**September is National Preparedness Month**

**“Be Ready, Not Scared”**

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| **Preparedness** |
| * **Build a Basic Emergency Supply Kit**

A supply kit with canned food, flash light, water, first aid kit and more.[**Click Here to Learn More**](https://www.fema.gov/media-library-data/1e04d512b273e2133cb865833cc0e32d/FEMA_checklist_parent_508_071513.pdf)  | * **Make a Family Communication Plan**

 **“Let them know you’re OK!”** Laptop, Black, Computer, Screen, Monitor, Keyboard Iphone, Smartphone, Cellphone, Apple Inc [**Click Here to Learn More**](https://www.fema.gov/media-library-data/0e3ef555f66e22ab832e284f826c2e9e/FEMA_plan_parent_508_071513.pdf) |
| **Situational Awareness—On the Go** |
| * **Be Prepared—GetReadyTN**

 **Information on road conditions, weather updates,** **open shelters , contacts for county emergency**  **management agencies and more.** [**Click Here to Learn More**](http://tn.gov/tema/ready-tn.html) | * **FEMA**

 **National Weather Service real-time alerts,**  receive real-time alerts from the National Weather service for up to five locations nationwide; learn emergency safety tips for over 20 types of disasters, including earthquakes, fires, hurricanes, tornados and more; locate open emergency shelters in your area and find disaster recovery centers where you can talk to FEMA in person; and share alerts via text, email, or social media. **emergency safety tips, locate open emergency** **shelters and disaster recovery centers, share**  **alerts via text, email and social media**[**Click Here to Learn More**](https://www.fema.gov/mobile-app) |
| **Recovery** |
| * **Coping with a Disaster or Traumatic Event**

Thumbnail image for PDF download[**Click Here to Learn More**](https://emergency.cdc.gov/coping/pdf/Coping_with_Disaster.pdf) | * **Helping Children Cope After a Disaster**

  Teddy Bear[**Click Here to Learn More**](https://www.ready.gov/kids/parents/coping) |