

NEWS RELEASE

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For Immediate Release

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Southwest Nebraska Public Health Department Announces Winners of National Preparedness Month Contest

McCook/Imperial–Southwest Nebraska Public Health Department (SWNPHD) is pleased to announce the winners of their National Preparedness Month disaster kit contest. Winners are Ashley Grassia, age 12 of Imperial and Lillie Schultz, age 11 of Danbury.



Youth created disaster kits, submitted a photo of themselves with the disaster kit, a list of supplies and an explanation of their kit. Each winner receives a \$50 iTunes gift card.

“We were very pleased with the high quality of disaster kits prepared by these youth,” explains Heidi Wheeler, Emergency Response Coordinator at SWNPHD. “This contest was a fun opportunity for youth and their families to plan together for emergency situations and share their success with others.”



National Preparedness Month promoted emergency preparedness efforts such as those of SWNPHD. If families would like to make disaster kits they can find details at our website: www.swhealth.ne.gov or contact Heidi Wheeler at 308-345-4223.

“We want to remind residents that this is a good time to start preparing for winter weather,” suggests Wheeler. “Preparing for emergencies is not just for adults.” Young children and teens need to be part of the planning process, for their own safety and sense of empowerment according to the website: www.ready.gov.

Other suggestions include:

- Work together to build an emergency kit
- Sit down as a family to talk about your communications plan in an emergency
- Role-play what you would do during a disaster
- Hold fire drills in you your home

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby’s. Winning entries will also be posted on the SWNPHD website and Facebook page.

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