

# NATIONAL PREPAREDNESS MONTH

## Disasters Don't Wait, Neither Should You



September is National Preparedness Month. Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family emergency plan, are the same for all types of emergencies. With cooperation from the Middlesex County Department of Public Safety and Health Offices, and the Regional Chronic Disease Coalition, members of the Office of Health Services would like to encourage everyone to take part in National Preparedness Month by taking one or all of the following steps towards emergency preparedness:

- Get a Kit
- Make a Plan
- Be Informed
- Get Involved

With these simple preparations, you can be ready for the unexpected, and be able to devote more of your attention to what always matters most - the safety of you and your loved ones.

## Register to win a 3 Day "Grab and Go" Emergency Kit!

There is no cost to participate but you must be 18, a resident of Middlesex County, and have a valid email address. Only one entry per valid email address. Winners will be announced on Monday, Oct. 5.

To register, scan the QR Code with a smartphone, or visit:  
<http://bit.ly/MiddlesexPrepares2020>



For more information  
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