

From the office of
ROLLING MEADOWS EMERGENCY MANAGEMENT



September is “NATIONAL PREPAREDNESS MONTH”

National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This NPM will focus on planning, with an overarching theme: **Disasters Happen. Prepare Now. Learn How.**

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The devastating hurricanes and wildfires of 2020 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved this September.

The 2020 NPM theme is: **"Disasters Don't Wait. Make Your Plan Today."**

WEEK
1

Week 1 September 1-5: [Make A Plan](#)



Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

WEEK
2

Week 2 September 6-12: [Build A Kit](#)



Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

WEEK
3

Week 3 September 13-19: [Prepare for Disasters](#)



Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

WEEK
4

Week 4 September 20-26: [Teach Youth About Preparedness](#)



Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

As we watch neighbors helping neighbors in disasters, it should be apparent that it takes a lot of people in addition to the First Responders to save lives and property. You should be prepared to be self-sufficient for the first 72 to 96 hours after a disaster or major emergencies.

The City of Rolling Meadows Emergency Management Team has provided the following links to documents to help develop your plans.

[Preparing Makes Sense –](#)

[Get Ready Now](#)

Emergency Planning

([English](#) & [Spanish](#))

Disaster Kit ([English](#) &

[Spanish](#))

Family Communication Plan ([English](#) & [Spanish](#))

Preparedness Tips for Functional Needs ([Animals](#), [Care Givers](#), [Cognitive](#), [Health Card](#), [Hearing](#), [Life Support](#), [Mental Health](#), [Mobility](#), [Seniors](#), [Visual Impairments](#))

[Severe Weather Preparedness](#)

[National Weather Service](#)

[Lightning Safety Awareness](#)

[Guide](#)

Additional information can be found

at: www.ready.illinois.gov

www.redcross.org

www.state.il.us/iema

www.ready.gov