



## **A MINUTE OF HEALTH WITH CDC**

### *Be Prepared*

*National Preparedness Month – September 2017*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

“Be ready for emergencies.” It’s a good policy to live by because disasters can occur at any time. Know your escape routes and review and practice plans. Assemble an emergency kit which includes, at a minimum, water, food, radio, flashlight, extra batteries, and medications. Encourage your friends and family to have a plan, as well. Advanced planning allows you to feel confident when a disaster strikes. Stay calm, follow the instructions of local officials, and take immediate action. Whether it’s a hurricane, tornado, infectious disease outbreak, or a biological attack, have a plan and the tools to rely on. It can be the difference between life and death.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*