



# PLANNING CAN HELP YOU SURVIVE A CRISIS

The devastating hurricanes and wildfires of the past year have reminded everyone of the importance of preparing for disasters. National Preparedness Month is recognized in September and this year is focused on planning, with the theme: "Disasters Happen. Prepare Now. Learn How."

Often, residents will be the first ones in communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your neighbors.

Officials recommend everyone learns lifesaving skills such as CPR and first aid. Check your insurance policies and coverage for the hazards your family, property and home could face – such as floods, severe storms and tornadoes. Have an emergency communication plan with your loved ones so that you can get in touch with each other if you are separated during a disaster.

Make sure to consider the costs associated with disasters and save money for an emergency. Keep several days worth of supplies of food, water and medicine in your home. Have flashlights, smoke detectors and fire extinguishers. Also know how to take practical safety steps like shutting off your home's electricity, water and gas.

- **Sept 1-8:** Make and Practice Your Plan
- **Sept 9-15\*:** Learn Lifesaving Skills
- **Sept 16-22:** Check Your Coverage
- **Sept 23-29:** Save For an Emergency

*\*Sept.15 is a National Day of Action*

**NATIONAL PREPAREDNESS MONTH 2018**



**PREPARE NOW** **LEARN HOW**



FEMA



One can find out more about local crisis programs through the Emergency Management Agency page at [cobbcounty.org](http://cobbcounty.org). While there, discover details about becoming a volunteer with the Community Emergency Response Team, get information about how Cobb's severe weather alert system works or sign up for one of the customized electronic Cobb newsletters designed to show you what's happening in your neighborhood.

For more information or to make your family's disaster preparedness plan, visit [ready.gov](http://ready.gov).

## Protect your kids the right way; get your car seats checked

In celebration of Child Passenger Safety Week, Safe Kids Cobb County is hosting a car seat inspection event 10 a.m.-2 p.m. Saturday, **Sept. 22**, at Kennesaw First Baptist Church.

Nationally-certified technicians will help event attendees properly install their car seats, booster seats and inform them if a change is needed in the type their children use. Those who attend can register for an appointment for the event at [safekidscobbcounty.org](http://safekidscobbcounty.org) or call 770-793-7185. Walk-ins are welcome on a first-come, first-served basis.

The American Academy of Pediatrics recently updated its child passenger safety policy. Now all infants and toddlers should ride in rear-facing car safety seats as long as possible,

until they reach the highest weight or height allowed by the manufacturers, according to the organization.

Most convertible seats have limits that will permit children to ride rear-facing for two years or more.

Safe Kids Cobb said child safety seats, when installed and used correctly, decrease the risk of fatal injury by 71 percent among infants, 5 percent among toddlers and 45 percent among children ages 4-8.

Kennesaw First Baptist Church is located at 2958 North Main St., Kennesaw. Event sponsors are Safe Kids Cobb County, Kiwanis, Champion Firm and Kennesaw Police Department.



Special

## Trucks and more at event for kids

Make plans to bring your family and friends to enjoy Truck-a-Palooza 10 a.m.-3:30 p.m., Saturday, **Sept. 8**. The event will be held at Town Center Mall, in the lower parking lot by Sears. This fun and educational event will give children of all ages the opportunity to explore police cars, SWAT trucks, fire rescue trucks, fire engines, heavy construction vehicles, dump trucks, front end loaders, military vehicles, a police helicopter and a mobile art truck. Parents are encouraged to bring their cameras for a lot of great photo opportunities. The cost is \$5 per person, with a \$20 maximum per family. All proceeds benefit the Cobb County Safety Village, where children learn important safety techniques and crime prevention information through hands-on experiences. For more information, call 770-852-3270 or visit [cobbcounty.org/safetyvillage](http://cobbcounty.org/safetyvillage).

## Celebrate Senior Day at the North Georgia Fair



Adults aged 55 and older are welcome to attend the North Georgia State Fair for free on Friday, **Sept. 21**, for "Senior Day." While the fair doesn't open until 4 p.m., there will be activities for senior adults from 9 a.m. until 1 p.m. Cobb Senior Services will be providing a free biscuit breakfast (while supplies last) beginning at 8 a.m. followed by Bingo at 10 a.m. and 12:30 p.m.

The fair will host four special shows during this time: Lady Houdini, A Grizzly Experience, Tiger Encounter and Olympic High Dive. For information on events and other offerings at the fair, please call 770-528-8989 after **Sept. 1**.

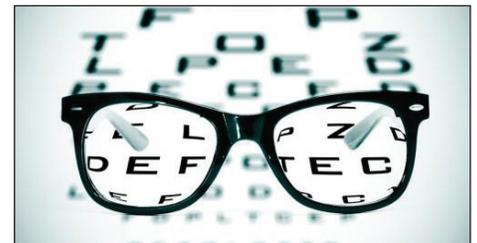
## Free vision screenings available in September

Vision issues have significant impacts on quality of life, including children's success in school and injury risks for all ages. Local Lions Clubs will provide free vision screening events in September as part Cobb County Public Libraries' Falls Prevention Awareness initiative. The events are open to adults and children from six months of age and older. Walk-ins are encouraged. Volunteers will use screening devices to detect possible vision issues that require follow-up professional care. Vision screening events:

- 2-4 p.m., Saturday, **Sept. 8**  
North Cobb Lions Club at Kennesaw Library, 2250 Lewis St., Kennesaw
- 2-4 p.m., Tuesday, **Sept. 11**  
Paulding-West Cobb Lions Club at West Cobb Regional Library, 1750 Dennis Kemp Lane, Kennesaw
- 1-4 p.m., Tuesday, **Sept. 18**  
South Cobb Lions Club at South Cobb Regional Library, 805 Clay Road, Mableton
- 1-4 p.m., Wednesday, **Sept. 19**  
South Cobb Lions Club at Sibley Library, 2539 South Cobb Drive, Marietta

- Noon-2 p.m., Friday, **Sept. 21**  
East Cobb Lions Club at East Cobb Library, 4880 Lower Roswell Road, Suite 510-B, Marietta

For more information, visit [cobbcat.org/falls-prevention](http://cobbcat.org/falls-prevention).



*Cobb County...Expect the Best!*

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