

TMRC Quarterly Newsletter

VOLUNTEERS BUILDING STRONG, HEALTHY, AND PREPARED COMMUNITIES



National Preparedness Month

Disasters Happen

This year FEMA's theme for National Preparedness Month is "Disasters Happen". Each week will focus on a different strategy that individuals can take to become better prepared.

Infectious Disease Update

Hepatitis A

In light of recent news regarding cases of hepatitis A in the region, review our tips for keeping you and your family safe from this vaccine-preventable communicable disease.

MRC Core Competencies

Competency #9.0

Demonstrate knowledge of ethical principles to protect the health and safety of all populations affected by disaster. To learn more, continue reading.



IN THIS ISSUE:

It's that time again. September is National Preparedness Month! Read on for great tips on getting you and your family prepared for emergencies.

Make and Practice Your Plan

Week 1 of FEMA’s National Preparedness Month “Disasters Happen” campaign focuses on tips to developing and practicing your emergency plan. This includes making a personal and family emergency plan, signing up for alerts and warnings in your area, and understanding how to evacuate if needed. To learn more visit FEMA’s [Make a Plan](#) website. Share what you learn with friends and family to improve the overall resiliency of your community. #PrepareNow #NatlPrep



Don’t Wait. Communicate.

Make a family emergency communication plan today.



www.ready.gov/September

Learn Life Saving Skills

WEEK 2 NATIONAL PREPAREDNESS MONTH

Know basic home maintenance to protect your family and home including learning how to turn off utilities like natural gas. In addition, put smoke alarms on every level of the home and test them monthly.

Look for CPR, First Aid, or Stop the Bleed training in your area to better prepare you to help others in need. Stay tuned to the TRMC Facebook page for more tips.

NATURAL GAS KEEPS YOU WARM, BUT IT CAN ALSO CAUSE HARM.

KNOW HOW TO SHUT OFF THE GAS

IMMEDIATELY GO OUTSIDE AND CALL 911 IF THERE IS A LEAK

HAVE NATURAL GAS DETECTORS ON EVERY FLOOR

Ready

Check Your Coverage

NATIONAL PREPAREDNESS MONTH WEEK 3

Insurance is the first line of defense. Check your insurance coverage and review FEMA’s [Document and Insure Your Property Guide](#). If a disaster strikes, having insurance for your home is the best way to ensure you will have the necessary financial resources to help you repair, rebuild, or replace whatever is damaged. Now, before a disaster strikes, take the time to: 1) document your property and safeguard your records 2) understand your options for coverage and 3) ensure you have appropriate insurance for relevant hazards.

Check your insurance to ensure you have enough coverage.

#BeInformed

Ready

Save for an Emergency

National Preparedness Month Week 4

Plan financially for the possibility of a disaster by maintaining emergency savings for use in case of emergency. Read FEMA's newly updated [Emergency Financial First Aid Kit](#) to guide you in the right direction. Learn the four simple steps to financial preparedness and strengthen your financial preparedness for emergencies big and small.

<https://www.ready.gov/financial-preparedness>



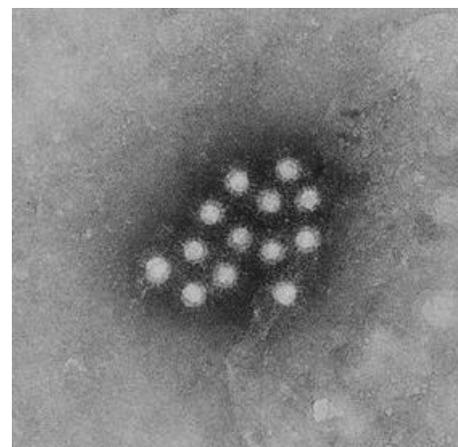
Be prepared for the unexpected, maintain emergency savings.

#BeInformed



Hepatitis A Outbreaks

Outbreaks of hepatitis A are occurring in several states across the U.S. including Ohio, Indiana, and Kentucky. For more information about the current outbreak visit CDC's [Outbreak](#) webpage. Hepatitis A is a vaccine-preventable liver disease that typically spreads when a person ingests fecal matter from contaminated objects, food, or drinks. It can also be spread through close personal contact with an infected person. The best way to prevent hepatitis A is through vaccination. Local health departments are working hard to educate the public and provide vaccinations to at-risk populations. Good hand-washing practices is also important for preventing the spread of hepatitis A.



Great Shakeout Earthquake Drills

It's that time of the year again. The annual Shakeout drills will be held on October 18th. Many areas of the globe are prone to earthquakes. You could be anywhere when an earthquake strikes: home, work, school. Are you prepared to survive? Great Shakeout earthquake drills are an opportunity to practice how to be safer during earthquakes. ShakeOut also has been [organized](#) to encourage [you, your community, your school, or your organization](#) to update emergency plans and supplies, and to secure your space in order to prevent damage and injuries. Visit the [Great Shakeout](#) website get more information or to register for the drill.

