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Immediate Release



Personal Preparedness

Don't wait until it's too late – get prepared now

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Indian River County, Fla. – September is National Preparedness Month, and with the threat of Tropical Storm Erika last week, many Floridians and visitors crowded stores to prepare for the coming storm. Though the storm dissipated, Florida Department of Health in Indian River County encourages all residents and visitors to update their preparedness plans for family and pets now.

“It is important to be prepared for storms prior to impact. Having a plan for your family is the best way to keep your family and pets safe during this hurricane season”, said Miranda Hawker, Florida Department of the Health in Indian River County Administrator.

Make an emergency supply kit to include:

- Water –at least one gallon per person, per day for 3 to 7 days
- Healthy, nonperishable food
- Medicine and/or prescriptions (fill prescriptions prior to the storm)
- Glasses, hearing aids, medical devices, first aid kit
- Clothing and bedding
- Important documents- forms of identification, list of property, contacts, medical and insurance information.
- Other items-personal hygiene products, spare keys, battery-powered radio, battery-powered chargers for cell phones, and flashlights
- Food, medication and supplies for your pets
- Cash

Hurricane season is from June 1st to November 30th; now is the time to prepare. To download the 2014 Florida Emergency Preparedness Guide, visit:
http://www.floridahealth.gov/_documents/2014-Florida-Emergency-Preparedness-Guide.html

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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