



For Immediate Release

10530 Page Ave.
Fairfax, VA 22030
703-246-3460
VolsRUs@volunteerfairfax.org

Media Contact:
Lindsey Sevigny
703-246-3892
lsevigny@volunteerfairfax.org

Is Your Family Ready Should a Disaster Strike?
September is National Preparedness Month

Fairfax, Va. – Disasters can strike without warning, leaving devastation in their path. In honor of National Preparedness Month, Volunteer Fairfax encourages every individual and family to prepare for a local emergency or disaster. By taking a few easy steps, individuals can help to ensure their family's safety.

Consider assembling an emergency kit for each member of the household. Each kit should include items that an individual would need for a three-day period including: water, non-perishable food, a battery-operated radio and a first aid kit (visit Ready.gov for a full list of supplies). An emergency plan is also an effective way to prepare for an emergency – addressing home evacuation, local evacuation and where family members would meet if their home were inaccessible.

It is important to stay informed in order to recognize an emergency as soon as possible. Members of the community should sign up for their local government's [Emergency Alert Network](#) and compile a proper list of phone numbers to contact during an emergency.

Once prepared, individuals who have a desire to assist their community after a disaster are always needed. In the event of an emergency, volunteers may be called upon to complete tasks such as clearing debris, distributing water, staffing information hotlines and handing out blankets. Trainings and orientations will help to increase preparedness.

“After an emergency, volunteers are the lynchpin to helping communities get back on their feet,” explains Jeanne Sanders, executive director of Volunteer Fairfax. “Dedicated volunteers can help their neighbors rebuild and restore hope after all seems lost.”

For more information about volunteering during an emergency, visit www.volunteerfairfax.org and click on “Emergency Response” in the dark blue bar on top of the homepage. For questions, please contact Marcelo Ferreira at 703-246-3553 or mferreira@volunteerfairfax.org.



Volunteer Fairfax is building a better community through service. As a respected leader of community volunteerism for more than 34 years, Volunteer Fairfax connects individuals, youth, seniors, families and corporations to volunteer opportunities in the Fairfax County area.

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