

# ARE YOU PREPARED?



**Public Health**  
Prevent. Promote. Protect.  
Fargo Cass Public Health

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## Be a Hero-Be Prepared!

September is National Preparedness Month, and this year's theme is **"You Can Be the Hero."**

It is no secret that many families and individuals are looking to cut back on spending. But with the frequency of disasters, both natural and manmade, can you afford not to be prepared? Be the hero and help your family and friends prepare for whatever may come. Here are a few tips on how you can protect those that matter to you without spending a fortune.

**Make a Plan.** Work with you family and neighbors to make an emergency plan for the types of disasters that affect your area. Make sure everyone in your family understands where to go and what to do in case of an emergency. Family Emergency Plan templates at [Ready.gov/make-a-plan](http://Ready.gov/make-a-plan).

**Update Contact Information.** Having accurate records for family, friends and neighbors will help you stay in contact and possibly help those in need. Post contact information in visible places throughout your house and workplace. [Family Emergency Plan](#)

**Review your insurance policy annually and make any necessary changes-** and renters, do the same too! When a disaster strikes, you want to know that your coverage will get you back on your feet.

**Make a Ready List.** Choose the essentials that fit your needs and budget. Don't forget to keep supplies at work and in your car. Sample Ready Lists can be found at [Ready.gov/build-a-kit](http://Ready.gov/build-a-kit).

**Plan Your Purchases.** You can save money by thinking ahead. Don't buy preparedness items just before a storm when they're expensive and supplies will be in high demand. Buy items at the end of the season when you can get good deals.

**Request a Gift.** We all get things we don't need. Suggest preparedness supplies as gifts from your friends and family. It just might save your life.

**Trade a Night Out.** Trade one night out to fund your 72-hour kit. Taking a family of four to the movies can cost upwards of \$80. Just one night staying in could fund your *Ready* kit.

### *In this issue...*

*Skywarn Training*  
*Emergency Manager:*  
*Dave Rogness*

We can schedule a speaker to talk to your group about preparing for emergencies. Call [Cass Fargo Emergency Management](#) at:

**476-4068**

### **CodeRed sign up**

To register your information, visit [www.cityoffargo.com/Emergencies/JoinCodeRed/](http://www.cityoffargo.com/Emergencies/JoinCodeRed/). If you are unable to signup online call **701-476-4068**.

**CodeRED** includes a severe weather warning notification option. If you are already registered for **CodeRED**, please go to the website listed above to sign up for this option.

Watch online preparedness videos at:

[Ready.gov/psa-multimedia](http://Ready.gov/psa-multimedia)

**Flu Season...**is just around the corner. Make sure you are protected. The vaccine takes about two weeks after vaccination to become effective.

Contact your health provider or call Fargo Cass Public Health to get your flu vaccine. 701-241-1383.

## ***Get to Know Your Emergency Manager...***

Dave Rogness, Cass County Emergency Manager:

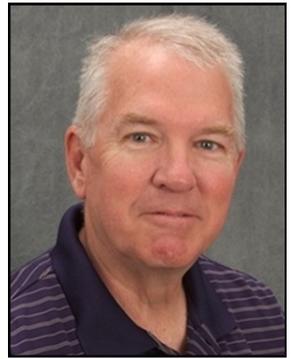
Years as emergency manager: **Nine**

Previous occupation before becoming an emergency manager: **Thirty years as a police officer with the Fargo Police Department**

Why did you take the position? **I was looking for a new challenge and an opportunity to use my skills in another way to make a contribution to the area.**

How has the emergency manager role changed since you have taken the position. **There has been a dramatic growth in the awareness, expectations and willingness to develop cooperative disaster response capabilities by the public, together with private and government agencies.**

What are you currently working on? **Our current project is to update our local Multi-Hazard Mitigation Plan for FEMA approval.**



If you would like to be added to this newsletter email list, send your email to [torecchia@cityoffargo.com](mailto:torecchia@cityoffargo.com)

## **National Weather Service-SkyWarn Training**

**Where: Sanford Broadway Clinic Auditorium**

**When: September 13th**

**Time: 2:00pm – 4:00pm**

### **What is SkyWarn?**

SkyWarn (formed in the early 1970s) is the National Weather Service (NWS) program of volunteer severe weather spotters. SkyWarn volunteers support their local community and government by providing the NWS with timely and accurate severe weather reports. These reports, when integrated with modern NWS technology, are used to inform communities of approaching severe weather. The focus of SkyWarn (and of the NWS) is simple...to save lives and property

SKYWARN spotters across North Dakota and Minnesota consist mainly of amateur radio operators, emergency response officials, and trained public responders. The vast majority of those involved are volunteers who provide this valuable public service. These Spotters donate their time and equipment to help the NWS get warnings out to the public, and to get public reports of severe weather back to the NWS ...by any means possible.

Spotters are generally self-activating... meaning they pay attention to the latest Forecast, Convective Outlook, and Watch or Warning... then they observe and report on the occurrence of severe weather from wherever they may be located.

**Educators!** Check out the new Ready Kids emergency preparedness curriculum for grades 1-12.

Lessons teach youth what to do before, during, and after an emergency while fostering skills such as problem solving, teamwork, creativity, leadership, and communication. Learn more & download today: <http://www.ready.gov/kids/educators>.