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## September is National Preparedness Month

### *Preparing our kids*

One of our favorite age groups to present to here at the American Red Cross is the youth. Not only do they generally give the most entertaining answers to our questions, they are also the ones that diligently take the information home to their parents and, more often than not, pressure them to make sure that they have smoke and carbon monoxide detectors, as well as educating them on the importance of getting a kit, making a plan, and staying informed. Throughout the months of June, July, and August, we gave 43 presentations to 850 children across WNY, and distributed 1562 pieces of disaster preparedness information.



*Children participating at a Ready Set Prepare presentation.*

For more information about the Red Cross' children programming, [click here!](#)

To get more preparedness information for your children and family, [click here!](#)

### *Will the Flu get you?*

Its flu season again, which means we've got to start stepping up our good hygiene practices and take some preventative measures to stay healthy. The flu virus spreads from person to person when people who are infected cough or sneeze. A person can infect someone 1 day before even having symptoms! Your best chance of avoiding having the flu is through the flu vaccine, but we also recommend washing your hands often, avoid touching your eyes, nose, and mouth, and try to limit contact with individuals who are ill. For more information on the flu, how to prevent getting it, flu symptoms, and how to care for someone with the flu, [click here!](#)

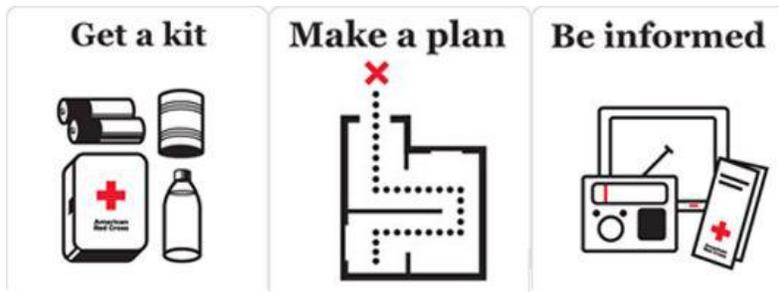


### *Are you prepared?*

Disaster can strike quickly and without warning. Because of this, you and your family need to be prepared before disaster strikes.

#### *Why prepare?*

During disasters, local officials will be on the scene, but it is impossible to reach everyone right away. That's why, the American Red Cross encourages everyone to:



Each family member, including pets!, should have an easy to carry bag to hold their own supplies in, and their kit should be personalized to their needs. In addition, making sure that everyone in your family knows what the plan is during an emergency or evacuation, whether at home, work, or school. To learn more about how to **get a kit** and for some great ideas and steps to **make a plan**, [click here](#).

Remembering information during an emergency can add un-needed stress to a situation. That's why filling out, updating, and keeping an emergency contact sheet in your emergency kit, wallet, bookbag, purse and/or car is so important. To download a template for a card that has all of the important information you should include, [click here](#).

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## National Fire Prevention Week Is Just Around the Corner!



*October 9-15, 2011*

With the most active months for residential fires just around the corner, the American Red Cross is urging families to take the time to prepare before a fire strikes by checking smoke alarms, creating evacuation plans and testing those plans.

### *Preparing for a home fire*

\*Install and regularly test smoke detectors- smoke alarms are your first line of defense because they provide you and your family a chance to escape. They should be placed on every level of a home and regularly cleaned as dust and debris can interfere with their operation. According to the National Fire Protection Association (NFPA), in three of every ten reported fires in homes equipped with smoke alarms, the devices did not work,

most often because of missing, dead or disconnected batteries.

\*Develop an emergency plan with at least two evacuation routes out of every room in the home-trying to get out of a house filled with smoke can be incredibly confusing and frightening. Having a pre-determined evacuation plan reduces stress and confusion. Once you get out, stay out. Never try to re-enter a burning home.

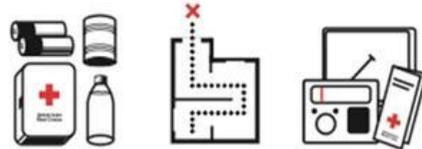
Test your fire safety knowledge by taking a quiz at [NFPA.org](http://NFPA.org).

For more information please visit [www.firepreventionweek.org](http://www.firepreventionweek.org) or you can also download a safety tip check list online through the [Red Cross](#).

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## Be Red Cross Ready

Get a Kit. Make a Plan. Be Informed.



It really is  
as simple as  
one, two,  
three...

**The American Red Cross, offers a straightforward approach to getting ready for emergencies... that's free!**

To learn more about the presentations we offer, [click here](#).

**To schedule a FREE program or to ask questions please contact:**

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**Emergencies do happen in Western New York.**

**Start preparing today.**

**We can help.**

