

**FOR IMMEDIATE RELEASE**  
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San Mateo County Health Department

## **National Preparedness Month a Good Time to Start or Replenish Emergency Supply Kit**

**SAN MATEO, Calif.** — September, National Preparedness Month, is all about helping individuals, businesses and communities take action. September is an ideal time for residents to update their emergency supply kits and family emergency plans and become better informed. To make it easy for people to learn more about emergency preparedness, the San Mateo County Health Department is once again making its Pocket Guide to Emergency Preparedness available for free at city halls and libraries throughout the county.

The San Mateo County Pocket Guide to Emergency Preparedness is a simple, portable and local roadmap to staying safe. The Pocket Guide to Emergency Preparedness offers residents valuable information on how to plan for and respond to natural and man-made disasters. Helpful Web sites and phone numbers are also included. Because of its small size, the Guide can be kept in purses or wallets for fast access.

“Recent floods, fires and storms across the nation remind us that a disaster can happen at any time. I encourage every San Mateo County resident to pick up a copy of this guide at their city hall or library and keep it in your purse or wallet,” said Dr. Scott Morrow, San Mateo County Health Officer. “Preparedness begins at home. Make a family emergency plan and prepare a kit of emergency supplies to minimize the impact on your family in a disaster. Nobody can protect your family like you can.”

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“Equally important are emergency supplies, plans and procedures for campuses and workplaces, since many of us spend the majority of our time either at school or at work,” added Supervisor Adrienne J. Tissier, who spearheaded efforts in 2005 to create the annual countywide Disaster Preparedness Day. “A large-scale disaster, natural or otherwise, might require many to shelter in-place; school officials and employers must be ready.”

The fourth annual Disaster Preparedness Day is set for Saturday, September 13 from 10 a.m. to 2 p.m. at the San Mateo County Event Center, 1295 S. Delaware Street in San Mateo. Admission and parking are free. For more information, contact the San Mateo County Office of Emergency Services at (650) 363-4790 or the Office of Supervisor Adrienne J. Tissier (650) 363-4572.

The Pocket Guide to Emergency Preparedness is available in English and Spanish can also be downloaded from the department's Web site at [www.smhealth.org](http://www.smhealth.org).

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