

ARE YOU PREPARED?

September is recognized as Emergency Preparedness month. It is the time that you review your emergency plans and supplies. And, if you do not HAVE those plans and supplies, it is time to put that mind-set in motion and become better prepared for whatever emergency that might come our way.

We usually think of tornadoes as being our only major disaster possibility. But we cannot leave out power outages, extreme cold weather, ice storms, and flooding. Granted, we don't have those kind of issues often, but it does happen.

I would suggest that each of you pick just one of the disasters listed above. If that chosen disaster would occur where you reside, this week, or right today, would you have the provisions to shelter in place for several days? How about a few weeks?

The transportation industry makes many trips a day into our communities to keep us stocked with food, fuel, and many other items that we use each and every day. I dare say we don't give much thought as to where it comes from or how it gets here. If the disaster would impact travel so that those trucks that normally bring our daily items to town could NOT get here, well, what would we do? We all know what happens to the grocery store shelves when a snow storm is PREDICTED. The same for other disasters.

We don't think it will happen to us. Neither did any of these other communities. We read about the destruction and people's homes being completely destroyed. We say, "oh my goodness. How terrible. I feel so sorry for them." What would you do if that was your home?

Make a plan today. Set back some extra supplies so that you can eat, drink, and take care of yourself for AT LEAST a few day. Longer would be better.

Once the disaster occurs, it is too late to prepare.

We have insurance on our homes, cars, boats, ATVs, etc. Why? In CASE we need it. An emergency plan with supplies is your life insurance for survival.

Contact Rod Kirchhoff with the Lafayette County Health Department for help in making those plans and stocking those supplies. My number is: 660-259-4371, ext.: 2012. Ask about our "Ready-in 3" program or go to: www.dhss.mo.gov ready in 3.