

2021

September is National Preparedness Month. Prepare to Protect.



Preparing for disasters is protecting everyone you love.



**Disasters Don't Wait.
MAKE YOUR PLAN TODAY**

WEEK
1

**Week 1: September 01-04
MAKE A PLAN**

WEEK
2

**Week 2: September 05-11
BUILD A KIT**

WEEK
3

**Week 3: September 12-18
PREPARE FOR DISASTERS**

WEEK
4

**Week 4: September 19-24
TEACH YOUTH ABOUT PREPAREDNESS**

Arkansas Military Department Emergency Management Program



<https://www.ready.gov/> <https://ready.army.mil/> <https://www.beready.af.mil/>

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WEEK 1

Week 1:

September 01-04

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 recommendations due to the coronavirus. Follow this link for the Centers for Disease Control: [CDC](https://www.cdc.gov)

- Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.
 - How will I receive emergency alerts and warnings?
 - What is my shelter plan?
 - What is my evacuation route?
 - What is my family/household communication plan?
 - Do I need to update my emergency preparedness kit/plans due to Coronavirus?
- Step 2: Consider specific needs in your household.
- Step 3: Fill out a Family Emergency Plan.
- Step 4: Practice your plan with your family/household.

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WEEK
2

Week 2: September 05-11

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 of each person or pet you may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control. Link to the Centers for Disease Control: [CDC](https://www.cdc.gov)

- Basic Disaster Supplies and Additional Emergency Supply checklists are available on the Preparedness websites below.
- Maintain Your Kit (Store boxed food in cool, dry place in tightly closed plastic or metal containers. Replace expired items as needed.)
- Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.
- Since Spring of 2020, CDC recommends including items such as extra Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces.

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FEMA



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WEEK
3

Week 3: September 12-18 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 fast if you receive a local warning or alert.

- Know what disasters and hazards could affect your area, how to get emergency alerts, and where you would go if you and your family need to evacuate.
- Check you local County or City Office of Emergency Management website for specific threats in your area.
- Hurricanes are dangerous and can cause major damage because of storm surge, wind damage, and flooding. Storm surge is historically the leading cause of hurricane-related deaths in the United States.

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WEEK
4

Week 4:

September 19-24

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. [ready.gov/kids](https://www.ready.gov/kids)

- ☑ Children are positive influencers: Children can effectively bring the message of preparedness home to their families.
- ☑ Children can become leaders: Participating in youth preparedness programs empowers children to become leaders at home and in their schools and communities
- ☑ Children can be confident during an emergency: Children who are prepared experience less anxiety and feel more confident during actual emergencies and disasters.
- ☑ Help Children Cope: Encourage dialogue and answer questions; Limit media exposure; Make time for them and find support; Keep to a routine

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