

## Welcome back to the Public Health Preparedness Press!



Each month, this newsletter will keep you informed about seasonal preparedness topics, public health awareness campaigns, and tools you can use both in your work and in your everyday life. Whether it's extreme weather, emergency planning, or national health observances, we're here to keep preparedness top of mind year-round.

### Children and Youth Preparedness

Disasters happen everywhere, and every member of the family can prepare.

#### **Kids**

Disasters can be scary—but kids can be ready too! There are fun, interactive ways for children to learn how to stay safe before, during, and after an emergency.

**Play to Learn:** Make preparedness fun! Visit <https://www.ready.gov/kids/be-ready-kids> for games that teach kids how to stay safe in emergencies.



**Create a Family Plan:** Help your kids write down important contact information and decide on a family meeting place in case of an emergency.

**Build an Emergency Kit:** Use a kid-friendly checklist to see what you already have and what else you need to be fully prepared.

#### **Teens**

Young people play a powerful role in helping their families, schools, and communities get ready for disasters. Whether they're just starting out or already passionate about preparedness, there are many ways to get involved and lead.

**Make a Difference:** Teens can take charge before, during, and after disasters by learning key skills and stepping up in their communities.

**Join the Youth Preparedness Council:** Know a teen passionate about service and safety? Encourage them to apply to this national group of youth leaders in emergency preparedness.

Learn more at <https://www.ready.gov/kids/teens>.



**FEMA Youth Preparedness Council**



**Start or Join Teen CERT:**

Through hands-on training, teens can join a local *Community Emergency Response Team*—a great way to lead and support others during real emergencies.

Visit <https://www.ready.gov/kids/teens> to get started.

## International Overdose Awareness Day

August 31<sup>st</sup> is a time to remember those lost to overdose, support recovery, and promote awareness.



### What is Opioid Use Disorder (OUD)?

OUD is a medical condition marked by a pattern of opioid misuse that causes distress or impairment. It can affect anyone, regardless of age, race, income, or background.

Overdoses are the leading injury-related cause of death in the United States.

### Tips to prevent an overdose:

- Only take medications prescribed to you
- Avoid counterfeit pills
- Use fentanyl test strips to check substances
- Expand access to treatment and naloxone (overdose reversal medication)

In 2022, **107,941** people died from drug overdoses, which equates to **296** overdoses each day.



Among the 2022 overdose deaths, nearly **76%** involved an opioid.

**If you suspect an overdose, act immediately:**

- Call 911
- Administer Naloxone if available
- Look for signs like unconsciousness, slow breathing, or blue lips/nails

More information: <https://www.cdc.gov/overdose-prevention/prevention/index.html>

**What's Next?**

In future issues of the Public Health Preparedness Press, we'll continue exploring topics that matter to our work and our community, like emergency communication, public health response roles, and seasonal hazards.

If you have ideas, questions, or want to highlight team efforts in preparedness, reach out! Let's make this a helpful, interactive resource for everyone.

Thanks for reading! 😊