



Benzie County Office
6051 Frankfort Hwy, Ste 100
Benzonia, MI 49616

Phone: 231-882-4409
Fax: 231-882-0143

www.bldhd.org

Leelanau County Office
7401 E. Duck Lake Rd
Lake Leelanau, MI 49653

Phone: 231-256-0200
Fax: 231-882-0143

For Immediate Release:
Date: September 7, 2023

National Preparedness Month
Be Prepared

The Northern Michigan Public Health Alliance (NMPHA) and Benzie-Leelanau District Health Department (BLDHD) are acknowledging National Preparedness Month. Each September, we observe and raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

“Emergencies happen and happen quickly. Being prepared with supplies and a plan will make recovery after the emergency quicker and easier,” said Dan Thorell, Health Officer.

The Ready Campaign’s 2023 National Preparedness Month campaign will focus on preparing older adults for disaster. The older adults may have specific needs during and after a disaster. Using this information to assess your needs and take simple, low-cost steps that help you get better prepared.

Plan Ahead

- Plan how you will communicate if you have a communications need.
- Plan for food, water, and essentials for you and pets or service animals.
- Plan for your transportation if you need help evacuating.
- Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers, in your emergency supply kit.
- Create a support network of family, friends and others who can assist you during an emergency. Make an emergency plan and practice it with them.
- Make sure at least one person in your support network has an extra key to your home, knows where you keep your emergency supplies, and knows how to use lifesaving equipment or administer medicine.

“Older adults can face increased risk when it comes to emergencies or weather events,” said Dan Thorell, Health Officer. “We have higher populations of residents 65 years and older and they are at increased risk, especially if they are living alone, are low-income, have a disability, or live in rural areas like much of the NMPHA 31-county region.”

Every community in the United States should be ready to respond to an infectious disease outbreak, chemical or radiological release, or natural disaster. To learn more about how you can be prepared, visit <https://www.ready.gov/be-informed>.

Media Contact:
Rachel Pomeroy, PIO
231-882-6085
RPomeroy@bldhd.org

###



Proud member of the [Northern Michigan Public Health Alliance](#): 7 local health departments advocating for public health.