

NEWS RELEASE

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For Immediate Release

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Southwest Nebraska Public Health Department Announces Contest for National Preparedness Month

McCook/Imperial–Southwest Nebraska Public Health Department (SWNPHD) is preparing for National Preparedness Month in September with a new contest. Youth (ages 8-18) in our eight-county district can participate by creating a disaster kit for their family, submitting a photo of themselves with the disaster kit, a list of supplies and an explanation of their kit. Four winners will be selected to receive a \$50 iTunes gift card. Deadline is Friday, September 20th.

“We want the residents of southwest Nebraska to be prepared for emergencies,” explains Heidi Wheeler, Emergency Response Coordinator at SWNPHD. “This contest is a fun opportunity for youth and their families to plan together for emergency situations and share their success with others.” Winning entries will be posted on the SWNPHD website and Facebook page.

Youth and their families can find the contest rules and entry form on the SWNPHD website: www.swhealth.ne.gov. They can mail their photo, list of supplies and completed entry form to SWNPHD 404 West 10th Street, McCook NE 69001 or email to info@swhealth.ne.gov.

National Preparedness Month promotes emergency preparedness efforts such as those of SWNPHD. Wheeler recommends that families or businesses develop disaster plans, gather emergency supplies, learn how to shelter in place and get involved through community volunteering and training. “We have excellent volunteers throughout southwest Nebraska but we all need to take care of our families first,” explains Wheeler. “Planning is the key for disaster preparedness.” Additional information can be obtained at <http://www.cdc.gov/features/beready> or www.ready.gov.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties. For more information call Heidi Wheeler at 308-345-4223. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby’s. You can also follow us on Facebook & Twitter.

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