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Health Department Offers Tips to Prepare for Emergencies

(KTNC) - September is National Preparedness Month and the Southeast District Health Department is encouraging people to be ready in case of an emergency.

Health Department Assistant Director and Emergency Preparedness Coordinator Lisa Bloss says they have put together a template called “Be Aware, Be Prepared” that can help people in case of an emergency. (play audio)

Bloss suggests filling out the template and keeping it in a plastic bag in the freezer. (play audio)

The template includes space for information like insurance policy numbers, immunization records, health and medical records, and telephone numbers. Bloss says it’s a good idea to write down important phone numbers – even in the digital age. (play audio)

Bloss says it’s also a good idea to have a plan to safely evacuate your home and practice it, especially if you have children. (play audio)

The template also includes suggestions on what supplies to include in an emergency kit for your home and vehicle, information for people with special health needs, and information about living wills.

Bloss says it’s also important to have an emergency kit for your pets, including their immunization records. (play audio)

Bloss says it’s their goal to help people be prepared to survive multiple emergencies. The template is available, in English and Spanish, on the Health Department’s website, www.sedhd.org.

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