



NATIONAL PREPAREDNESS MONTH NEWSLETTER



MESSAGE FROM OUR GM, CAROL PARKS

YOU have an important role to play in getting ready for natural disasters and emergencies.

Start with finding out which possible life-changing events could and likely will happen near you. Then prepare!

Your LA City Emergency Management team is here to help you figure the "best ways" to be prepared. Join me and **commit** to do something every day to prepare yourself, your household, and your neighbors.

Check out readyla.org for ideas!

Send us your questions... we look forward to chatting!

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!

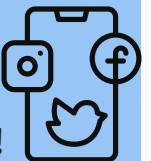
The City of Los Angeles Emergency Management Department will be sending out newsletters this month with preparedness tips and information to help you protect the legacy you have created. National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

This year's theme is **"A Lasting Legacy: The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family."**

Each week you will learn new resources, tools, and tips on how to be prepared. Whether that is on your commute, in your home, at work, with family, or in your neighborhood.

Join us each week and learn how to protect your legacy by preparing for anything!!

Want a sneak peek? Follow our social media @ReadyLA!!



Meet our
Public Health Liaison
Carmina de Santiago!



Carmina's Corner

As we prepare our homes for the next major disaster, it is important to think about the items that we need every day to maintain our **health and well being**. Simple tasks such as stocking a two-week supply of medications will allow you to be better prepared during the next big event. During this National Preparedness Month, I will share tips and guidance to consider when building your next safety plan with your family.

GET STARTED!



Create A Kit

Start small with some essentials to build your kit. Use an old backpack or small suitcase and add 1-2 items each shopping trip -- or payday. Here's some help and ideas.



Make A Plan

Make a promise to you and yours to create a plan THIS month (there's 30 whole days). Here's some help to get you started.



Know Your Hazards

Learn what to plan for and know the most likely events to impact you.



Stay Informed

Stay informed and stay connected! Sign up for alerts and practice your evacuation plan. Check your kit often and replace expired items. Find much more info here.



**The life you've built is worth protecting.
Prepare for disasters to create a lasting legacy for you and your family.**

[LEARN MORE AT EMERGENCY.LACITY.ORG](https://www.emergency.lacity.org)