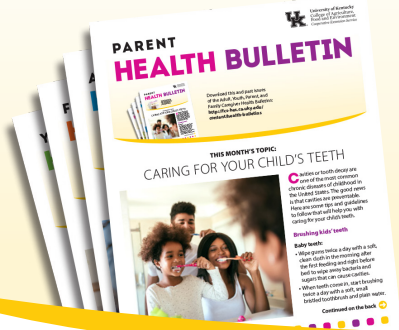


PARENT HEALTH BULLETIN



SEPTEMBER 2025

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THIS MONTH'S TOPIC

PREPARE AHEAD FOR NATURAL DISASTERS



September is National Preparedness Month, a month to remind everyone that preparing for emergencies and disasters can help keep them, their families, and communities safe.

Making a family plan for natural disasters is an important way to keep everyone safe. The first step is to learn about the types of disasters that could happen in your area, such as floods, earthquakes, hurricanes, or wildfires. You can check local emergency websites or visit **Ready.gov** for more information. Once you understand the risks, sit down as a family to talk about what to do in an emergency. Involve everyone, including children, so they feel prepared and not afraid.

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