



NEWS RELEASE



For Immediate Release

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(9/9/25) Be Ready in an Emergency (September is National Preparedness Month)

In recent years, devastating earthquakes, tornadoes, floods, wildfires and a pandemic have highlighted the need for Americans to prepare for disasters. However, according to the Federal Emergency Management Agency (FEMA), half do not have an emergency plan.

September is National Preparedness Month, an annual observance in the United States to encourage Americans to prepare for disasters, both natural and man-made, by creating a family emergency plan, building a supply kit, and knowing their risks. FEMA's 2025 Ready Campaign is "Preparedness Starts at Home", focusing on essential preparedness actions.

In observance of National Preparedness Month, Southern 7 Health Department (S7HD) shares tips from Ready.gov to help you and your family be ready and safe in an emergency.

- Know your risk by learning about the potential disasters in your area.
- Create a family emergency plan that outlines what to do in various situations.
- Build an emergency supply kit with essential items to last for several days.
- Get involved in your community through preparedness training like CPR and First Aid, volunteering for emergency response organizations like Southern 7 Health Department's Medical Reserve Corp (MRC), or participating in local preparedness events.
- Be prepared. Visit [Ready.gov](https://www.ready.gov) for detailed tips, graphics, and a fillable form to help you create a family emergency plan.

For more information on preparing for an emergency, or to become an MRC member, contact Bobi Cavins, S7HD MRC Coordinator at 618-634-2297, ex 971123, download the Southern 7 App, or visit www.southern7.org.

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