



State of New Hampshire Department of Safety

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FOR IMMEDIATE RELEASE

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PRESS RELEASE

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH; PREPARED, NOT SCARED

CONCORD, N.H. – September is National Preparedness Month. New Hampshire Homeland Security and Emergency Management (HSEM) is participating to increase preparedness efforts throughout N.H. The event is a month-long effort hosted locally by NH HSEM and nationwide by the *Ready* Campaign.

The 2019 nationwide theme is “**Prepared, Not Scared.**”

Each week of National Preparedness Month, NH HSEM and the *Ready* Campaign will emphasize a unique aspect of preparedness:

- September 1 – 7: *Save Early for Disaster Costs*
- September 8 – 14: *Make a Plan to Prepare for Disasters*
- September 15 – 21: *Teach Youth to Prepare for Disasters*
- September 22 – 30: *Get Involved in Your Community’s Preparedness*

“Everyone should be thinking about emergency preparedness,” says HSEM Director Jennifer Harper. “For families with children at home, it’s especially important. Does your family know what to do in an emergency? It is important to have these conversations now so everyone is prepared ahead of time.”

The core steps to preparedness are simple:

1. **Stay informed.** Sign up for emergency alerts on your mobile device and landline telephones. Free services are available including NH Alerts or your local radio/television weather app for smartphones.
2. Make sure your family has an **Emergency Plan** so everyone knows where you will go and what you will do in an emergency. Include emergency contact information so everyone knows how and where to reconnect after an emergency occurs.
3. **Build an Emergency Kit** that contains basic items you and your family may need if an emergency happens.

“It is important to understand that it only takes one disaster to severely impact an area,” Harper added. “For that reason, we should always be working toward preparing our families, communities and businesses for severe events throughout the year.”

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For more detailed, easy-to-follow instructions of what to do before, during and after a disaster, go to ReadyNH.gov. Stay informed by following NH HSEM on Twitter @NH_HSEM and on Facebook @NH.HSEM.

Build a Kit

Emergency Kits are essential and should be kept in a safe location where they will be accessible during an emergency. Basic emergency kits should be kept in vehicles as well. Emergency Kits should contain enough water, non-perishable foods and prescriptions to last at least three days for each person in your household. In addition, each Emergency Kit should contain a flashlight, radio, extra batteries, first aid kit, sanitation items, cash and additional clothing. It is important to customize kits to meet your needs and the needs of your family and pets. Emergency Kit Shopping Lists are available at ReadyNH.gov.

Complete a Family Emergency Plan

Make sure your family has an up-to-date emergency plan. Before an emergency happens, sit down together and decide how you will contact each other, where you will go and what you will do during an emergency. Keep a copy of this plan in your emergency kit or another safe place where you can access it in the event of a disaster. Emergency Contact Cards should be completed and given to each family member to keep with them at all times. Emergency Contact Cards contain contact information for a local contact, an out-of-town contact, and a neighborhood-meeting place. Family Emergency Plan forms and Emergency Contact Cards are available at ReadyNH.gov.

Sign up for Emergency Alerts

Sign up for emergency alerts to receive location-specific severe weather watches and warnings from the National Weather Service and instructions from public safety officials. Free services are available including NH Alerts or your local television/radio app for smart phones. The NH Alerts service works with landline phones, mobile phones, email and text messaging. There is also an NH Alerts app available for use with smartphones. Closely monitor media sources and promptly follow instructions from public safety officials as a storm approaches. Sign up for NH Alerts via ReadyNH.gov.

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About NH HSEM:

NH Homeland Security and Emergency Management (HSEM) provides a coordinated, integrated program for state-wide emergency management and homeland security, including coordination of the state response to emergencies, strategic and operational all-hazards planning; community preparedness; exercise and training; and grants planning and program management. HSEM is a division within the NH Department of Safety and is the state-level equivalent of the Federal Emergency Management Agency.

Follow NH HSEM on *Twitter* at https://twitter.com/NH_HSEM and *Facebook* at <https://www.facebook.com/NH.HSEM>. Also, sign up for *NH Alerts* to receive emergency information via your mobile and landline phones, including severe weather alerts from the National Weather Service and emergency information from NH HSEM. To learn more about *NH Alerts* and other preparedness tools, visit www.readynh.gov or call HSEM at (603) 271-2231.