



## St. Lawrence County Public Health Department

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### Press Release

Date: DATE  
FOR IMMEDIATE RELEASE  
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#### Welcome Preptember: The Readiest Time of the Year

**Canton, NY**—The St. Lawrence County Public Health Department is participating in National Preparedness Month by sharing tips to help plan for emergencies. National Preparedness Month is held during the month of September because of the tragedies of September 11<sup>th</sup>, 2001 which highlighted the importance of preparedness throughout the nation, and because the peak of the Atlantic hurricane season is in mid-September. Although the risk of damages from a hurricane in St. Lawrence County is low, Preptember reminds us to prepare for our own local emergency threats with 3 important steps:

1. **Recognize risks in your area.** In Northern New York, one of the most common emergency risks is extreme weather. Winter storms bring frigid cold temperatures, icy road conditions, and dangerous amounts of snow, which makes travel nearly impossible and can cause power outages. In the past few years, flooding has also been an increasing emergency risk throughout St. Lawrence County, causing damage to homes and closed sections of roads in low-lying areas and near waterways.
2. **Make a plan.** A plan is a set of specific steps to take in an emergent event based on you and your family's personal needs. An emergency plan should include:
  - An evacuation route from every room in your home
  - An alternate shelter in case your home is no longer safe to stay in
  - A family meeting place for if you are separated from your family
  - Communication for contacting family and friends
  - An emergency kit that includes flashlights, first aid kit, extra batteries, whistle, battery-powered or hand-crank National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and a three day supply of food and water for every member in the home
3. **Practice the plan with your family and friends.** Practice helps us to see areas of improvement, which will make your response to a real-life emergency more efficient and effective. Everyone has a role to play and often our own state of readiness is the most critical.

Preparing for emergencies can help to alleviate chaos and can help to keep you and your family members safe. Each week during the month of September, the St. Lawrence County Public Health Department will be providing the public with weekly preparedness tips through the Public Health Department's Facebook page: <https://www.facebook.com/SLCPublicHealth>.

For more information about planning for emergencies, visit [www.ready.gov](http://www.ready.gov), or call the Public Health Department at (315)386-2325.

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