



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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September is... Emergency Preparedness Month

Would you be ready if there were an emergency? Be prepared: assemble an emergency supply kit, make your emergency plans, stay informed, and get involved in helping your family, your business, and your community be ready for emergencies.

Basic Disaster Supply Kits

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air
- Plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Did you know...?

One way to reduce anxiety and stress related to natural disasters is to be prepared. Portage County has launched a new local preparedness program through Portage County Commissioners and the Portage County Office of Homeland Security and Emergency Management.



Portage Prepares is a county-wide, long-term education program for preparing the county's communities to meet the challenges of weather, disasters, health emergencies and other types of incidents in order to be safe, reduce risks of injury and reduce property destruction.

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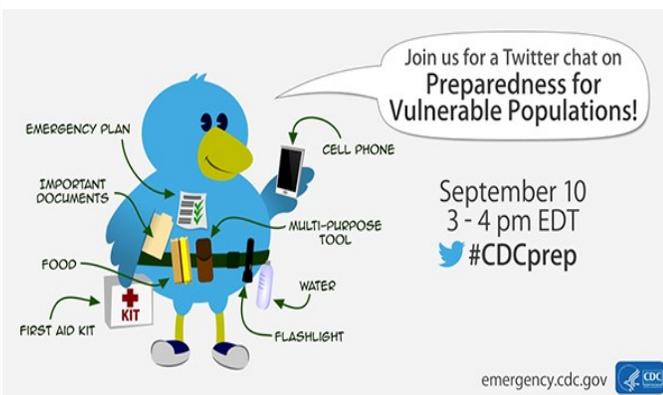
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Visit Portage Prepares at www.co.portage.oh.us/portageprep to learn more about disaster preparedness in Portage County.



September 10
3 - 4 pm EDT
#CDCprep

emergency.cdc.gov

For additional information on basic emergency supplies visit:
<http://www.ready.gov/kit>

Questions or Comments?

Contact Us!

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