

# Ready PA *monthly*

✓ Be informed. ✓ Be prepared. ✓ Be involved.

A Pennsylvania Emergency Management Agency (PEMA) digital newsletter

Ready PA Monthly - September 2024

## Let's Talk About Being Ready for Emergencies

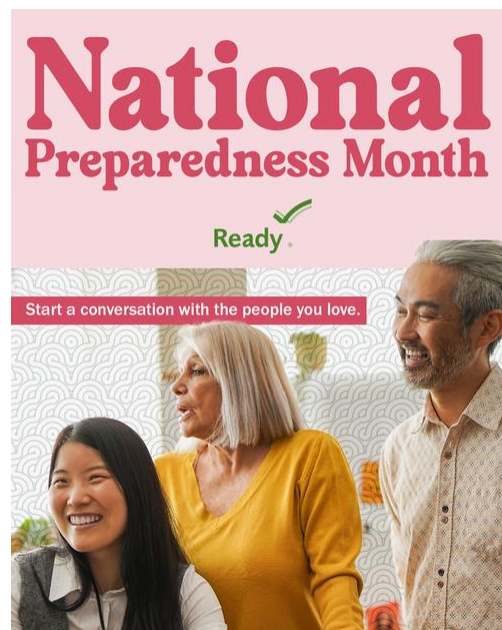
*National Preparedness Month*

September is National Preparedness Month, and in Pennsylvania, we're encouraging something simple but essential: starting a conversation. It's important to talk with your loved ones about what you would do in case of an emergency or disaster. These discussions can help ensure that everyone is on the same page and ready to act when needed. Taking the time to have these conversations now can make all the difference in keeping your family safe in the future. We know that talking about scary things isn't easy. But having these conversations now can help you take steps to be ready and stay safe if something unexpected happens.

Here are some easy tips to help you start the conversation:

- **Pick a Good Time:** Find a moment when everyone is calm and in a good mood to start talking.
- **Take It Slow:** Don't feel like you have to cover everything at once. It's okay to have these discussions over a few days so everyone feels comfortable.
- **Share What You've Done:** Talk about any steps you've already taken to prepare, and encourage your family to ask questions or share their ideas.

By taking small, simple steps, you and your family can gradually build up your preparedness without feeling overwhelmed. Pennsylvania is here to help with resources and tips. Visit [here](#) to learn more.



Remember, starting a conversation today can help keep you and your loved ones safe in the future. It's a small step that can make a big difference.

## 12 Simple Steps to Get Ready for Emergencies in PA

Preparing for emergencies doesn't have to be overwhelming. Here are 12 simple steps you can take to ensure you and your family are ready for whatever comes your way:



1. **Make a Plan:** Create an emergency plan for your family, including communication methods and meeting spots.
2. **Build a Kit:** Assemble a supply kit with essentials like water, food, and first aid.
3. **Stay Informed:** Sign up for local alerts and make sure your phone can receive emergency notifications.
4. **Prepare for Evacuations:** Know your evacuation routes and where you can go, including plans for pets.
5. **Secure Important Documents:** Keep important documents safe and consider making digital copies.
6. **Check Your Insurance:** Review your insurance policies to make sure you're covered for disasters.
7. **Strengthen Your Home:** Take steps to protect your home, like securing heavy furniture and reinforcing doors.
8. **Plan for Family Needs:** Consider special needs for children, older adults, and family members with disabilities.
9. **Prepare for Power Outages:** Have backup power sources for medical devices and know how to keep medications safe.
10. **Educate Your Family:** Make sure everyone in your household knows the emergency plan and how to use the supplies.
11. **Get Involved in Your Community:** Join or start a local preparedness group to help your community be ready.
12. **Practice Your Plan:** Regularly review and practice your emergency plan so everyone knows what to do.

For more details and additional resources, visit [here](#). Taking these small steps now can make a big difference in keeping your family safe!

## Ready for Anything: Emergency Preparedness for All Ages



**Kids:** Preparing for emergencies is important for children, and there are simple ways to help them get ready. First, it's important that kids know the family's emergency plan, like where to meet if you have to leave home suddenly and who to contact. Teaching them about the emergency

supplies they might need, like food, water and a flashlight, is also helpful. Practicing what to do during different types of emergencies, such as a fire or a storm, can make kids feel more confident and less scared. For more tips, visit [here](#).

**For Older Adults:** Emergencies can happen anytime, so it's important to be prepared. Older adults in Pennsylvania need to take special steps to prepare for emergencies. It's important to have a plan that includes a support network of family, friends and neighbors who can help. Make sure to have an emergency kit ready with your medications, medical supplies, and important documents. Think about any mobility issues, how to keep medical devices running during power outages, and any special dietary needs. Being prepared helps ensure your safety and gives peace of mind to you and your loved ones. To learn more, visit [here](#).

[SEPTEMBER TIP SHEET: READY, SET, CHECK CARD](#)

