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FOR IMMEDIATE RELEASE

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PRESS RELEASE

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

CONCORD, NH - September is National Preparedness Month and New Hampshire Homeland Security and Emergency Management is participating to increase preparedness efforts throughout the State. This year's national theme is *Disasters Don't Wait. Make Your Plan Today.*

Each week of National Preparedness Month, NH Homeland Security and Emergency Management will emphasize a unique aspect of preparedness:

- Week 1 – Stay Informed
- Week 2 – Have a Plan
- Week 3 – Make a Kit
- Week 4 – Get Involved

“Preparing your family for an emergency doesn’t have to be difficult,” says Homeland Security and Emergency Management Director Jennifer Harper. “For families with children at home, it is even more important to be prepared. Learn preparedness tips and download free resources at ReadyNH.gov.”

The core steps toward 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](http://NHAlerts.com) or your local radio/television weather app for smartphones.
2. Make sure your family has an [Emergency Plan](#) so everyone knows where to go and what to 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.
4. Get involved in preparedness efforts in your community through organizations like VOAD (Voluntary Organizations in Disaster), CERT (Community Emergency Response Teams), or Neighbors Helping Neighbors. Taking a First Aid/CPR class is a great way to be more prepared for an emergency.

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, on Facebook @NH.HSEM, and on Instagram @NH_HSEM.

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