

# SEPTEMBER NATIONAL PREPAREDNESS MONTH

## Week 1: Start with What You Can Control

### Preparedness Starts at Home. Start Small. Start Preparing.

We can't always predict what's coming, but we can take simple steps to prepare. Emergencies don't wait for the "right time," but having a plan helps us feel more grounded when things get uncertain.

This week, take a moment to:

- Identify your emergency contact.
- Make a family or household communication plan.
- Choose a meeting spot in case you're separated.
- Learn about risks and hazards you may face
- Visit [Ready.gov/plan](https://www.ready.gov/plan) to get started.



Small actions today bring a calm tomorrow.



### Resources:

- [Alameda County - Make a Plan](#)
- [CalOES - Family Preparedness Guide](#)
- [American Red Cross - Make a Plan](#)
- [CalOES My Hazards - Know Your Risk](#)

Thank you,

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