan ahead to reduce risks and possible costs of storm-related spills or cleanup.

Recovery - Understanding risks will help speed recovery efforts and help keep problems from becoming worse. Improper use of portable generators or heating devices can release deadly carbon monoxide to indoor air. Ice-melting agents used improperly can pollute waterways. Large amounts of debris can present serious disposal problems for state and local communities. Owners or operators of damaged facilities may be responsible for reporting spills.

Weekly Themes

Week 1: September 1 – 8 – Make and Practice Your Plan

Step 1: Put together a plan by discussing the following with family and friends.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family communication plan?

Step 2: Consider Specific Needs of Your Household

As you prepare, make sure to tailor your plans and supplies to your specific daily needs. Some factors may include: Different ages in your household, dietary needs, medical needs, disabilities, medications, pets and service animals,

Step 3: Complete a Family or Business Emergency Plan

Download and create a family or business emergency plan and use them as a guide to create your own.

Step 4: Practice Your Plan!

Week 2: September 9-15: Learn Life Saving Skills

- Know basic home and business maintenance. Mitigate your home or business against flood, earthquake and fire damage.
- Learn how to turn off gas and utilities in your home.
- Test smoke alarms monthly, and replace them after 10 years of service
- Life Saving Skills Videos : <https://www.fema.gov/media-library/assets/videos/159970>
- Disseminate Life Saving Skills Graphics: <https://www.fema.gov/media-library/multimedia/collections/623>

Week 3: September 16-22: Check Your Coverage

- Insurance is your first line of defense, check insurance coverages.
- Earthquake and flood insurance allows families and communities to recover more quickly
- Many homeowners' insurance policies do not currently cover earthquakes.

Week 4: September 23-30: Save For an Emergency

- Plan financially for the possibility of disaster : <https://www.ready.gov/financial-preparedness>
- Complete an Emergency Financial First Aid Kit (see attached)
- Maintain emergency savings for sue in case of emergency
- Financial preparedness graphics: <https://www.fema.gov/media-library/multimedia/collections/614>





ARE THESE HEALTH SAYINGS TRUE?

Maxims, adages, aphorisms—have been used to express wisdom about medicine and health since the time of Hippocrates. Often witty, they can help people remember kernels of wisdom meant to keep them healthy—assuming they are true, of course. Many are self-evident and require no scientific verification (for instance, "Prevention is better than cure," which goes back to the 14th century). But others have been put to the test by researchers. Here are a few that have been studied.

"An apple a day keeps the doctor away."

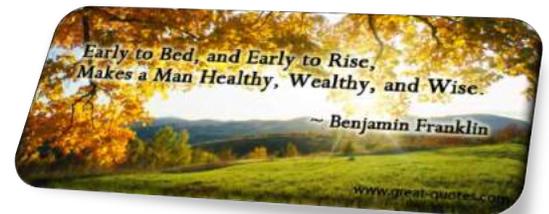
This may have originated in 19th-century Wales as "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." Apples are not nutritional powerhouses, but certain compounds in them (notably in their skin) have potential heart-healthy and anti-cancer effects. A BMJ study estimated that if all Britons over 50 ate an apple a day, nearly as many cardiovascular deaths would be averted as by daily statin drugs, with fewer side effects. And a Spanish study in the *American Journal of Clinical Nutrition* linked even a modest increase in fruit and fiber intake with reduced mortality rates. The most commonly eaten fruit in the study? Apples.

"Early to bed and early to rise makes a man healthy, wealthy, and wise."

This appears in Benjamin Franklin's *Poor Richard's Almanac*, but similar sayings date back to at least the 15th century. Though society tends to think more highly of early birds, some studies have found that night owls are actually more likely to get the worm—at least in terms of scores on certain types of intelligence tests. Research overall has been inconsistent in terms of health and intelligence (and most likely about wealth as well). The important thing is to find the pattern and duration of sleep that work best for you.

"Fresh air impoverishes the doctor."

This old Danish saying is supported by voluminous research showing that polluted air—outdoors and indoors—causes or worsens not only breathing disorders but also cardiovascular disease and other problems. Moreover, spending time outdoors on sunny days can improve mood and fend off winter depression—and sunlight causes the skin to produce vitamin D, which is associated with a wide array of potential health benefits. However, if such advice encourages people to spend lots of time in the sun, that certainly won't "impoverish" dermatologists, who are kept busy treating skin cancer and sun-damaged skin.



"Birds of a feather flock together."

This aphorism was given a new twist by a study that found that a social network (that is, flock) is a good predictor of whether a person will be obese or not. It's not just that obese people hang out together, but also that thinner people who have many obese friends are more likely to become obese themselves over the long term, according to the study, published in the *New England Journal of Medicine*.

"A merry heart does good like a medicine."

There's solid support for this insight from the *Book of Proverbs*, assuming a merry heart means happiness or laughter. Good health is a cause for happiness, of course, but happiness can also enhance health—it's a virtuous circle. What's more, researchers have found that laughter can have beneficial effects, especially on arteries, blood pressure, and the cardiovascular system in general.