

Santa Cruz County Emergency Preparedness 2019 National Preparedness Month



Public Health
Prevent. Promote. Protect.
Santa Cruz County



Be Ready Pediatric

Before a Disaster

- Create a Go-Kit & explain item purpose.
- Know your child's school emergency & communication plan.
- Talk about possible disasters for your area & warning signs to for those emergencies.



Did you know?

Studies show that children who are prepared are less likely to experience anxiety during a disaster.

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Empower your children by preparing together!

After a Disaster

- Limit TV Time
- Listen and provide reassurance
- Be alert for significant changes in behavior
- Monitor your stress levels
- Involve children in volunteer work



September is National Preparedness Month. Follow #NPM all month long to share & learn preparedness tips!

#NPM

For more information visit:
santacruzhealth.org/72hourready

Click for an Emergency List for Parents