

Youth Xchange 2019 Sponsored Category:

PREPARE NOW

**Necessities.
Organization.
Wellness.**

On any given day...a natural disaster or public health disaster can disrupt your life. Planning and preparing now may help you and your family recover.

You can help plan for disasters! It's simpler than you think! The Hawaii Department of Health (DOH) wants **YOUR** help. Use your creativity to develop a Public Service Announcement (PSA) that demonstrates how to get prepared N.O.W (Necessities, Organization, Wellness).



✓ **Necessities.**

Necessities to stay clean, warm, hydrated, fed and in touch.



✓ **Organization.**

Organized so loved ones are all informed and on the same page



✓ **Wellness.**

Wellness steps and needs to keep healthy and less stressed.

Some Ideas for PSAs:

- What does your family emergency kit look like?
- How do you prepare for other family members? (i.e. grandparents, baby siblings)
- Family communication plans
- Evacuation plans
- Your family practicing wellness (running, walking, hiking)
- How are your pet(s) prepared?

For more ideas and information, visit the Prepare NOW Hawaii website at <http://www.preparenowhawaii.org/> or DOH's Office of Public Health Preparedness' page at <http://health.hawaii.gov/prepare/>

All entries must be uploaded to 'Ōlelo's OmniContest site by 11:59 p.m. HST on **Friday, February 15, 2019.**



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