



The Maryland State Medical Society

News: For Immediate Release

Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

JUNE IS NATIONAL SAFETY MONTH

BALTIMORE, June 12, 2013 — Is your family ready for an emergency? Planning ahead can help keep you safe if a flood, fire, flu pandemic, terrorist attack, or other emergency strikes. During National Safety Month, MedChi is working with community members to make sure families are safe.

MedChi CEO, Gene M. Ransom, states “Injuries are a leading cause of disability for people of all ages, and the leading cause of death for Americans ages 1 to 44. When people practice safe behaviors, they can help prevent injuries – and even death.”

It is important to get prepared. Start by gathering an emergency kit and making a family emergency plan and find out about the emergency resources that are available in your community. Here are a few simple items you can gather today to prepare for an emergency:

- At least 3 gallons of water for each member of your family
- Food for at least 3 days – choose foods that don’t need a refrigerator, like canned fruit, energy bars, peanut butter, and crackers
- Prescription medicines that you take every day, like heart or diabetes medicine
- A first aid kit to treat cuts, burns, and other injuries

For more information, visit www.medchi.org.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.