



Public Health
Prevent. Promote. Protect.

Disaster Ready: Prepare for Everywhere

During September, public health organizations focus on emergency preparedness and encourage people to take action. The Center for Disease Control and Prevention (CDC) focuses on four areas: (a) family, (b) neighborhoods, (c) workplaces and schools, and (d) global health and safety.

Family

Disaster planning starts with personal readiness for you and your family. Each household has a unique set of needs that must be accounted for in their preparedness plans. Children, older adults, and individuals with medical conditions and physical disabilities all have specific needs during and after disasters. Be sure to incorporate these individual needs into your emergency preparations. The needs of the entire family should be included. Because you and your family may not be together when a disaster hits, it's important to create a communication plan to help you and your loved ones connect and get help. Complete a contact card for each family member. Have them keep these cards handy in a wallet, purse, or backpack. Create a family disaster plan so everyone knows what to do in each possible situation. Identify a meeting place in where you live, just outside your neighborhood, and out of town.



Neighborhood

Those in closest proximity to you during an emergency are most likely to be the first to offer help. Try to encourage neighbors to talk regularly and develop emergency preparedness plans with those who live around them—taking into account individuals' unique needs. This fosters community resilience and preparedness on a neighborhood and community level. In addition, share preparedness resources with your online community and social networks through social media posts, email, or texts. Good communication is key during disasters.



Workplace and School

Whether at work, home or school it is important for people to know specific threats and hazards in their area. Examples of this include emergency signals, evacuation routes, and locations of shelters in the area. Become familiar with the warning signals in your area. Be able to identify what they sound like, and what they



mean. Because we live in an area where tornadoes and floods are common, it is important to plan for them. Know the safest place to shelter during a weather emergency. Make sure you know alternate routes to take to school, work and home in the event of flash flooding. Become familiar with the disaster plan at your child's school and discuss it with your child. Make sure that your child's school and your employer have current contact information for you. Maintain an emergency preparedness kit at work and discuss disaster plans with your employer and co-workers.

Global

We live in an increasingly global community. With the ease of air travel, infectious diseases can spread rapidly. Global health security is an ongoing priority that requires people to be aware of their health and safety while travelling abroad. Plan for public health threats before travel, during travel, and after travel to protect everyone's health.



Challenges to public health continue to surface as we face infectious disease outbreaks, foodborne illness, natural disasters and threats to personal safety. However, a little preparation goes a long way toward staying safe and healthy!

Take the First Step: Make an Emergency Supply Kit

If a disaster strikes your community, you might not have access to food, water, or electricity for some time. You should have emergency kits for your home, office, school, and car. Take steps to help your family stay safer and healthier during and after a disaster. Pack an emergency supply kit.

Pack one gallon of water per person per day and food that is easy-to-make and will not spoil. Don't forget a manual can opener. Electronic devices you may need include flashlights, a weather radio that is powered by batteries, solar, or a hand crank if possible. Pack extra batteries. Plan to have a cell phone with chargers with you as well.

Be sure to pack health and safety items such as a first aid kit, items needed for any medical conditions such as a seven-day supply of medicine, other medical supplies, and paperwork about any serious or on-going medical condition. Include other important personal supplies like an emergency blanket, soap, toothbrush, and personal care items.



For a step-by-step guide to assembling an emergency kit, visit: http://www.scottcountyowa.com/health/preparedness_step.php

September Resource Links:

- Centers for Disease Control and Prevention (CDC) Preparedness Kit:
<http://www.bt.cdc.gov/preparedness/kit/disasters/>
- National Oceanic and Atmospheric Administration (NOAA) Weather Radio for All Hazards:
<http://www.nws.noaa.gov/nwr/>
- Subscribe to public health alerts from CDC:
<http://www.bt.cdc.gov/socialmedia/index.asp>
- Back to School Be Prepared!
<http://blogs.cdc.gov/publichealthmatters/2015/08/back-to-school-be-prepared/>
- National Childhood Obesity Awareness Month:
<http://www.healthfinder.gov/nho/SeptemberToolkit.aspx>
- National Fresh Fruits and Vegetable Month:
<https://healthymeals.nal.usda.gov/features-month/june/national-fresh-fruit-and-vegetable-month>
- National Food Safety Education Month:
<http://www.foodsafetymonth.com/>
- Food Rescue Partnership:
http://www.scottcountyiowa.com/health/community_transformation.php

MARK YOUR CALENDAR!

- *Scott County Health Department will be closed Monday, September 7, 2015 in observation of Labor Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, September 17, 2015.*

OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County— A safe and healthy community.

SCOTT COUNTY HEALTH DEPARTMENT

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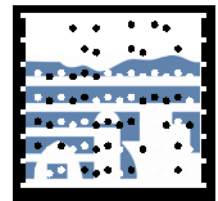
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