

## September: National Preparedness Month



**National Preparedness Month** — also known as **September Safety Month** or **Disaster Preparedness Month** — is an annual campaign held in September. It is dedicated to empowering individuals, families, businesses, and communities with the knowledge and resources they need to respond to and recover from emergencies.

### Know your risk

**Know what could happen** where you and your family live.

**Emergency Alerts:** You can receive important lifesaving alerts no matter where you are - home, school, or work.

**Natural Disasters:** Know which natural disasters can occur in your area and how to prepare and stay safe.

**Other Hazards:** Remember to plan for things such as pandemics, terrorist attacks, etc.

### Make a family emergency plan

It is important to make a **family emergency plan** that can be put into action as soon as disaster strikes. Make sure to include plans for children, seniors, disabled, and don't forget pets!

Disasters are costly but preparing for them doesn't have to be. Taking time to prepare now can **help save you thousands of dollars and give you peace of mind** when the next disaster or emergency occurs.

### **Get involved in your community by taking action to prepare for emergencies**

Emergencies can happen fast, and **emergency responders aren't always nearby**. You may be able to save a life by taking simple actions immediately.

Join a **Community Emergency Response Team** program and get trained on basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations.

**Learn CPR and First Aid** - Knowing CPR and first aid helps you recognize the signs that someone needs help and the skills to tend to them. CPR and first aid training skills are important for individual and community emergency preparedness—these lifesaving skills allow you to make informed decisions and increase survival rates.

### **Build emergency supply kits**

**Every home should have an emergency supply kit located in an accessible storage area.** It's best if you store the items in plastic containers that are easy to grab and carry. Kits should be checked every six months, and expired items should be replaced.

**Home emergency supply kits should include:**

- One gallon of water per person per day for at least three days
- Three days-worth of nonperishable protein-packed foods you can cook without electricity, such as tuna, peanut butter and granola bars, and don't forget about food for your pets
- Can opener
- Hand-crank or battery-powered radio with extra batteries
- Flashlight with extra batteries
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers and instant cold compress
- Tool kit with basic tools, in case you need to shut off utilities
- Hand sanitizer and garbage bags for sanitation
- Plastic sheeting and duct tape in case of broken windows or a leaky roof
- Whistle to signal for help so rescuers can locate you

**Every vehicle should have an emergency supply kit in the trunk.** Kits should be checked every six months, and expired items should be replaced regularly. Here's what to have in a car emergency kit:

- A properly inflated spare tire, wheel wrench and tripod jack
- Jumper cables
- Tool kit and/or a multipurpose utility tool

- Flashlight and extra batteries
- Reflective triangles and brightly colored cloth to make your vehicle more visible
- Compass
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers and instant cold compress
- Nonperishable, high-energy foods, such as unsalted nuts, dried fruits and hard candy
- Drinking water
- Reflective vest in case you need to walk to get help
- Car charger for your cell phone
- Fire extinguisher
- Duct tape
- Rain poncho
- Snow brush
- Shovel
- Windshield washer fluid
- Warm clothing
- Cat litter for traction
- Blankets

It's also a good idea to keep family and emergency phone numbers, including your auto insurance provider and a towing company, in your phone.

Sources: [ready.gov/September](https://ready.gov/September), [epa.gov/natural-disasters/september-preparedness-month](https://epa.gov/natural-disasters/september-preparedness-month), [redcross.org/take-a-class/resources/articles/national-preparedness-month](https://redcross.org/take-a-class/resources/articles/national-preparedness-month), [weather.gov/bmx/outreach\\_npm](https://weather.gov/bmx/outreach_npm), [nsc.org/community-safety/safety-topics/emergency-preparedness/emergency-preparedness-home](https://nsc.org/community-safety/safety-topics/emergency-preparedness/emergency-preparedness-home)

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## National Preparedness Month



National Preparedness Month is all about keeping people safe during cases of national emergency. As a government-approved holiday, National Preparedness Month helps people prepare by giving them tools and information they need so that when a disaster comes around, people can be assured and know where to go to keep them and their families safe. Want to learn more about this holiday? Read more here about its history and how you can participate in it.

[daysoftheyear.com/days/preparedness-month/](https://daysoftheyear.com/days/preparedness-month/)

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**Pedro Blancas**



Producer

📞 704.893.2793 x310

**Teri Bunch**



Producer

📞 704.893.2793 x301

**Bryant Dennis**



Personal Lines  
Account Manager

📞 704.893.2793 x320

**Monica Haggist**



Account Manager

📞 704.893.2793 x316

**Crystal Hartis**



Commercial Lines  
Account Manager

📞 704.893.2793

**Paul Kaperonis**



Producer

📞 704.893.2793 x308

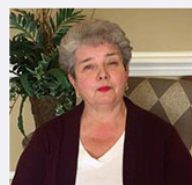
**Karen Loughery**



Personal Lines  
Account Manager

📞 704.893.2793 x314

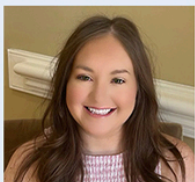
**Lettie Palmer**



Commercial Lines  
Account Manager

📞 704.893.2793 x302

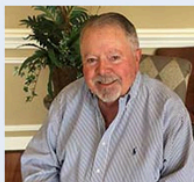
**Meredith Privette**



Commercial Lines  
Account Manager

📞 704.893.2793

**Robert Ross**



Producer

📞 704.893.2793 x304

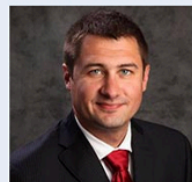
**Dolores Serrano**



Commercial Lines  
Account Manager

📞 704.893.2793 x306

**Chris Webb**



Producer

📞 704.893.2793 x305

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**Larry S. Helms**  
& Associates  
INSURANCE SERVICES

Larry S. Helms & Associates Insurance Services  
4389 Indian Trail Fairview Rd., Suite 2, Indian Trail, NC 28079

**704.893.2793**

