

City of Middletown Health Department (CMHD) spotlight on

# Emergency Preparedness

## What is emergency preparedness?



Emergency preparedness are the actions we take to be ready for any emergency situation before it occurs. We can prepare by making emergency kits with things we need like food, water, batteries, and more. We can also create an emergency plan with the things that we do to protect ourselves. This way we know when and how to act to stay safe.

## How does the CMHD prepare for emergencies?

Public Health Emergency Preparedness includes many types of emergencies, called **hazards**. The CMHD makes plans that cover all the things we can do to keep our community safe and healthy during a crisis. Here are some examples:

Snow Storms & Blizzards  
Epidemics  
Heavy Rain & Flooding

Tornadoes & Wind Storms  
Earthquakes & Landslides  
Chemical & Radiation



We also prepare for accidents where dangerous substances are released and events where a harmful germ begins to spread in the community. Sometimes people will leak harmful chemicals and germs on purpose. This is called terrorism or bioterrorism.

## What can you do?



Emergency preparedness works best when everyone thinks about what they can do before an emergency. Making an emergency plan is **free** and could save you a lot. If you're able, pack an emergency kit with your daily needs as well as items to keep warm, provide light, or allow you to hear emergency messaging (i.e., radio).

Emergencies can be scary, but preparing for them can make them less nerve-wracking!