

SEPTEMBER NATIONAL PREPAREDNESS MONTH

Preparedness Starts With the People We Care About

Emergencies can affect everyone differently. Taking a few moments to prepare can help you and the people around you feel more confident and supported when unexpected events happen.

This week, take time to:

- **Talk** with the people in your household about your emergency plan.
- Make sure everyone knows how to **reconnect** if you become separated.
- **Think about the needs** of children, older adults, people with disabilities, pets, and others who may need additional support.
- Keep **important medications**, documents, and emergency supplies easy to find.
- **Identify someone** you can check on, and someone who can check on you.



Preparedness is an act of care for yourself and your community. Together, we're stronger.

Ready Together

Preparedness doesn't have to be complicated. Start with one conversation, one plan, or one small step.

The steps we take today can make it easier to care for one another when it matters most.

Resources:

- [Alameda County – Make a Plan](#)
- [CalOES - Family Preparedness Guide](#)
- [Ready.gov – Build a Kit](#)

Take care and stay safe!

[The Office of Public Affairs, Disaster Preparedness and Emergency Management \(DPEM\).](#)