

How to Prepare Your Families for September National Preparedness Month

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September is “National Preparedness Month” - the month recognized each year to promote family and community disaster planning.

I know that this thought may seem a little overwhelming, considering that we are barely emerging from under the huge, international disaster of a global pandemic. However, the major disaster threats in this area—Southern California—still are, and continue to be, major earthquakes and fires.

That said, let’s take a minute to review the basics of disaster preparedness: make a plan, build a kit, coordinate with family.

As healthcare providers, it is essential that we be prepared and know that our families are safe, so that we can report to work and help others. Toward that end, one of our former staff members, here at the Emergency Medical Services (EMS) Agency, prepared a list of [Daily Emergency Preparedness Tips](#), which I have recently updated. This document is a checklist with thirty (30) daily tips to be checked off, one per day during the month so that you and your family can be fully prepared by the end of the month!

I would like to share this checklist with you now, as well as the Red Cross’ [21 Weeks to Prepare](#) shopping list, which is to be used each time you visit a store over the next few weeks. Simply pick up an item or two from the list every time you go shopping, and in 21 store visits, you will have stocked your home disaster kit. The good news is that you may have already collected many of the items for the pandemic. So, it is just a matter of picking up the extra, missing items that you need!



Dr. Millicent Wilson is an ER Physician, who has worked at the Los Angeles County EMS—Emergency Medicine Services Agency for the past nineteen years. In her spare time, she works on Disaster Preparedness with her neighbors and for her community in Pasadena, she loves to travel, loves photography, and loves spending time with her family.