



Caddo County Health Department

**FOR IMMEDIATE RELEASE**

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## **Be Disaster Aware Take Action to Prepare**

Oklahoma is no stranger to emergencies that might cause residents to be self-reliant for three days or more without utilities and electricity, water service, access to the grocery or convenience store, or in some cases, immediate response from police, fire or rescue. Disasters disrupt lives and may well mean temporarily providing for your own shelter, first aid, food, water and sanitation.

The 2014 National Preparedness Month theme is: “Be Disaster Aware, Take Action to Prepare”. This year’s annual observance in September encourages all individuals to make an emergency preparedness plan in advance of a disaster that includes putting together an emergency supply kit; planning how to communicate with family members after an emergency strikes; staying informed about what to do before, during and after an emergency; and getting involved to make sure your community is ready for emergencies.”

“Preparedness is a shared responsibility; it takes a whole community,” said Brandie O’Connor, Caddo County Administrative Director. “Winging it is not an emergency plan!”

The Oklahoma State Department of Health (OSDH) provides an easy-to-use template for creating your own family emergency plan. There is also a template for persons who may have special needs such as infants and young children, pregnant women, older adults, language barriers or people with chronic health impairments. Start protecting your family today by downloading, printing and completing the *Family Emergency Preparedness Plan Workbook* or the *Functional Needs Emergency Preparedness Plan Workbook* located on the OSDH website at [www.health.ok.gov](http://www.health.ok.gov).

Be sure to discuss your family emergency preparedness plan with all of your loved ones to ensure that everyone knows what to do when disaster strikes.

For more information, contact the Caddo County Health Department at [\(405\) 247-2507](tel:4052472507) or visit <http://caddo.health.ok.gov> or [www.ready.gov](http://www.ready.gov).

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