

SEPTEMBER NATIONAL PREPAREDNESS MONTH

Week 2: Preparedness Is Protection – Especially for Those Who Depend on Us

Protect What Matters Most

Emergencies can hit hardest for those who are medically fragile, elderly, or isolated. Being prepared isn't just personal, it's powerful.

Think about who might need your support.

- Check in with loved ones or neighbors.
- Make a list of their needs and how you could help.
- Create or update a go-bag with critical supplies and medications so you feel safe until help arrives.



Preparedness is an act of care—for yourself and your community. Together, we're stronger.



Resources:

- [Alameda County - Make a Kit](#)
- [ListosCA - Disaster Ready Guide](#)
- [Ready.gov - Build a Kit](#)
- [American Red Cross - Survival Kit](#)

Thank you,

Disaster Preparedness & Emergency Management (DPEM) | Office of Public Affairs (OPA)