



FOR IMMEDIATE RELEASE

March 11, 2011

**Set your clocks, check your stocks**

**LAS VEGAS** - The Southern Nevada Health District reminds Valley residents to take time to check their preparedness kits when they move the clocks ahead on Sunday to make sure their emergency stockpiles are not missing any items and that food hasn't expired. The switch to Daylight Savings Time is another opportunity to rotate items in preparedness kits, change batteries in radios, update family information or review communication plans. For more information about emergency preparedness or how to develop an emergency preparedness kit, visit [www.SNHD.info](http://www.SNHD.info) or visit the American Public Health Association website, <http://www.getreadyforflu.org/clocksstocks/index.htm>.

An emergency preparedness kit is a first step to ensure families and businesses can sustain themselves in the event of an illness outbreak or a natural disaster.

Family emergency supplies can be contained in a large trashcan, a backpack or a suitcase and can be assembled over several months by adding just one or two items to a grocery list. A kit should include food, water, a first aid kit, tools, copies of important documents, clothing and bedding, medications, and pet supplies. A household preparedness kit should include enough supplies to sustain everyone in the household for up to three weeks.

The health district's recommendations for a family emergency preparedness kit include:

- Prescription and over-the-counter medications
- Toiletries, including soap
- First-aid kit
- Baby formula and diapers
- Extra eyeglasses
- Pet food/medications/leases/collars/ID tags
- Extra batteries for flashlight(s) and radio(s)
- Garbage bags
- Cash
- Non-perishable food, ready-to-eat canned meats, soups, fruits, vegetables, peanut butter, protein bars, utensils, can openers, sterno heating
- One gallon of water per person per day and fluids with electrolytes that will last for up to two weeks

Updated information about the Southern Nevada Health District can be found on Facebook

[www.facebook.com/SouthernNevadaHealthDistrict](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube

[www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter: [www.twitter.com/SNHDinfo](http://www.twitter.com/SNHDinfo).