

NATIONAL PREPAREDNESS MONTH

National Preparedness Month, held annually in September, encourages families, businesses, and communities to prepare for disasters and emergencies. In addition to general emergency preparedness, the Maryland Department of Health's (MDH) Office of Preparedness and Response encourages Marylanders to take steps toward public health preparedness year-round.

Relevant Resources

The following includes MDH's social media channels and MDH webpages to share.

MDH Social Media Accounts to Follow

- [X \(Twitter\)](#)
- [Instagram](#)
- [Facebook](#)
- [YouTube](#)
- [LinkedIn](#)
- [Bluesky](#)
- [Threads](#)

Websites to Share:

- Volunteer for MD Responds: bit.ly/VolunteerMDResponds.
- Volunteer for the Maryland Animal Response Team: bit.ly/4qgo1RG.
- National Preparedness Month: bit.ly/4fQ7dhy.
- Hurricane preparedness: bit.ly/4lSYMnh.
- MDH emergency contact card: bit.ly/3xeZTtJ.
- Family emergency planning: bit.ly/41lsqEd.

Included in This Toolkit:

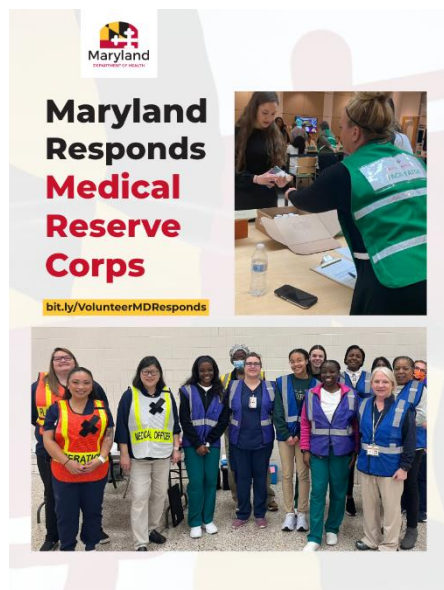
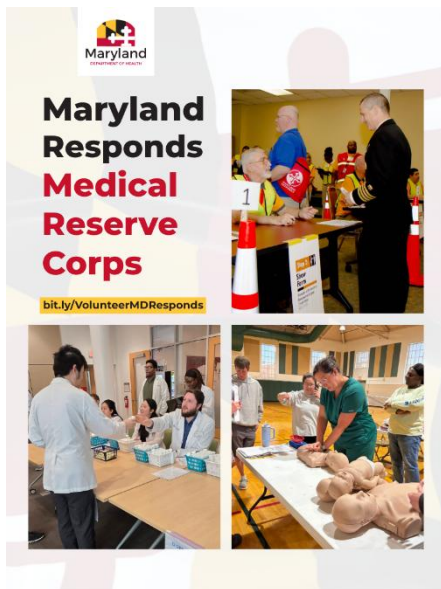
- Maryland Responds Medical Reserve Corps Volunteer Opportunities



Office of Preparedness and Response

- Hurricane Preparedness
- Emergency Contact Cards
- Emergency Plans
- Unique Needs

Maryland Responds Medical Reserve Corps: Social Media Graphics



Alt Text:

People volunteer at Maryland Responds Medical Reserve Corps events. Maryland Responds Medical Reserve Corps. Bit.ly/VolunteerMDResponses.

Maryland Responds Medical Reserve Corps: Social Media Copy

English Social Media Copy:

1. Looking for ways to give back to your community? Join the Maryland Responds Medical Reserve Corps (MRC), a statewide network of volunteers who stand ready to assist during emergencies and support public health initiatives.
With MRC units housed within all local health departments throughout Maryland, volunteers are trained to address challenges from disaster response to public health education
Learn how you can become a volunteer: bit.ly/VolunteerMDResponds.
2. Help your community stay ready for health emergencies by volunteering with the Maryland Responds Medical Reserve Corps. Membership is open to anyone aged 18+ with medical or non-medical backgrounds, including students. Sign up: bit.ly/VolunteerMDResponds.
3. Looking for volunteer opportunities to help your community during #NationalPreparednessMonth? Join the Maryland Responds Medical Reserve Corps, a group of dedicated volunteers who assist in the event of a disaster or public health emergency. Learn more: bit.ly/VolunteerMDResponds.
4. Maryland Responds volunteers assist during emergencies and support local health initiatives, such as managing crowds at public health sites, distributing vaccines during disease outbreaks, and providing CPR training. Learn more: bit.ly/VolunteerMDResponds.
5. Maryland Responds volunteers assist their community during emergencies. This includes the animals, too!
Volunteer veterinarians, veterinary assistants, pet professionals and everyday pet lovers provide care for large and small animals during disasters and emergencies, such as evacuations. Learn how you can volunteer today: bit.ly/VolunteerMDResponds.

Spanish Social Media Copy

Hurricane Preparedness: Social Media Graphic and Copy



English Social Media Copy:

#NationalPreparednessMonth is a great time to prepare for the hurricane season in Maryland, which runs from now through mid-October.

- Pack a 3-day food supply and 1 gallon of water per person daily.
- Update family communication plan.

Learn more: bit.ly/4lSYMnh.

Spanish Social Media Copy:

El Mes de Preparación Nacional es un buen momento para prepararse para la temporada de huracanes en Maryland, la cual se extiende desde ahora hasta mediados de octubre.

- Empaque un suministro de alimentos para 3 días y 1 galón de agua por persona al día.
- Actualice el plan de comunicación familiar.

Para obtener más información, visite: bit.ly/42rikrN.

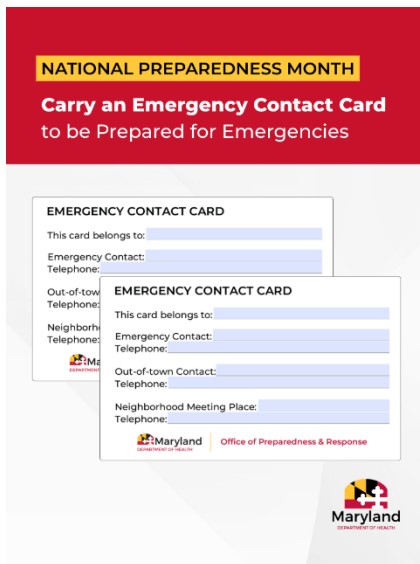
English Alt Text:

National Preparedness Month. Stay prepared for hurricanes. Stock up on medication, disinfectant, water, and pet supplies. Collect and update insurance policies and personal documents. Declutter all drains and gutters.

Spanish Alt Text:

Mes de Preparación Nacional. Prepárate para la temporada de huracanes. Abastécete de medicamentos, desinfectantes y suministros para mascotas. Recopila y actualiza las pólizas de seguro y documentos personales. Limpia todos los desagües y canaletas.

Emergency Contact Card: Social Media Graphic and Copy



English Social Media Copy:

Get ready for emergencies in a fun way! This #NationalPreparednessMonth, take the time to create a family emergency communications plan. Fill out an Emergency Contact Card for each family member to keep in their wallet or backpack. Also, remember to take a picture of the card to store on your phone for easy access: bit.ly/3xeZTtJ.

Spanish Social Media Copy:

¡Prepárese para emergencias de una forma divertida! Este Mes de Preparación Nacional, tómese el tiempo para crear un plan familiar de comunicación en caso de emergencias. Complete una Tarjeta de Contacto de Emergencia para que cada miembro de la familia la guarde en su billetera o mochila. Además, recuerde tomar una foto de la tarjeta para guardarla en su teléfono y tenerla a la mano: bit.ly/3xeZTtJ.

English Alt Text:

Carry an emergency contact card to be prepared for emergencies.

Spanish Alt Text:

Emergency Contact Card: Social Media Graphic and Copy



English Copy:

This #NationalPreparednessMonth, take the opportunity to boost your family's preparedness for emergencies, whether it's a home fire or a power outage. Empower yourself with the knowledge you need. Explore more at bit.ly/4fQ7dhy.

Spanish Copy:

Este Mes de Preparación Nacional, aproveche la oportunidad para aumentar la preparación de su familia ante emergencias, ya sea un incendio en casa o un corte de luz. Empodérese con el conocimiento que necesita. Obtenga más información en bit.ly/4gBFZvP.

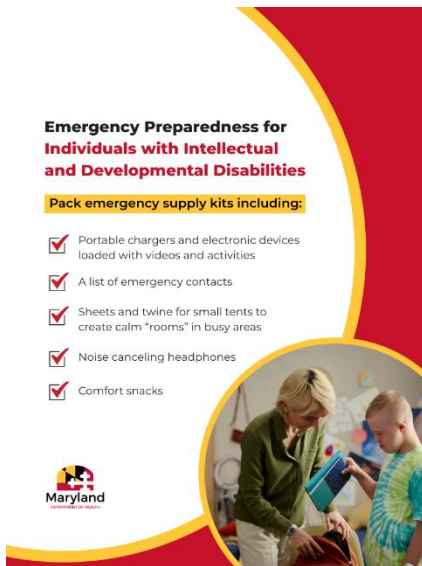
English Alt Text:

National Preparedness Month. Make a plan. Ask questions. How will I receive alerts? What is my shelter plan? What is my evacuation route? Consider specific needs, including dietary and medical needs, as well as languages spoken. Create a family emergency plan. Practice your plan.

Spanish Alt Text:

Mes de preparación nacional. Haga un plan. Haga preguntas. ¿Cómo recibiré alertas? ¿Cuál es mi plan de refugio? ¿Cuál es mi ruta de evacuación? Considere las necesidades específicas, incluidas las alimentarias y médicas, así como los idiomas que se hablan. Cree un plan de emergencia familiar y practique su plan.

Unique Needs: Social Media Graphic and Copy



English Copy:

During #NationalPreparednessMonth, ensure you consider the unique needs of those you care for when making emergency plans. This could include medical conditions, family with disabilities, pets or older relatives who might need extra help. Learn more tips: bit.ly/4fQ7dhy.

Spanish Copy:

Durante el Mes de la Preparación Nacional, asegúrese de considerar las necesidades únicas de las personas a las que cuida al hacer sus planes de emergencia. Esto puede incluir condiciones médicas, familiares con discapacidades, mascotas o parientes mayores que podrían necesitar ayuda adicional. Obtenga más consejos en: bit.ly/4gBFZvP.

English Alt Text:

Emergency Preparedness for Individuals with Intellectual or Developmental Disabilities. Pack emergency supply kits including portable chargers and electronic devices loaded with videos and activities. A list of emergency contacts. Sheets and twine for small tents to create calm "rooms" in busy areas. Noise canceling headphones. Comfort snacks.

Spanish Alt Text:

Preparación para emergencias para personas con discapacidades intelectuales o del desarrollo. Empaque kits de suministros de emergencia que incluyan: Cargadores portátiles y dispositivos

electrónicos con videos y actividades descargadas. Una lista de contactos de emergencia, sábanas y cuerdas para armar tiendas pequeñas y crear "habitaciones" tranquilas en áreas concurridas, auriculares con cancelación de ruido y snacks o meriendas reconfortantes.