

Health & Wellness Tip of the Week

Week 29 July 17, 2017

July is all about **Emergency Planning**

It is the perfect time to remind everyone about the importance of planning ahead to protect your families from natural disasters or emergency situations at home.



Why Prepare for Disaster?

Disaster can strike without warning, forcing you to go for days without basic necessities or to evacuate your home. Relief workers will be on the scene following a disaster, but may not be able to reach you immediately.

You need to be prepared. Knowing the steps to take during a disaster—whether flooding, tornadoes, earthquakes or another crisis—can greatly reduce the danger and distress your family may face. This guide will help you and your family plan for a variety of emergency situations, persevere during them and recover afterward.

Contact your local emergency management office or American Red Cross chapter to learn which disasters could strike your community. Use their information, along with this guide, to help you prepare for and reduce the risks you face.

Sources: Positive Promotions

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

