



FOR IMMEDIATE RELEASE

Aug. 27, 2019

Pennsylvanians Encouraged to Learn How to Prepare for Emergencies with 30 Days/30 Ways

Harrisburg, PA –The Pennsylvania Emergency Management Agency is encouraging citizens to take steps to prepare for emergencies by participating in September's 30 Days/30 Ways preparedness event.

"We tend to think about emergencies as large-scale, catastrophic events that affect a large number of people," said PEMA Director Randy Padfield. "But you are much more likely to be affected by smaller incidents that can disrupt your daily routine for a shorter period of time, so those are the types of things you need to be thinking about too."

Anyone who wants to participate can [register](#) to get weekly updates with helpful hints and tips to get them started on their journey to preparedness. The information in the weekly updates can easily be shared with family, neighbors, and loved ones. At the end of the month, participants who fill out a brief survey about their experience will be entered to win a random drawing of a wind-up radio, flashlight or phone charger.

This year's theme for National Preparedness Month is "Prepared. Not Scared." Much like a fire drill, knowing what to do in an emergency makes the situation a little less frightening for everyone. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, businesses, school, and places of worship.

Padfield said there are simple things you can take now to prepare your family and help your community after an emergency:

- Take a basic first aid or CPR class;
- Create a family emergency plan so loved ones know who to contact and where to go in an emergency;
- Have a small kit of emergency supplies in your home and car;
- Know how to turn off utilities safely in your home;
- Review insurance policies and coverage to ensure it is adequate for the hazards you may face;
- Purchase flood insurance; and
- Build up an emergency fund.

More information about how to prepare for an emergency, including specific information for people with access and functional needs or pets, is available on the [ReadyPA](#) webpage.

MEDIA CONTACT: L. Paul Vezzetti, lvezzetti@pa.gov or 717-651-2169

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