

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

**FOR IMMEDIATE RELEASE**  
April 30, 2015

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## RESIDENTS ENCOURAGED TO PREPARE FOR POTENTIAL EMERGENCIES

*~ Nationwide campaign helps people prepare for all hazards ~*

**TALLAHASSEE**—Today, April 30, is National PrepareAthon! Day. It's a chance to increase community preparedness and resilience in every state across the U.S. The Florida Department of Health wants to take this day to remind you to get a plan in place and put together your emergency supply kits now, before an emergency arises.

“National Preparathon Day reminds all of us to take the time now to be ready for disasters,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “By making an emergency plan, building a supply kit and staying informed we can enrich the readiness and resiliency of Florida’s families and communities.”

The Florida Department of Health helps daily in this effort by working alongside preparedness and response partners throughout the year to prepare and help protect the health, safety and wellbeing of Floridians and visitors in the Sunshine State. You can get prepared by having a plan and emergency supply kit in place, including healthy emergency foods, medications, supplies and equipment each family member will need in case of an evacuation. These and regularly practicing your family’s plan are key to helping be part of a prepared and resilient state.

The department recommends the following top 10 preparedness and health-specific tips that can be found in the [Florida Emergency Preparedness Guide](#):

1. Make an emergency plan for you and your family;
2. Put together an emergency supply kit, including healthy emergency foods;
3. List each person involved in the plan, contact information and label necessary supplies;
4. Have enough healthy food and water for at least 72 hours (1 gallon of water per person per day);
5. If evacuating, have a place to go, call ahead and plan your route;
6. Designate a point of contact and consider how you will let others know you are ok;
7. Carry sufficient medications and first aid kit with you;
8. Make sure the emergency plan includes your pets;
9. Maintain good physical and mental health; and
10. Help children cope with disasters and make sure they understand your emergency plan.

During severe weather and throughout the June 1-November 30 hurricane season, residents and visitors can count on active alerts from the department’s official social media accounts. One of the fastest ways to receive accurate, official information is to monitor [@HealthyFla](#) on Twitter and [FLDepartmentofHealth](#) on [Facebook](#). The department uses these tools, in collaboration

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with other response partners, to share important health-related and other safety information to help protect Floridians and visitors.

For more information about America's PrepareAthon! and the top 10 ways you can participate visit [www.ready.gov/prepare](http://www.ready.gov/prepare).

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The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health, please visit [www.floridahealth.gov](http://www.floridahealth.gov).