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## PRESS ADVISORY

For Immediate Release

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## Preparing for National Preparedness Month

**Mechanicsburg, Pa.** – National Preparedness Month is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved than this September. The 2020 National Preparedness Month theme is: “Disasters Don’t Wait. Make Your Plan Today.”

“Disasters, be it weather, disease or manmade, are dangerous,” said Krista Brands, American Trauma Society, Pennsylvania Division CEO. “We can prepare ahead to make these times less chaotic and avoid potential injury or death.”

**The month is broken down into four weeks to help you and your family prepare for disasters.**

### **Week 1 (September 1-5): Make A Plan**

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control and Prevention (CDC) recommendations due to the coronavirus.

### **Week 2 (September 6-12): Build A Kit**

Gather supplies that will last for several days after a disaster for everyone living in your home. Don’t forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the CDC.

### **Week 3 (September 13-19): Prepare for Disasters**

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act quickly if you receive a local warning or alert.

### **Week 4 (September 20-26): Teach Youth About Preparedness**

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

The ATSPA offers a guide to help plan and prepare with children. “I’m Ready: Preparing Children to Respond to Disaster” is available under the resources tab of the ATSPA website. More resources for National Preparedness Month are available at [www.ready.gov](http://www.ready.gov).

**The American Trauma Society, PA Division (ATSPA) is a non-profit trauma prevention education organization dedicated to reducing suffering, disability and death due to trauma. The ATSPA strives to help all Pennsylvanians survive and lead healthier lives through its trauma prevention education programs. For information, call 717-766-1616 and visit [www.atspa.org](http://www.atspa.org).**

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