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## September is Preparedness Month

**JACKSON COUNTY, MI** – FEMA has designated September as [National Preparedness Month](#) to raise awareness about the importance of preparing for emergencies. The theme for 2023 is “Take Control in 1, 2, 3” and will focus on preparing older adults for disasters. While factors such as living alone, having a disability, being on a fixed income, or living further from resources more often impact seniors, they can make maintaining independence harder for people of all ages. Due to our busy schedules, preparing can often be forgotten, feel overwhelming, or seem too costly, but the theme is a reminder to everyone that preparing can be broken down into smaller more manageable steps.

**Be Informed** - Emergencies seem to be happening more often and closer to home. Recently Jackson experienced two significant events in one week, a large fire at an industrial building and winds that knocked out power to thousands of residents. Signing up to receive [local emergency alerts and weather alerts](#) can help you know what is happening and when it is time to take action and put your emergency plans into motion.

**Make a Plan** - Your family may not be together when disaster strikes. [Make a plan](#) for how you will contact each other and reconnect if separated. Check out this [template for kids](#) to ensure they have the information they need. A great way to introduce preparedness to kids is through Ready Kids and [Pedro](#) the Preparedness Penguin.

**Build a Kit** – Having the right supplies available can be the difference in an emergency being an inconvenience or a becoming a personal disaster. Whether it is for your [home](#) or [car](#), pulling together some emergency supplies is an easy way to be more prepared.

Another part of your kit should be copies of [critical documents](#) such as financial, medical, identification and insurance records. They can be important in getting things back to normal after the immediate danger has passed.

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Working together to create and promote a healthy community through disease prevention and control, health education, environmental protection, and emergency preparedness.

We also suggest adding a 4<sup>th</sup> step to **Practice and Maintain your Plan and Kit**. Whether you have added a pet to your family or are now helping take care of an elderly relative, life brings changes that need to be accounted for in your plans. Periodically review your plan and swap out supplies in your kit that have expired. Practicing your emergency plans with your kids ensures they know what to do, where to go, or who to call.

Emergencies are inevitable. Take some time to think through what hazards you may face and what you will do if they occur. There are many resources that provide templates and lists to help with getting prepared. Find one thing you can do to be more prepared and start there.

<https://www.ready.gov/>

<https://www.michigan.gov/miready>

[Family-Preparedness-Guide-June-2018.pdf \(michigan.gov\)](#)

<https://www.mijackson.org/338/Disaster-Preparedness>

<https://www.do1thing.com/>

<https://www.ready.gov/disability>

<https://www.ready.gov/kids>

<https://www.michigan.gov/miready/plan-ahead/pet-preparedness>