

Southwest Health & Human Services

Medical Reserve Corps

Quarterly Newsletter

September 2017

National Preparedness Month-

The theme for this National Preparedness Month in September is “Disasters Don’t Plan Ahead. You Can.” We can all be proactive and make sure that we have a plan for what to do in an emergency for not only ourselves, but for our family and pets as well.

The first thing you and your family can do to prepare is to create or update your family communication plan. This plan will help to let everyone know what they should do or who to get a hold of if need be. This plan should include phone numbers, addresses, emergency contact information and a designated meeting area outside of your home that everyone in your family knows about. If you practice your plan with your family and update it often, the more comfortable everyone will feel with the plan in a state of emergency.

It is another great idea to update or create your emergency preparedness kit. This kit can hold all of the important items you, your family and your pets may need during or after an emergency.

For more information about what to put inside your emergency preparedness kit, visit: <https://www.ready.gov/build-a-kit>.

When creating your kit, have all of your family involved and create a game using the checklist on the website above. Your children will have a lot of fun plus you will end up feeling more prepared!



Measles in Minnesota-

Minnesota Department of Health officials were able to declare an end to the measles outbreak that began in early April of this year. This outbreak was the largest measles outbreak in Minnesota since 1990. A total of 79 people were sickened by this outbreak. This outbreak hit children under 10 years of age the hardest. The last case was identified on July 13th.

This outbreak was declared over because there were no new cases that were identified for 42 days. The incubation period for measles is 21 days so health officials wanted to wait two incubation periods out of caution.

There were more than 8,000 people who had been exposed to measles during this period. 73 cases were to children under the age of 10 and 22 people were hospitalized during this time.

Important dates in September-

September 1st-9th: Make a Plan for Yourself, Family and Friends

September 10th-16th: Plan to Help Your Neighbor and Community

September 17th-23rd: Practice and Build Out Your Plans

September 24th-30th: Get Involved! Be a Part of Something Larger



**Minnesota
Responds**



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Southwest Health & Human Services— Serving Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties

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