



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

CONCORD, N.H. – The New Hampshire Department of Safety Division of Homeland Security and Emergency Management is participating in National Preparedness Month during September to help increase emergency preparedness throughout the state.

This year's national theme is *"Prepare to Protect. Preparing for disasters is protecting everyone you love."*

Each week of National Preparedness Month, New Hampshire Homeland Security and Emergency Management will emphasize an aspect of preparedness:

- September 1-4: Stay informed, have a plan, make a kit, get involved
- September 5-11: Flooding and Thunderstorms
- September 12-18: Winter Storms
- September 19-25: Hurricanes and tornadoes
- September 26-30: Power outages

"Preparing for an emergency doesn't have to be difficult," said New Hampshire Homeland Security and Emergency Management Director Jennifer Harper. "Taking simple steps such as staying informed, having a plan and making a kit can keep you and your family safe during a disaster."

These core steps are key to preparedness and keeping you and your family safe:

1. Stay informed. Sign up for NH Alerts or download the NH Alerts mobile app to receive free emergency notifications, including weather alerts from the National Weather Service.
2. Have a family 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. Make an emergency kit with supplies for your entire family, including your pets.
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 information on what to do before, during and after a disaster, visit [ReadyNH.gov](https://www.ReadyNH.gov). Stay informed by following New Hampshire Homeland Security and Emergency Management on [Facebook](#), [Twitter](#) (@NH_HSEM) and [Instagram](#) (@NH_HSEM).

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