

Ready or Not? September is National Preparedness Month

By: Emma Lopez

September is officially National Preparedness Month, an annual call to action organized by FEMA's Ready Campaign to help communities nationwide prepare for disasters, both natural and man-made. This year's message is: ***“Don't Wait. Communicate. Make Your Emergency Plan Today.”***

Why It Matters in Juab County

In rural and remote areas like Juab County, residents may face delays in emergency response because of distance or terrain. Preparing now can ensure your household stays safe and resilient even if utilities, aid, or services are temporarily unavailable.

Four Key Preparedness Steps

First, learn about local risks and stay informed. Sign up for emergency notifications and alerts through Wireless Emergency Alerts or NOAA Weather Radio. Take time to understand the hazards most common in Juab County, such as wildfires, severe winter weather, and earthquakes, and how they might affect your area.

Second, make a family or household emergency plan. Decide how your family will communicate if separated, identify meeting locations, and discuss evacuation routes. Be sure to consider the specific needs of elders, children, pets, or individuals with access requirements.

Third, build a three-day emergency kit. This should include one gallon of water per person per day, non-perishable food, a flashlight and batteries, first aid supplies, medications, important documents, and pet supplies if needed. Keep kits both at home and in your vehicle and remember to rotate items so they remain fresh and usable.

Finally, get involved in community preparedness. Volunteering with groups such as CERT (Community Emergency Response Team), Citizen Corps, the Red Cross, or neighborhood watch programs can make a big difference. Looking out for neighbors, especially seniors or those with limited mobility, helps strengthen the entire community.

Take Action Now

There are simple steps you can take this week. Check local weather and hazard alerts using NOAA Weather Radio or cell alerts. Hold a family preparedness talk to make sure everyone knows what to do in an emergency. Put together or update your emergency kit so it covers at least three days. And find out how you can help others, whether through CERT, the Red Cross, or by checking in on elderly neighbors.

Preparing does not just help you; it helps everyone. When individuals and families are ready, emergency responders can focus resources where they are needed most. Let's make September count. Juab County, let's prepare together.

Monthly Class: Freeze-Drying 101

Interested in learning how to preserve your favorite foods? Join our Freeze-Drying 101 class held every 2nd Monday of the month at 5:30 p.m.! This class will teach you how to use our freeze dryer and explore its many benefits. To register or learn more, contact the USU Extension office in Juab County by calling 435-623-3450 or emailing emma.lopez@usu.edu.

Our next class is October 6th.