



# Northeast District Department of Health

69 South Main Street, Unit 4, Brooklyn, CT 06234  
860-774-7350 / Fax 860-774-1308 [www.nddh.org](http://www.nddh.org)

## PRESS RELEASE

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**Contacts:** Luigi Sartori, MPH, REHS, Director of Health  
860-774-7350 x. 119 / 860-215-6410 (c) / [lsartori@nddh.org](mailto:lsartori@nddh.org)  
Stephen Faucher, Public Health Emergency Preparedness Coordinator  
860-774-7350 x. 131 / 860-319-1115 (c) / [sfaucher@nddh.org](mailto:sfaucher@nddh.org)

## September is National Preparedness Month

Health Department Provides Information on Community Preparedness

(BROOKLYN) – September marks National Preparedness Month, the annual recognition to remind everyone in America how important it is for individuals, families, and communities to prepare for disasters and emergencies that can happen at any time. The Northeast District Department of Health (NDDH) wants to remind residents how important it is that we build a community that is more prepared and resilient in the face of more frequent and severe disasters than we have seen in the last few years.

“September is National Preparedness Month, and during our month-long campaign to emphasize the importance of being ready when disaster strikes, NDDH is focused this year on providing information and resources to empower our residents to make their own preparations,” says new Director of Health, Luigi Sartori.

During National Preparedness Month, NDDH is promoting community preparedness through several different activities. These include messaging on NDDH Facebook and Instagram, posting to our Emergency Preparedness website page (<https://www.nddh.org/services/emergency-preparedness>), and having preparedness material available at community outreach events. Residents who are interested in helping during disasters can volunteer through NDDH and MRC.

Personal Preparedness starts with family and loved ones, who can take simple steps in advance of disasters to be prepared, including the following three steps:

- **Make a Plan.** Everyone has unique needs. There are several factors that can affect the steps you need to take to prepare yourself and those you care for. Whether you care for pets, have children, have a medical condition or a disability, it is important to know what your family will need to stay safe. Get to know your neighbors because they, along with your family and friends, can be a support network before, during and after a disaster by providing emotional and practical support.
- **Gather Supplies.** Once you have assessed your needs, you can plan for what you would do, where you would go and what to bring if a disaster strikes. Your emergency supply kit should include items that [meet your individual needs](#).

- **Get Informed.** Different emergencies can impact you and your family in different ways. Be informed about weather alerts and warnings, and other disasters that can impact you and your loved ones. Being aware before, during and after a disaster helps you to make informed decisions.

Sign up for Connecticut State Alerts at [ctalert.gov](http://ctalert.gov). Download a copy of the [Personal Preparedness Guide](#), or ask your local health department for a hard copy that you can provide to family and neighbors.

For more information on how to prepare yourself, your loved ones, and your community, visit [Ready.gov](http://Ready.gov)

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