

# The Installment

Horizon Public Health

Monthly Bulletin

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## September is National Preparedness Month!



Taking small steps now, like getting your family and home ready for emergencies such as fires, power outages, severe weather or floods, can make a big difference when bigger disasters happen.

We all have a role in keeping our families, pets, neighbors, and communities safe. Preparing today means being ready to protect those you care about before, during, and after a disaster.



### Know Your Risks

Every community has unique risks. Learn what emergencies are most likely where you live and how they could impact your home and daily life.



### Make a Plan

Talk with your family about how you'll communicate and where you'll meet in case of an emergency. Consider the unique needs of loved ones with medical conditions, disabilities, or pets.



### Build a Kit

Put together an emergency supply kit with food, water, medications, flashlights, batteries, and other essentials to keep your family safe and comfortable.



### Get Involved

Stay informed about your community's emergency and disaster plans. Connect with neighbors to share resources and support each other during emergencies.



DOWNLOAD THE FEMA APP: Scan the QR Code or visit <https://www.ready.gov/fema-app>



### Our Mission

is to promote, protect, and improve the health and well-being of all people in our communities.



800.450.4177 or 320.763.6018



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