

Southwest Nebraska Public Health Department (SWNPHD) is preparing for National Preparedness Month in September with a new contest.

Youth (ages 8-18) in the eight-county district served by SWNPHD 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, Sept. 20.

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.

For additional information see www.cdc.gov/features/beready or www.ready.gov.