

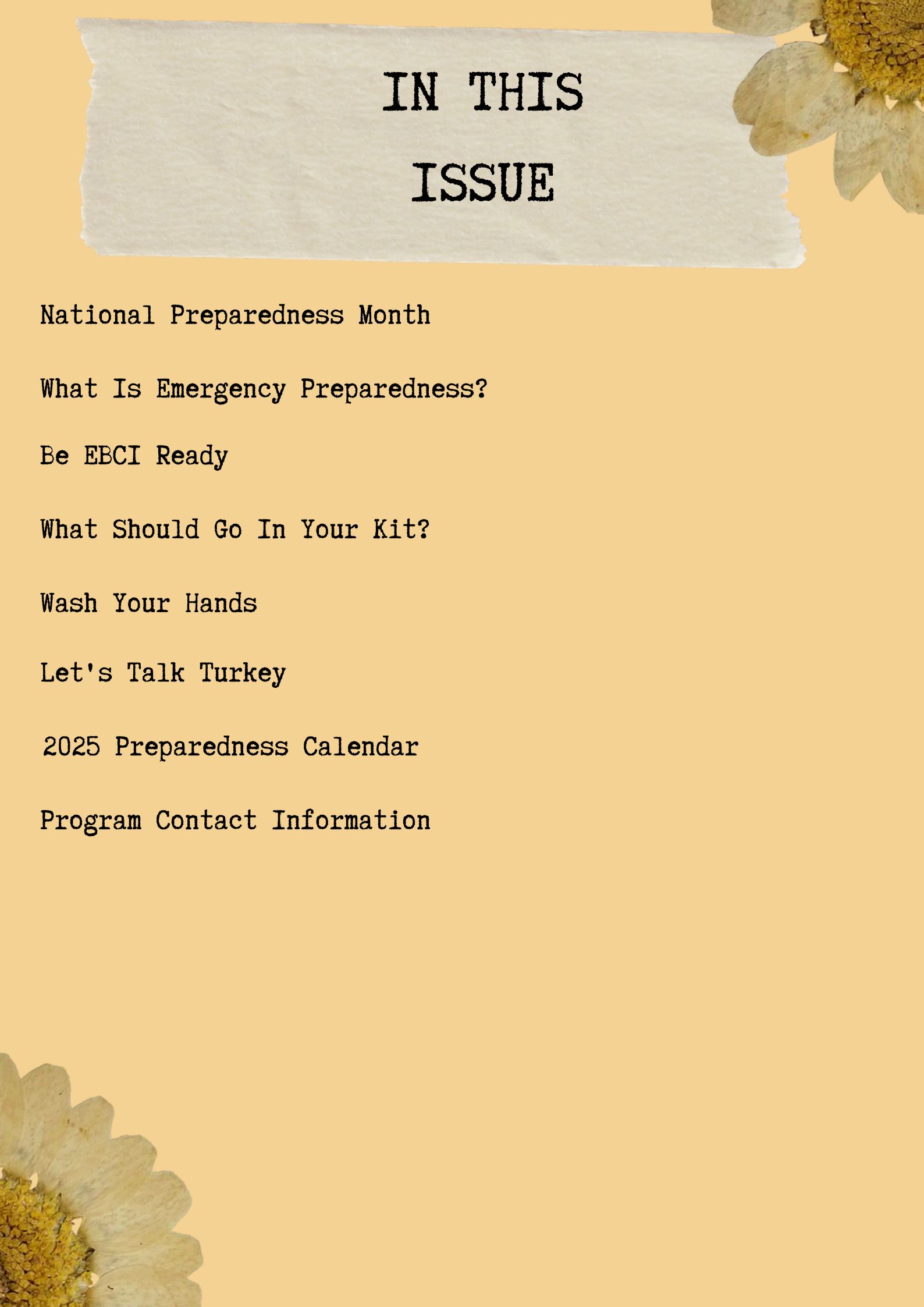
Fall 2025

Public Health

EMERGENCY PREPAREDNESS

NewsLetter





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NATIONAL PREPAREDNESS MONTH

September is National Preparedness Month, an annual observance to raise awareness about the importance of preparing for emergencies and disasters. This month-long campaign encourages everyone—individuals, families, and communities—to take proactive steps to ensure their safety and resilience.

Whether it's a natural disaster, a public health crisis, or another unexpected event, having a plan in place can make a significant difference. National Preparedness Month is the perfect time to:

- Make a plan with your family on how to communicate and where to meet.
- Build a kit with essential supplies like food, water, and medicine.
- Stay informed about the risks in your area and sign up for local alerts.

By taking these simple steps, we can all contribute to a more prepared and resilient community.

What is Emergency Preparedness?

Emergency Preparedness aims to build and strengthen EBCI's ability to effectively prepare for, respond to, and recover from a range of public health threats such as disease epidemics, chemical and radiological releases, severe weather and natural disasters.

SIX DOMAINS OF PREPAREDNESS

The **Public Health Emergency Preparedness Program** works to advance six main areas of preparedness so state and local public health systems are better prepared for emergencies that impact the public's health.



Community Resilience:

Preparing for and recovering from emergencies



Incident management:

Coordinating an effective response



Information Management:

Making sure people have information to take action



Countermeasures and Mitigation:

Getting medicines and supplies where they are needed



Surge Management:

Expanding medical services to handle large events



Biosurveillance:

Investigating and identifying health threats

www.cdc.gov/cpr/readiness



BE EBCI READY



It's as easy as 1-2-3! Getting prepared may sound difficult or time consuming but – with a little help from Public Health Preparedness – its actually very doable. Here's how!

1

Build a Kit.

Learn the essential supplies to put in your family's survival kit at ready.gov.

2

Make a Plan

Plan effectively for you and your family in case of an emergency. A plan template is attached on the next page.

3

Be Informed

Understand which disasters are likely to occur in your area and what you must know to stay safe.

What Should Go In Your Kit?

A basic emergency kit is collection of essential supplies to can help you stay safe during a disaster.



First Aid Kit



Flashlight



Batteries & Chargers



Water



Non-Perishable Food



Crank Radio



Medications



Multi-Purpose Tool



Personal Care Products



Important Documents & Emergency Contacts



Extra Clothing

After you gather those basic supplies for your kit, add unique things each member of your family may need.



Medical
Supplies



Extra Cash



Whistle



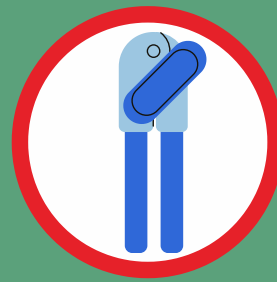
Baby
Supplies



Pet Supplies



Games &
Activities for Kids



Manual Can
Opener



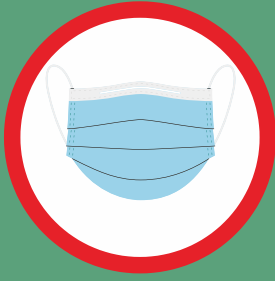
Blankets



Matches



Wipes



Masks

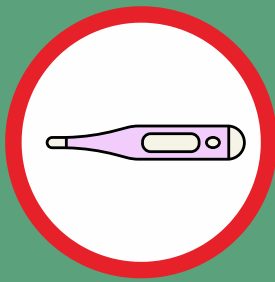


Garbage Bags

On a budget?

No problem!

Many of these items
can be found at local
dollar stores.



Thermometer



Duct Tape
& Scissors

KEEP YOURSELF & OTHERS HEALTHY: WASH YOUR HANDS!

Washing your hands is one of the easiest and most effective ways to prevent the spread of germs. Throughout the day, we touch countless surfaces, picking up viruses and bacteria. When we don't wash our hands, we can transfer these germs to our eyes, nose, and mouth, making ourselves sick.

By taking just 20 seconds to wash your hands with soap and water, you're helping to protect yourself, your family, and your community from illnesses like the common cold, flu, and other infectious diseases. Make it a habit—it's a simple step that makes a huge difference!

How to Wash Your Hands

- 1- Wet your hands with clean water and apply soap
- 2- Wash your hands for 20 seconds
- 3- Remember to scrub the backs of your hands, between your fingers, and under your nails
- 4- Rinse hands with warm water
- 5- Dry hands thoroughly



Let's Talk Turkey



'Tis the season for holiday feasts! Make sure yours is delicious and safe with these essential food safety tips for thawing, cooking, cleaning, and storing.



three

WAYS TO THAW TURKEY

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

REFRIGERATOR

COLD WATER

MICROWAVE

REFRIGERATOR

After thawing, it is safe to keep your turkey in the refrigerator for 1-2 days. This is the USDA recommended thawing methods. Allow approximately 24 hours for every 4-5 pounds of bird.

How to thaw: keep the turkey in its package. Put it in cold water and change the water every 30 minutes until it's thawed.

After you thaw your turkey in cold water, cook it right away.

COLD WATER

MICROWAVE

How to thaw: use the defrost function based on weight.

Cook immediately after thawing.

COOK

TURKEY

Your turkey is not safe until it reaches 165 degrees Fahrenheit.

Use a food thermometer to ensure it reaches recommended temperature. Check the temperature in these three places:

- Thickest part of the breast
- Innermost part of the wing
- Innermost part of the thigh

Stuffing cooked with the turkey needs to also reach 165 degrees Fahrenheit.



CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours.

Leftover turkey should be cut into smaller pieces and stored into containers.

Use frozen leftovers within 2-6 months for the best quality.

Monday, December 1
is the last day
Thanksgiving
leftovers are safe
from the fridge.

DECEMBER						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



2025

CALENDAR

More resources at www.ready.gov/calendar.

Find toolkits at www.ready.gov/toolkits.

ready.gov



JAN



Resolve to Be Ready
#WinterReady

FEB



National Canned Food Month
#WinterReady

MAR



"It's Not Luck" Campaign
Spring and Flood Safety
National Tsunami Awareness Week

APR



National Financial Capability Month
Severe Weather Safety
#SafePlaceSelfie Day

MAY



National Wildfire Awareness Month
National Hurricane Preparedness Week
Don't Fry Day

JUN



#SummerReady
Pet Preparedness Month
Summer and Extreme Heat Safety
National Lightning Safety Awareness Week

JUL



#SummerReady
Fireworks Safety
Extreme Heat Safety

AUG



Back to School –
Children & Youth Preparedness
#SummerReady
Extreme Heat Safety
International Overdose Awareness Day

SEP



National Preparedness Month

OCT



Cybersecurity Awareness Month
National Fire Prevention Week
Great ShakeOut Earthquake Drills

NOV



#WinterReady
Thanksgiving Cooking Safety
Holiday Online Shopping Safety
Winter Weather Safety

DEC

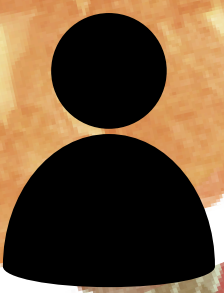


#WinterReady
Resolve To Be Ready
National Influenza Vaccination Week
Winter Safety
Holiday Fire Safety
Holiday Online Shopping Safety
National App Day



Emergency Preparedness focuses on the life, health, and safety of the EBCI community and visitors.

To report a public health emergency 24 hours/ 7 days a week, call (828) 359-6180; to report a communicable disease 24 hours/ 7 days a week, call (828) 359-6241.



CONTACT INFORMATION

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