



**American  
Red Cross**

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*News Release*  
**NEWS RELEASE**

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## **Local Red Cross Urges Community to ‘Be Red Cross Ready’ during National Preparedness Month**

*Three Simple Steps to Prepare for an Emergency*

**[SPOKANE] Washington, August 31, 2009** – As we approach the peak of wildfire season and kids start heading back to school, the Inland Northwest Chapter of the American Red Cross urges the community to get prepared during National Preparedness Month in September. A recent national survey revealed that only seven percent of Americans have taken the recommended actions to prepare for disasters including wildfires, seasonal flu, and winter storms. Throughout the month, the Inland Northwest Chapter will be providing tips and information to help individuals, families, schools and businesses “Be Red Cross Ready” this fall.

“While the Inland Northwest Chapter will always be there to provide relief in times of disasters, we also urge the community to take a few simple steps in their homes and businesses to prepare for an unexpected emergency,” said Dawn Lindblom, Executive Director.

There are three simple actions anyone can take to “Be Red Cross Ready” for a disaster or emergency:

### **Step 1: Get a kit.**

Assemble or buy a disaster supplies kit containing at least three days of essential supplies in an easy-to-carry container like a backpack. Supplies should include water, food, medications, flashlights, batteries, and a first aid kit.

### **Step 2: Make a plan.**

Develop communication and evacuation plans for your home and office and practice them. As part of your family’s communications plan, each person should know how to reach family members, including an out-of-area contact, and where to meet if they can’t go home.

### **Step 3: Be informed.**

Get trained in lifesaving skills such as first aid and CPR/AED. Individuals should also learn about what resources are available to them and what types of disasters are most likely to occur where they live, work and play.

For more information, including downloadable resources, on how families and businesses can prepare for disasters, visit [www.spokaneredcross.org](http://www.spokaneredcross.org)

### **About the American Red Cross**

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation’s blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [www.redcross.org](http://www.redcross.org) or join our blog at <http://blog.redcross.org>.

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