

## **National Preparedness Month September 2009**

Are you and your family prepared? If not, now is a perfect time to get ready. Being prepared for disasters and emergencies can help reduce the fear, stress, and anxiety that results from these situations. Having a plan and knowing what it is will help you and your family cope with the situation as it unfolds.

For professional information on how to prepare for and keep informed during a disaster or emergency, please visit and explore the following websites:

Citizen Corps

<http://www.citizencorps.gov/>

FCC (Federal Communications Commission)

Emergency Communications

<http://www.fcc.gov/cgb/consumerfacts/emergencies.html>

FEMA (Federal Emergency Management Agency)

[www.fema.gov](http://www.fema.gov)

National Weather Service – National Hurricane Center

<http://www.nhc.noaa.gov/>

NOAA (National Oceanic and Atmospheric Administration)

[www.noaa.gov](http://www.noaa.gov)

Ready.gov

[www.ready.gov](http://www.ready.gov)