

Fall's Hottest Color is RED

Celebrate Emergency Preparedness Month by Wearing the Official Preparedness Support Color

Labor Day has come and gone, and it's time for St. Louis residents to pack up their pool gear and look forward to the crisp days of fall. September brings relief from the sweltering summer heat and a new range of activities for you and your family. Some items to include on your back-to-school shopping list are updated supplies for your emergency preparedness kit, such as blankets, portable heaters and stoves for cooler weather. As a new season begins, practicing your emergency preparedness plan with your family should become part of your routine. And don't forget to include neighbors and pets!

September is not only known for playoff games (Go Cards!) and apple picking, but is also [National Preparedness Month](#), a national observance created by FEMA. And All Ready is marking the occasion here in St. Louis, including several ways in which you can get involved:

- Wear **red**, the official preparedness color, on September 17 and encourage other St. Louis residents to do the same.
- Update your Facebook cover photo on September 17 with those provided on the [All Ready Facebook page](#) to show your support for emergency preparedness and encourage others to wear **red** as well. You can also follow the many preparedness tips and updates on All Ready social media accounts throughout the month of September.
- Sign up for the [American Red Cross Ready Rating program](#), a free, Web-based program that helps assess possible threats, provides current readiness levels, outlines an emergency response plan and provides customized recommendations for action in the event of an emergency.
- Download the American Red Cross [tornado mobile application](#) for your iPhone or Android. This app will help users understand the danger signs associated with a storm and create a step-by-step relocation plan.
- Share all of these possible activities within your organization to spread the word about All Ready and Preparedness Month!

A Few New Items for your Back-to-School Shopping List

Results from an August 2013 [study](#) by the Save the Children organization listed 28 states that still lack basic safety plans to protect children in school and child care from natural disasters eight years after Hurricane Katrina devastated the nation. Missouri is included in this list. As 68 million children head to school each weekday, they should be prepared to execute basic emergency plans in the event of a disaster.

If you have family members preparing for the back-to-school schedule, make sure to add a few emergency kit items to their backpacks. An umbrella, snack and mobile device programmed with emergency numbers will help ensure your child's safety during school hours. For after-school preparedness, make sure to brush up on meeting places in case of an emergency when an adult is not present. Remember, practice makes perfect!

As the Leaves Fall, Make Sure your Home is Secure

September brings about new challenges for emergency preparedness: the hot climate gives way to cooler temperatures, severe weather outbursts may cause unexpected flooding and harsh thunderstorms can damage your home or property. [Reader's Digest](#) recently posted a checklist for preparing your home for upcoming fall weather. Some tips are included below:

- Clean gutters of debris and check the drainpipe for damage.
- Survey the heating and cooling vents in your home and check the heating system.
- Put up durable windows, such as storm windows, in place of screens.

- Store air conditioners properly – away from electrical sources and in a dry area .
- Set up a back-up power supply for necessary medical and essential equipment.
- If you use an electric wheelchair or scooter, have a manual wheelchair available for evacuation purposes.
- If you are visually impaired, deaf or hard of hearing, create a plan for someone to convey emergency information in case a television, radio or emergency siren is unavailable or may go unnoticed.

Preparedness Spotlight

Living Independently Now Center (LINC)

For persons living with disabilities, there are many resources in the St. Louis region that cater to your emergency or everyday needs. The [Living Independently Now Center \(LINC\)](#) assists persons living with all types of disabilities to reach their personal goals. The center offers programs for home care service, mental health, youth and family advocacy, and those who are blind/visual impaired or deaf/hard of hearing.

LINC's [Community Reintegration Program](#) assists those who are transitioning from a long-term care institution to an independent living setting. LINC is able to provide for those who need to modify their home to accommodate their long-term needs, such as entrance/exit ramps, grab bars for restrooms, raised toilets and sinks, roll-in showers and widened doors. These services are free to those who qualify, as LINC receives funding to assist homeowners with disabilities.

To qualify, you must be 59 years of age and currently living in an institutionalized setting. These home alterations can become especially useful in an emergency situation where evacuation may be necessary. If you are living with a disability, be sure to inspect your living quarters for easy access and evacuation, and discuss an emergency preparedness plan with friends or neighbors.

Did you know...?

You can sign up for free text or email message alerts on your mobile device that provide information on all types of emergency situations. These services provide guides for preparing for emergency situations, coping with emergencies as they occur and recuperating after an emergency event. Some even provide additional considerations for taking care of pets, elderly neighbors and persons living with disabilities.



American Red Cross: The American Red Cross provides information for all types of emergencies, right on your mobile device. Applications for tornados, hurricanes, earthquakes, wildfire, first aid and shelter finders will guarantee that you and your family are adequately prepared for any type of emergency. To download these free apps, visit <http://www.redcross.org/prepare/mobile-apps>.



Nixle: This free text and email message delivery service delivers information from the St. Louis Police Department and other local municipal agencies regarding inclement weather and other emergency situations. Nixle messages are disseminated based on an assigned priority level, ensuring that important information reaches you quickly. To sign up for free, visit <http://www.nixle.com/>.



Wireless Emergency Alerts (WEA) system: This National Oceanic and Atmospheric Administration (NOAA) service sends free, concise text messages to individuals who are located within the specified "danger zone" only. Using location-specific data, WEA sends text messages to customers detailing dangerous weather, scenarios and other emergency situations. Customers don't have to sign up for the service, or download an app, and the service is free.

- This is helpful for people who travel frequently or are out of range for their home-base application. For example, a customer who lives in Florida but is visiting Washington will receive a hurricane warning based on their Washington location. To learn more, visit <http://www.nws.noaa.gov/com/weatherreadynation/wea.html>.

If you are using an iPhone, the default settings typically have AMBER and emergency alerts set to ON. If you believe your system has been disabled, open Settings, choose Notifications and scroll to the bottom to find toggle switches for AMBER Alerts and Emergency Alerts. Switch these services ON.

If you are an Android user, enable notifications by locating the Settings tab, choosing the More option under the Wireless & Networks section and scrolling down to the Cell Broadcast settings. After choosing this, you will be given the option to enable extreme threats, severe threats and AMBER alerts.

Preparedness Month Overview

Preparedness Month is the time to educate the St. Louis community on the importance of preparing families, friends, elderly neighbors and those living with disabilities for all types of emergency events. Education begins at home, by stocking an emergency preparedness kit in an accessible place and practicing emergency procedures with your family.

Prepare elderly neighbors or those living near you with disabilities by offering to set up a “check-in” system during a disaster. Make sure that everyone in your system is in a safe location and has access to food, water and medication. Don’t forget pets!

To speak with an expert on the subject, visit an All Ready representative on **September 17** at the following metro stations: Central West End MetroLink Station, North Hanley MetroLink Station, Fairview Heights MetroLink Station, Forest Park-DeBaliviere MetroLink Station, Riverview Hall Bus Transit Center, Civic Center MetroLink Station and Transit Center, Grand MetroLink Station, Emerson Park MetroLink Station and Shrewsbury MetroLink Station. All passengers will be offered an entry form for a drawing to win one of eight Red Cross Emergency Preparedness Kits.

- Entry forms will be due at **noon on September 30** for both online participants and those who mail their forms to Metro Headquarters.

As we continue to celebrate Emergency Preparedness Month in St. Louis, remember to consider the needs of your family, friends, neighbors and those living with disabilities. Some ways that you can contribute include:

- Wearing red to show your support for emergency preparedness, especially on September 17. Encourage friends and family to stock their own kits, practice their plans and be prepared.
- Updating your Facebook cover photo to celebrate Emergency Preparedness Month
- Signing up for emergency cell phone alerts from the American Red Cross or Nixle.
- Preparing for the fall weather by inspecting your home and stocking your Emergency Preparedness kit!

This September, enjoy the fall weather and show your support for emergency preparedness by learning to communicate the benefits of being prepared for all types of emergencies that may occur in your area.

Want to share the All Ready newsletter with family and friends? Feel free to forward on to share updates on emergency preparedness information and activities in the St. Louis area.

Not on our mailing list? [Click here](#) and we will be sure to send you all upcoming editions of the All Ready newsletter. If you would like to unsubscribe from future All Ready newsletter emails, you may [click here](#) to notify the All Ready team.

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