



## NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

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### **SEPTEMBER IS NATIONAL PREPAREDNESS MONTH**

Saginaw, MI – September is National Preparedness Month. This year's theme is "**Disasters Happen. Prepare Now. Learn How.**"

In recognition of this important observance, the Saginaw County Department of Public Health (SCDPH) is encouraging all residents to take part in each of this year's weekly themes:

Week 1: Sept 1-8	Make and Practice Your Plan
Week 2: Sept 9-15	Learn Lifesaving Skills
Week 3: Sept 16-22	Check Your Insurance Coverage
Week 4: Sept 23-29	Save For an Emergency

Information and web resources for each of the 2018 preparedness month activities can be found by visiting (<https://www.ready.gov/september>).

Remember, you are the help until the help arrives. A public health emergency or natural disaster can strike at any moment without warning. Planning in advance will help ensure that all the members of your household know how to reach each other and where to meet up in an emergency.

For more information on planning, visit *Ready* Campaign (<https://www.ready.gov/>), The "Do 1 Thing" campaign (<http://do1thing.com/>), The Michigan Department of Health and Human Services preparedness site (<https://www.michigan.gov/michiganprepares>), American Red Cross (<https://www.redcross.org/>), the Saginaw County Department of Public Health ([www.saginawpublichealth.org](http://www.saginawpublichealth.org)).

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**Be Wise. Be Well.**

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