



WELLNESS NOW

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September Is National Preparedness Month

Oklahoma City – County Health Department Emergency Preparedness experts remind you that nearly 60 percent of Americans have not participated in a preparedness drill or exercise in their home, school or workplace in the past year.

OCCHD wants to share important information that will help you and your family be better prepared in case of disaster.

- Understand which disasters could happen in Central Oklahoma (tornado, flooding, wildfire and earthquake)
- Have food, water and medicines in sufficient quantity to last for at least 72 hours.
- Know what to do to be safe and reduce damage, such as making property improvements to prevent potential injury and property damage.
- Practice drills and share information to better prepare your employees, affiliates and communities you serve.
- Pick an emergency contact person outside of the state. It is often easier to contact someone who is not local after a disaster. Make sure every family member has the phone numbers and e-mail address of your emergency contact.
- Pick two meeting places where you and your family can meet if you get separated from each other.
- Outside your house in a designated area for a sudden emergency or across the street. Also, it may be necessary to pick a location outside your neighborhood. Perhaps, a parking lot of a local business.

Oklahoma is third in the nation for the number of Federally declared disasters behind the much larger states of California and Texas. Remember, a little advanced planning on your part to be prepared may make a world of difference in an actual disaster/emergency

More information at www.ready.gov

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