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### **When seconds count, know what to do**

*Health Dept reminds residents to plan, practice emergency plans*

**WOODSTOCK IL** – Your family may not be together when disaster strikes so before an emergency happens, decide how you will contact one another, how you will get back together and what you will do in different emergency situations. McHenry County Department of Health (MCDH) supports family preparedness in recognition of September’s Emergency Preparedness month. The American Public Health Association (APHA) has designated Tuesday, September 21 as “Get Ready Day”. No matter the type of disaster, there are 3 basic things you should do –

- Have an emergency preparedness kit ready
- Create a family communications and evacuation plan
- Be informed – be aware of the risks for disasters that can happen in your community

Fact sheets and supply lists will help you get started

[http://www.getreadyforflu.org/new\\_pg\\_facts.htm](http://www.getreadyforflu.org/new_pg_facts.htm). Examples of basic items in a supply kit include a 3-day supply of non-perishable food, 1 gallon of water per person per day, flashlight (with extra batteries), radio and a first aid kit. Other items to consider are important family documents (insurance papers, driver’s license), medications, extra clothes, infant formula and diapers, blankets and pet food. It’s a good idea to check your emergency preparedness “stockpile” once or twice a year to discard anything that has expired or damaged.

MCDH also recommends families ask about emergency plans in place at school and work. Talk to your neighbors about how you can work together in the event of an emergency. You’ll be better prepared if you think ahead and communicate with others in advance. For more information on emergency preparedness, visit [www.mcdh.info](http://www.mcdh.info) (*Emergency Preparedness*) or call 815-334-4510.

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***“Working to prevent disease and promote health and safety for all people of McHenry County since 1966.”***