

News release

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Oregon Health Authority urges Oregonians to restock supplies, make emergency plan for National Preparedness Month

Oregonians should restock emergency supplies, develop an emergency plan or consider becoming a health care volunteer during September's National Preparedness Month, Oregon Health Authority officials say.

"National Preparedness Month serves as a good reminder that we should all be prepared in the case of an emergency to protect ourselves, our families and our communities," said Jean O'Connor, J.D., Dr.PH., Oregon Public Health Division deputy director. "People should take time this month to talk to co-workers, neighbors, friends and family members about their emergency plans. Doing so now will help ensure all Oregonians are ready the next time a public health emergency strikes."

September 2012 marks the ninth annual National Preparedness Month, sponsored by the Federal Emergency Management Agency in the U.S. Department of Homeland Security. One goal is to educate the public about how to prepare for emergencies including natural disasters, mass casualties, biological and chemical threats, radiation emergencies, and terrorist attacks.

Getting prepared for an emergency takes only three simple steps:

- **Be informed.** Identify the hazards and risks in your community and plan accordingly.
(more)

- **Make a family emergency plan.** Make a plan so you know who to communicate with and how to find your loved ones if an emergency occurs. If you have relatives out of state, they may be just the ones you need when your local friends and family are affected by a disaster.
- **Build an emergency supply kit.** Make one for your home, at work, and in the car. Be sure to include water, food and first aid supplies to help you survive if you lose power or get stranded in your car. This is especially important for dealing with icy roads and snowstorms in the winter. Don't forget a kit for family pets, too.

Oregon Health Authority also is recruiting medical personnel to serve as volunteers in the event of a public health emergency. Health professionals interested in helping with a public health emergency response should [contact](#) the Oregon Health Authority to learn more.

“Health and medical volunteers are critical to responding to public health emergencies. As previous emergencies have revealed, government agencies alone cannot respond effectively and efficiently to emergencies,” O’Connor said. “More than 1,500 people have volunteered to help with public health emergencies in 33 Oregon counties, and our goal is to have health and medical volunteers in all 36 counties.”

For more information about preparing for emergencies, visit healthoregon.org/preparedness.

For more information on the State Emergency Registry of Volunteers in Oregon (SERV-OR), please visit the SERV-OR [website](#).

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