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NATIONAL PREPAREDNESS MONTH: PERFECT TIME TO BUILD, RESTOCK YOUR EMERGENCY SUPPLY KIT

Plan, Prepare, Stay Informed



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Tallahassee, Fla.—Whether you're new to Florida or a long-time resident of the Sunshine State, it is important to be prepared for any emergency. National Preparedness Month is the perfect opportunity to check and make sure your family has an emergency supply kit to get you through at least the first 72 hours. Knowing what to do, where to go and what to have on hand for potential emergencies is an important part of living in Florida.

"Having basic items ready for use, like healthy, non-perishable food, water and medications, can make all the difference for your family during an emergency," said State Surgeon General and Secretary of Health Dr. John Armstrong. "I encourage Floridians to create and maintain an emergency preparedness kit."

Additional supplies such as a battery-operated, all-hazards weather radio to provide alerts and updates will help keep your family informed. Include a few special toys or books, which can be very important to your family's comfort during the days following an emergency.

The Florida Department of Health's [Florida Emergency Preparedness Guide](#), available in multiple languages and formats, provides detailed information on how to build and maintain your emergency supply kit. The guide also includes health-related planning tools for individuals and families preparing for hurricanes, tropical storms and other types of emergencies.

If you already have an emergency supply kit, now is the time to check and restock. Having your emergency supply kit, a family emergency plan and a predetermined location to evacuate if needed can give you and your family confidence during an emergency situation.

The Florida Department of Health has a number of short, informative videos to help your family plan for all hazards, available at <http://www.youtube.com/fldoh/>.

About the Florida Department of Health

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

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