



Commonwealth of Kentucky Cabinet for Health and Family Services

FOR IMMEDIATE RELEASE

Contact: Barbara Fox
502-564-6786, ext. 3102

Christina Dettman
502-229-2791 (cell)

September is National Preparedness Month

Prepared, Not Scared. Be Ready for Disasters

FRANKFORT, Ky. (Sep. 3, 2019) - The Kentucky Department for Public Health (DPH), within the Cabinet for Health and Family Services (CHFS), is reminding the public that households, businesses and communities can increase their preparedness by following this year's theme of ***Prepared, Not Scared. Be Ready for Disasters*** during September – National Preparedness Month (NPM).

This nationwide effort is organized each year by the U.S. Department of Homeland Security to encourage citizens to prepare and plan for emergencies in their homes, business and schools. This yearly observance was founded after 9/11 to increase preparedness awareness in the U.S., a fitting time to join the effort to help communities prepare for emergencies, such as natural disasters and potential terrorist threats, and to encourage individuals to take action.

“Emergencies and disasters can happen anytime and anywhere, often without notice and can leave us scared and confused,” said Jim House, Preparedness Branch Manager at DPH. “By taking the time to follow the ten steps outlined below, we all can

better prepare ourselves and our communities should emergencies or disasters strike. Remember that preparedness is a shared responsibility - it takes a whole community to prepare and respond to emergencies.”

The following ten steps of ***Prepared, Not Scared. Be Ready for Disasters*** can encourage households, businesses and organizations to prepare for emergencies during National Preparedness Month by taking the following actions:

1. Assemble a Go Bag with supplies in case of an emergency.
2. Prepare digital forms of important documents for an emergency.
3. Have extra supplies in case of an emergency.
4. Download the FEMA app (<https://www.fema.gov/mobile-app>) to provide emergency information at your fingertips.
5. Have an alternative power source for devices during emergencies.
6. Set up an In Case of Emergency (ICE) emergency contact in your cell phone.
7. Choose an emergency contact when out-of-town.
8. Find a local, pet-friendly evacuation center.
9. Update your social media to tell loved ones you are safe during an emergency.
10. Remember that in an emergency – text and don’t call. Phone lines will be backed up with calls reporting important information. To let your loved ones know you are safe, send them a text message instead.

For more information about preparing for and responding to emergencies, visit <http://www.ready.gov>.

The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services the Department for Public Health, the Department for Aging and Independent Living and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies

in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.