



September 11, 2013

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### **National Preparedness Month remembers Sept. 11, 2001**

During National Preparedness Month, the Kane County Office of Emergency Management and the Kane County Health Department want to encourage residents to be prepared for possible emergencies by following a few simple guidelines. National Preparedness Month is the legacy of the terrorist attack on Sept. 11, 2001, but preparedness guidelines can be used for just about any emergency.

If you've seen the news recently, you know that emergencies can happen unexpectedly in communities just like ours, to people like you. We've seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages in U.S. cities affecting millions of people for days at a time.

Police, fire and rescue may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care; the more people who are prepared, the quicker the community will recover.

This September, please prepare and plan in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days. Just follow these four steps:

- **Stay Informed:** Information is available from federal, state, local, tribal, and territorial resources. Access [Ready.gov](http://Ready.gov) to learn what to do before, during, and after an emergency.
- **Make a Plan:** Discuss, agree on, and document an emergency plan with those in your care. For sample plans, see [Ready.gov](http://Ready.gov). Work together with neighbors, colleagues, and others to build community resilience.
- **Build a Kit:** Keep enough emergency supplies - water, nonperishable food, first aid, prescriptions, flashlight, and battery-powered radio on hand - for you and those in your care.
- **Get Involved:** There are many ways to get involved especially before a disaster occurs. The whole community can participate in programs and activities to make their families, homes and places of worship safer from risks and threats. Community leaders agree that the formula for ensuring a safer homeland consists of volunteers, a trained and informed public, and increased support of emergency response agencies during disasters.

More information is available at [www.kanehealth.com/emergency\\_response.htm](http://www.kanehealth.com/emergency_response.htm) and at [www.ready.gov](http://www.ready.gov).