

## News Release

For Immediate Release

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### **National Preparedness Month**

September is National Preparedness Month, and Southwest Nebraska Public Health Department (SWNPHD) would like to remind everyone that this time of year it is important to review our emergency supplies and preparedness plans. It is also important to not neglect the preparedness skills that may be lifesaving in an emergency. One skill that we tend to overlook until a disaster strikes is using a communication plan.

Your family may not be together if a disaster occurs. Communication plans allow everyone to stay in touch by listing when communication needs to happen and how information will be shared. In today's world of smart phones, many people do not memorize or remember critical contact information that they may need, especially when a disaster strikes.

Following are some key questions to explore while constructing your communication plan.

- How will you receive emergency notifications?
- Do you have a dedicated phone charger to grab and take with you if you need to evacuate?
- Do you have key information for family members written down, including phone numbers, social media names, email addresses, etc.
- Do you have emergency contact information for family members?
- Do you have your medical providers' contact information written down?
- How will you let family members know you are safe?
- How often do your family members expect you to check in with them?

Once you have your communication plan constructed, it is important to practice your plan to ensure phone numbers are correct and everyone understands the plan. Share your family's emergency plan with your extended family to make sure they can know you are safe as well.

For more information contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website [swhealth.ne.gov](http://swhealth.ne.gov) contains many resources and additional information helpful to prevent disease, promote and protect health. Follow us on Facebook, Instagram, YouTube and TikTok. For questions, call 308-345-4223, one number three locations (McCook, Imperial & Ogallala), Southwest Nebraska Public Health Department.

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