

## 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.

### Resolve to Be Ready in the New Year: January is the Perfect Time to Prepare for Emergencies



As the New Year begins, Brown County Public Health encourages residents to make preparedness part of their New Year's resolutions. January is an ideal time to take simple steps that can make a big difference during emergencies such as winter storms, power outages, floods, or other disasters.

Being prepared doesn't have to be overwhelming. Small actions—like making an emergency plan, building an emergency supply kit, and staying informed—can help individuals and families respond more confidently and safely when emergencies occur.

#### Residents are encouraged to:

- Make an emergency plan that includes evacuation routes, an out-of-town contact, and plans for pets.
- Build or update an emergency supply kit, including essentials like food, water, medications, flashlights, batteries, and cash.
- Sign up for local alerts and download the FEMA app to receive real-time emergency notifications and safety tips.
- Take photos of important documents and property and store them securely.
- Check in with neighbors and include them in preparedness planning, especially during extreme cold or winter weather.

Financial preparedness is also an important part of emergency readiness. Having even a small emergency fund can help families cover essentials like food, shelter, and transportation during a crisis.

Preparedness is a shared responsibility. By taking steps now, residents can help protect themselves, their families, pets, and neighbors throughout the year.

For more preparedness tips and resources, visit [www.ready.gov](http://www.ready.gov).

## Are You #WinterReady?

Being #WinterReady means understanding the risks winter brings and taking steps now to stay safe, warm, and prepared. Winter weather increases the risk of cold-related illnesses, home fires, power outages, and hazardous travel conditions. A little preparation can make a big difference.

### Key winter preparedness tips:

- **Protect against extreme cold:** Learn the signs of frostbite and hypothermia and limit time outdoors during extreme cold.
- **Prevent home heating fires:** Keep anything that can burn at least three feet away from heat sources, never use ovens to heat your home, and have heating systems inspected annually.
- **Prevent carbon monoxide poisoning:** Install carbon monoxide detectors, check batteries regularly, and only use generators outdoors and away from windows.
- **Prepare for power outages:** Keep refrigerators and freezers closed, unplug electronics, plan for power-dependent medical needs, and know where to go if your home becomes too cold.
- **Travel safely in winter:** Check weather and road conditions, delay non-essential travel when possible, and keep an emergency kit in your vehicle with blankets, food, water, and a phone charger.
- **Plan for specific needs:** Older adults, people who work outdoors, and those new to winter weather should take extra precautions, including fall prevention, layered clothing, and staying informed through local forecasts.



## **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! 😊