

## What are some ways I can help? (Remember to get your parent's permission first!)



**Throw a block party** with your friends so neighbors can get to know each other better.



**Connect online** by creating a neighborhood Facebook group where people can share news, emergency info, or fun events!



**Get certified** in CPR, first aid, or in more specific health areas like bystander preparedness.



**Volunteer with local nonprofits** like 4-H, Junior Medical Reserve Corps, or HOSA Future Health Professionals, that work on improving community health.



**Create a neighborhood digital directory** with your friends that can be shared with neighbors so you can text one another, not only during a disaster but also every day.



**Make a map** of health resources in your town, like hospitals, pharmacies, and fire stations so you can share it online and at your local library or community center.



# KEEPING YOUR FRIENDS & FAMILY HEALTHY IN EMERGENCIES



## Want to know more?

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Your health is very important. Without good health, how can you and your friends be able to do things that help others and make the world a better place?

Keeping yourself, your friends, and your family healthy is not easy. But more opportunities to volunteer exist for you today than ever before. In fact, more than 15 million young Americans volunteer within their communities every year. That's more than half of all teens!

And working within your local community helps you make new friends and new relationships, which helps make your whole community stronger.

### **So what kind of incidents can have an effect on the health of my friends and family?**

- Every year more severe weather events happen across the country, with more hurricanes, tornados, winter storms, drought, and heat waves.
- Whether it's a common cold or exposure to something more severe, disease is something that can happen to anyone.
- Disasters and emergencies can happen anywhere!
- And even small things like power outages or extreme temperatures can be damaging to the health of people in your community, especially the elderly or disabled.



### **So what is Community Health Resilience?**

Community health resilience promotes an environment where people look out for each other, making sure everyone is prepared for and protected against negative health emergencies like severe weather or disease.

### **What does Community Health Resilience look like?**

Each community has unique needs to promote community health resilience. What works in a city might not work in a rural area. Get to know your community and find ways you can help people prepare for emergencies. No matter the size or location, each community needs people like you to step up and help out. There's always a way to make a difference.

For some communities, they can become stronger and more resilient just by getting to know each other

better. That can be through throwing a neighborhood block party, volunteering, or creating a preparedness plan for you and your friends' families.

For others, planning for community health resilience can look a lot different. Older students in rural areas can provide a ride sharing program to drive neighbors who don't have transportation to doctors' appointments or the pharmacy. Young people living in the city can volunteer at their local community center. If you and your friends are volunteering and doing something that helps your neighbors prepare for future events, then you're making your community health resilient!

### **Why should this be important to me?**

When you volunteer to ensure people are prepared for emergencies, you get to help protect health – making your community a better place for everyone. The work you do to make sure those around you are prepared for emergencies has a huge effect on their health before, during, and after a disaster. You're building community health resilience, which helps your community recover faster.

