September is National Preparedness Month.

NKY Health encourages all households to have a family emergency plan and maintain an emergency kit.

**HAVE A PLAN**

Talk with your family about:

- Where to shelter in the event of a tornado
- What to do in the event of an earthquake
- How to prepare for an ice or snow storm
- How to communicate with all family members when you can’t use your cell phone

**MAKE A KIT**

Many items you need for your kit may already be in your home.

- Keep extra drinks and foods that have extended expiration dates like peanut butter, some cereals, soup, water and Gatorade
- Store extra bandages, hydrogen peroxide, soap and toilet paper
- Keep that old radio, flashlight, batteries and an extra phone charger handy

**BE PREPARED. WE’RE COUNTING ON YOU.**

Go to [https://www.ready.gov/](https://www.ready.gov/) to get started.