

# PUBLIC HEALTH CONNECTION



## Family Preparedness

### Planning for a Disaster or Emergency

The Midwest sees many disasters each year including tornados, severe thunderstorms, floods, derechos, and even winter storms. Your family may not be together when an emergency happens, so having a plan of where to go and what to do in the event of an emergency is crucial. It is important to decide a location to meet if disaster strikes and you cannot return home or if communication channels are down. Be prepared by always keeping a list of emergency contacts in your home and in your cell phone, making a disaster kit, creating a communication plan, and reviewing your disaster plan with your family. Don't forget to include pets in your [disaster plan](#)!

### Building a Disaster Kit

Have your disaster kit stored in a place known to all household members. You can purchase pre-assembled kits or make your own. Your [disaster kit](#) should have enough supplies for 3-5 days. Make sure you have copies of important documents such as driver's licenses, birth certificates, bank records, and insurance policies. You might also want to consider extra items useful if your family has children.

### Stay Aware and Review Your Plan

Learn which hazards and disasters can affect your community and stay up to date with current weather and road conditions. Review your family's disaster plan, emergency contacts, and the contents of the disaster kit every 6 months.

A few local apps can help you stay prepared:

- [Alert Iowa](#): county/statewide emergency messaging system
- [QC Ready](#): Scott County Emergency Management public safety messaging



### 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.



## SPECIAL EVENTS

- *SCHD will be closed Monday, September 5, 2022 in observation of Labor Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, September 15, 2022.*

## Links

- **Disaster and Emergency Kit Checklist for Kids and Families**  
<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>
- **Alert Iowa:**  
<https://www.scottcountyiowa.gov/ema/alert-iowa>
- **QC Ready:**  
<https://www.scottcountyiowa.gov/ema/qc-ready>
- **Zero Suicide Initiative QC's Walk for Zero Suicide:**  
<https://runsignup.com/Race/IL/Moline/WalkforZeroSuicide>

# Suicide Prevention

## Suicide Prevention Awareness Month

Suicide is preventable. Suicide Prevention Awareness Month is an effort to raise awareness on the topic of suicide and share resources so that friends and family have access to resources to help those that may be struggling.

## Zero Suicide Initiative QC

The Zero Suicide Initiative QC is a partnership between the Zero Suicide Institute and the Quad Cities Behavioral Health Coalition to lower suicide rates and make system-wide change within the Quad Cities. The initiative is using evidence-based methods to decrease the rise in the number of suicidal individuals in the Quad Cities region. The initiative aims to build a stronger community-wide system for those with a mental health crisis and focuses on linking individuals in crisis to mental health resources in the community. SCHD is proud to be part of this initiative. You can get involved here: <https://qczerosuicideinitiative.org/>



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