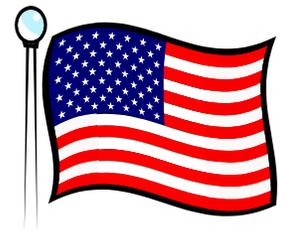




Health Tribune

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



Volume 3, Issue



September is... National Preparedness Month

National Preparedness Month is an annual campaign by the Federal Emergency Management Agency to encourage Americans to take steps to prepare for emergencies in their homes, schools, businesses, and throughout their community.

The goal is to motivate all Americans to make and practice emergency plans. As a family, there are several things you can do to prepare for a disaster. These include:

- Create an emergency communication plan
- Establish a meeting place
- Assemble an emergency preparedness kit that includes:
 - o Bottled drinking water; one gallon per day per person-recommended three days worth
 - o Canned or sealed packaged foods
 - o First aid kit, including special prescriptions
 - o Battery powered radio and flashlights, with extra batteries
 - o Blanket for each person
 - o Extra set of keys, a credit card, and cash
 - o Toilet paper and paper towel
 - o Plastic sheeting and duct tape
 - o Whistle

Additional information is available at <http://www.redcross.org> or <http://www.ready.gov>

Public Health became involved in disaster preparedness after the September 11, 2001 attacks and the anthrax and smallpox scares that followed. The federal government made grant monies available to each state and county and required public health to plan and work with community partners to be ready to respond to any disaster.



**Portage County
Health Department**
Dedicated to making life better!

Did you know...

In 2006, Portage County Health Department became an official unit for Medical Reserve Corps (MRC) volunteers. Portage County enlists the help from MRC volunteers during times of local response efforts. This includes times of emergencies such as chemical spills, influenza epidemics, or an act of terrorism.

MRC volunteers include local health professionals (both licensed and non-licensed) and community members.

MRC volunteers include but are not limited to:

- Physician
- Registered nurse
- Pharmacist
- Psychologist
- Health Educator
- Government Official
- Student
- Social Worker
- Dentist
- Veterinarian
- Citizen
- Psychiatrist
- Emergency Medical Service



To become a MRC volunteer, register at [http://www.serveohio.org/](http://www.serveohio.org) or if you would like more information on becoming a MRC volunteer contact Kim Villers, Portage County Health Department Emergency Preparedness Coordinator at 330-296-9919 ext. 118.

Questions or Comments?

Contact Us!

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<http://www.co.portage.oh.us/healthdepartment.htm>