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### **BE PREPARED FOR AN EMERGENCY**

September is National Preparedness Month and Frederick County Government has information to help you prepare for the unexpected. Visit <http://www.co.frederick.md.us/index.asp?NID=2114> for emergency contact numbers, tips on personal and business preparedness, planning checklists, etc. The website is an excellent resource that all residents should take time to read and prepare.

For deaf, blind and limited sight populations I highly recommend they visit the website <http://www.accessibleemergencyinfo.com/> developed by the Northeast Texas Public Health District. The site covers 18 topics related to emergency preparedness with both video and downloadable documents in Braille and large print.

The time to get prepared is now! Events in the US and around the globe should prompt you to make this a household priority. Basic supplies needed include water, food, a first aid kit, clothing and bedding, items for medical conditions, a battery-powered radio and a light source.

The Centers for Disease Control and Prevention (CDC) and the American Red Cross have developed an excellent guide to help you get well prepared ahead of time. You can access it at <http://emergency.cdc.gov/preparedness/>. I recommend printing off the materials and placing in a red folder or notebook so you can easily find it. Use as a checklist to get yourself prepared.

The resource gives detailed instructions on how and where to store water, the number one priority. One gallon per person and pet per day is recommended. Store at least a 3-day supply. Better yet, keep a two-week supply of food and water so you can avoid leaving your home in case of a natural disaster. The H1N1 panic, we experienced last fall, should be a wakeup call to all of us! It is better to be prepared and not need it, than need it and not be prepared.

When selecting foods to store choose what your family will eat. Some items to consider:

- Ready-to-eat canned meats
- Canned or pouched fish
- Canned vegetables
- Canned fruit

- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods
- Pet food

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