

## NEWS RELEASE

For Immediate Release:  
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### **September is National Preparedness Month:**

#### ***North Dakota Department of Health Recommends Citizens Make an Emergency Plan***

BISMARCK, N.D. – September is National Preparedness Month. The theme this year is “Disasters happen. Prepare now. Know how.” The North Dakota Department of Health (NDDoH) encourages citizens to observe National Day of Action on September 15 by creating an individual or family emergency plan of their own. Visit [www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan) for help on how to start your emergency plan based on the specific needs of your household. Most importantly, practice your plan.

Follow the NDDoH Emergency Preparedness and Response section on Facebook at [www.facebook.com/NDEPR](http://www.facebook.com/NDEPR) for daily posts on how to prepare in advance for a variety of emergencies.

Residents are also suggested to go to [www.ready.gov/be-informed](http://www.ready.gov/be-informed) for practical tips on how to prepare now, survive during, and be safe after multiple emergency events such as an active shooter, floods, power outages, wildfires and severe weather. In the event of pressing incidents impacting citizens, North Dakota uses [NDResponse.gov](http://NDResponse.gov) to provide a single source for accurate and timely information. The NDDoH recommends bookmarking this page for easy access.

“It is important to know how to prepare for potential disasters in our state,” said Tim Wiedrich, chief of the Emergency Preparedness and Response section of the NDDoH. “Planning where to go if your family would need to evacuate, and knowing what to do before, during and after a disaster could make the difference between a positive or negative outcome.”

For more information, contact Tim Wiedrich, North Dakota Department of Health, at 701.328.2270.

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