

VFW Safety Newsletter



Monthly Safety Information
September 2026

On a monthly basis we will provide our post members with significant safety events that could be useful to you and your family.

In addition to the newsletter, please look on our Facebook page (<https://www.facebook.com/VFW3103>) for additional links.

The month of September is the National Preparedness Month campaign theme - “**Americans Stand Ready**”, as FEMA will celebrate and encourage American resourcefulness and civic responsibility. This year’s theme will focus on several distinct ideas that capture how Americans take pride in their ability to protect themselves and their families and work together to recover from disasters:



- *Americans stand ready to uphold our patriotic duty.* When individuals are prepared and self-reliant, we can bolster the work our brave first responders do to help people on their worst day.
- *Americans stand ready to protect our family and friends.* We know best how to keep our loved ones safe when things go wrong.
- *Americans stand ready to help our communities.* Taking a proactive approach to get your community ready contributes to the nation’s resilience.

The month is a great time to take small steps to make a big difference in being prepared. Whether you may experience a power outage, a tornado, a fire (house/car/other), cross over flooding, hurricane winds, hail, earthquakes, lightning and thunderstorms, or other disasters/events, there are four key actions you can take to prepare for any disaster you may face:

- **Know your risk.** Know what could happen where you and your family live. This helps you figure out what you need to do to stay safe. You can explore various disasters and emergencies on Ready.gov ([Plan Ahead for Disasters | Ready.gov](https://www.ready.gov)). You can also learn about these risks through news and alert services such as the Emergency Alert System or NOAA Weather Radio.
- **Make a family emergency plan.** Making a plan early helps you reduce stress and save time and money. Follow [four easy steps](#) and create a free Family Emergency Plan quickly and easily using a fillable form ([Make a Plan Form | Ready.gov](#)).



Post 3103
2701 Princess Anne Street
Fredericksburg, VA
Veteran Non-Profit
501(c) 19 Tax Deferred



- Disasters are costly but preparing for them doesn't have to be. Taking time to prepare now can help save you thousands of dollars and give you peace of mind when the next disaster or emergency occurs. Visit Ready.gov's [low and no-cost tip page](#) to see how you can be better prepared without spending a lot of money.
- **Build an emergency supply kit.** Having enough food, water and medicine can help you stay safe and comfortable until help arrives. Having what you need can also prevent injury and damage to your home. Build a go-bag with all the essentials you might need, so you don't need to scramble in an evacuation situation.
 - You can go to Ready.gov to find a list of supplies for building go-bags at [Build A Kit](#). This is also an excellent activity to get family members and especially children, to get actively involved in emergency preparedness.
- **Get involved in your community by taking action to prepare for emergencies.** Emergencies can happen fast, and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. You can learn these steps when you take a first aid class through many organizations in your community.
 - Join a Community Emergency Response Team program and get trained on basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations.
 - Take a free online independent study course through [FEMA's Emergency Management Institute](#) or a [CPR course through the American Red Cross](#) to learn more about how to help your community become more prepared.

Important dates:

September 11: Patriot Day

September 12: National Day of Encouragement

September 17: Constitution Day / International Patient Safety Day

September 18: National HIV/AIDS and Aging Awareness Day

September 21: International Day of Peace

September 22: Falls Prevention Awareness Day

September 26/28/29: Family Health & Fitness Day USA / National Family Day / World Heart Day

September 30: National Love People Day

For more information about National Preparedness Month and other tips and resources, please visit:

<https://www.ready.gov/>

<https://www.ready.gov/alerts> (Emergency Alert System (EAS))

<https://www.weather.gov/nwr/> (National Oceanic & Atmospheric Administration (NOAA) Weather Radio)

https://www.ready.gov/september?gclid=CjwKCAjwmeiIBhA6EiwA-uaeFQewV5Ks2PcgwwodbaINs3WwqUAmL9CJ2oBjqyTL2AXC_A58eGa2xoCSRwQAvD_BwE (National Preparedness month – weekly themes and videos)

<https://www.ready.gov/kids> (for kids - games and learning tools)

Red Cross Training for Individuals (see the Red Cross website at <https://www.redcross.org>)

[Red Cross Training](#) | [Take a Class](#) | [Red Cross](#)

More Safety Observance information:

<https://www.nsc.org/events/safety-observance-calendar>

September National Daily Holidays: <https://nationaltoday.com/september-holidays/>