



**CITY OF SACRAMENTO
COUNTY OF SACRAMENTO**
Joint Media Release



FOR IMMEDIATE RELEASE

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**Are you Prepared for an Emergency?
September is National Preparedness Month**

The City and County of Sacramento remind Sacramento residents to take time this month to prepare for emergency situations including extreme winter and summer weather and flooding.

Residents and businesses should have emergency plans and kits ready. Everyone should build a kit including all items necessary to sustain them through a disaster.

The City and County of Sacramento offer a variety of tools and information to help prepare and plan for emergencies at www.sacramentoready.org. Additional information can be found at www.ready.gov.

Don't forget to:

- Plan ahead before an emergency
- Review your flood insurance needs
- Make an emergency kit
- Adopt a communication plan
- Plan together with neighbors
- Prepare for seniors and people with disabilities
- Learn First Aid
- Learn how to be prepared for all types of emergencies
- Know how to keep your pets safe
- Download an "Are You Prepared" Guide
- Sign up with the nation Next of Kin Registry
- Get additional help on the Federal Be Prepared page

Preparing for emergencies is everyone's responsibility.

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