

September is National Preparedness Month, and the Putnam County Department of Health, along with the Disaster Preparedness/Bioterrorism Task Force of Putnam County, want YOU to be ready for an emergency. It is important to take the time to prepare a family emergency plan. The following suggestions will help keep you and your family safe in the event of an emergency:

- Make sure everyone in your family knows the Family Emergency Plan.
- Prepare a first aid kit and emergency supplies to meet your family's needs for three days
- Make sure everyone in your family knows where you keep emergency supplies and a first aid kit.
- In an emergency, tune in to media reports for important information. Know which stations can provide up-to-date local information.
- Keep important phone numbers by each phone in your home.
- Make sure at least one phone does not require electricity to work (such as a land line phone).
- Know the best escape route from each room in your home.
- Know where family members will meet in case they can't get home. One location should be near your home, and another should be outside the neighborhood.
- Know your community's public alert system and your child's school emergency plan.

For more information on emergency preparation and planning, please visit www.ready.gov.

Help your community by volunteering – Join the MRC!

The Putnam County Medical Reserve Corps (MRC) was developed in response to the events of September 11, 2001. The purpose of the MRC is to recruit and train volunteers to support the county in the event of a disaster, whether the result of terrorism or natural causes.

Hundreds of MRC's are springing up across our country. MRC's are seeking both medical and non-medical volunteers. This includes physicians, nurses, paramedics, EMT's, Mental Health professionals and lay people with expertise in many areas. Anyone, especially retired individuals, with a commitment to the residents of Putnam County will be welcomed by the MRC.

Interested in volunteering?

Apply on line at:

<http://www.putnamcountyny.com/health/file/MRCSignupformforMedicalReserveCorps.pdf> or call Keiren Farquhar, Medical Reserve Corps Coordinator, at (845) 808-1335 ext. 43136. You will be sent further information and an enrollment form to complete and return. Those who enroll will be notified of scheduled orientation meetings and training opportunities.