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## Hot Topics

### September is National Preparedness Month

September is National Preparedness Month—a time to prepare yourself and your family for an emergency. This year’s theme for National Preparedness Month is “Disasters Happen. Prepare Now. Learn How.” The Federal Emergency Management Agency (FEMA) is urging all Americans to take time to build an emergency kit, review insurance policies, and make a plan.

**Read More:** <https://www.ready.gov/make-a-plan>



### CDC Supports National Preparedness Month Efforts

Throughout September, the Centers for Disease Control and Prevention (CDC) is supporting the national emergency preparedness efforts and encouraging Americans to take action. This year, the CDC’s Office of Public Health Preparedness and Response is highlighting *The Power of Preparedness: Prepare Your Health*. Each week focuses on the roles individuals, state and local public health, and CDC efforts in creating resilient health communities.

**Read More:** <https://bit.ly/2LETRFu>

### Tips on Recovering After a Flood

Floods cause billions of dollars in damages each year. They are the most common and widespread of all weather-related natural disasters. Floods can occur quickly or may last over a long period of time. Recovering from a flood can take even longer! Click on the link below to find tips on how to safely clean-up after a flood.

**Read More:** <https://bit.ly/2uVp9R9>



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## Education/Communication

### Flu Season is Coming – Get Vaccinated Now

No, it's not too early to get your flu shot. The CDC is urging people to get vaccinated by the end of October. People 65 or older and people who have underlying illnesses such as kidney disease are most at risk for coming down with the flu. According to the CDC, about 710,000 people were hospitalized for the flu in the 2017–2018 season. Flu-like symptoms include fever, cough, sore throat, runny nose, body aches, headache, chills, and tiredness.

**Read More:** <https://bit.ly/2x0G0pc>



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### Emergency Planning for Home Dialysis Patients

Being prepared for an emergency is important, especially for dialysis patients. Any disruption in the life-sustaining treatment is dangerous. That statement is also true for people who dialyze at home. The Medical Education Institute has information designed to meet the special needs of home dialysis patients.

**Read More:** <https://bit.ly/2QpoOks>



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### Protect Your Assets—Keep Copies of Important Documents Safe from Disasters



An emergency can happen within minutes. You may not have time to search for important documents like birth and marriage certificates, social security cards, home insurance policies, or tax records. Taking the time now to collect, secure, and backup these critical records will give you peace of mind in the event of an emergency.

**Read More:** <https://bit.ly/2uVyEyA>

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You can find this month's KCER Watch, along with past editions, on our website:

[www.kcercoalition.com/kcerwatch](http://www.kcercoalition.com/kcerwatch)

**Did you find this edition of KCER Watch helpful?**

We want your feedback! Please click here to complete a short survey:

<https://www.surveymonkey.com/r/KCERSept2018>



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