



A Time to Remember; A Time to Prepare

September is National Preparedness Month

This month we marked the 10-year anniversary of the tragic terrorist attacks of 9/11 that included a jet airplane crashing into the Pentagon on Virginia soil, killing 125 military and civilian workers and all 64 people on the plane.

In observing the 10th anniversary, we can honor the memory of those who were lost by making sure we are ready to respond to all types of disasters and emergencies. There is no better time for Virginians to get ready for emergencies than September, which is National Preparedness Month.

Those who are prepared for emergencies recover faster and can help others who also may be affected. Every family and business can take just a few simple steps to prepare and protect your family and your assets:

- ***Make an emergency plan.*** In a recent survey, just 15% of Virginia respondents had a written family emergency plan. This may be the single most important thing you can do for your family. Plan in advance what you will do in an emergency and how you will get in touch with each other. Write it down. *Get a family emergency plan worksheet at www.ReadyVirginia.gov*
- ***Store at least a three-day supply of water and food.*** The rule of thumb is to store one gallon of water per person per day. That is enough for drinking, cooking and personal hygiene. Be sure to have canned and packaged food on hand that does not need electricity to store or prepare, in case the power is out.
- ***Get a battery-powered and/or hand-crank radio.*** To stay informed if the power is out, you'll need a radio to hear instructions from local officials. Make sure you have extra batteries, and choose one with a NOAA Weather Band so you'll get weather information direct from the National Weather Service.

This September: a time to remember; a time to prepare. Honor the past by being ready for whatever the future may hold. For more, go to www.ReadyVirginia.gov.

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