



**FOR IMMEDIATE RELEASE:**  
**September 4, 2013**

**September is 'Emergency Preparedness Month'**  
*Health District encourages community to 'make a kit, make a plan'*

**LAS VEGAS** – The Southern Nevada Health District encourages everyone to develop preparedness plans that can be implemented in an emergency. 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. For more information about emergency preparedness or how to develop an emergency preparedness kit, visit [www.SNHD.info](http://www.SNHD.info).

Family emergency supplies can be contained in a large container, 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 as many as 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/leashes/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 as many as three weeks.

-more-

September is Emergency Preparedness Month – add one

Don't forget to prepare for your pets. Many shelters might not be able to accommodate pets. Before an emergency occurs, check hotels, motels or shelters to see which will be able to accept pets. Prepare a kit for your pets as well and remember to include any medical information or supplies, leashes, food, toys. Check with your vet about the pet carrier that is appropriate for your animal and microchip pets so you can find them if you are separated.

The health district and its partners will participate in several health and information fairs where guests can receive information about how to build their emergency preparedness kits:

**Sat., Sept. 7, 11a-3p**

Old Navy Store/N. Mesa Plaza  
1985 W. Craig, NLV

**Sat., Sept. 14, 10a-2p**

Lied Discovery Children's Museum  
360 Promenade Place, LV

**Sat., Sept. 21, 10a-2p**

Lowes Home Improvement  
2570 E. Craig Rd., NLV

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). The health district is now available in Spanish on Twitter [www.twitter.com/TuSNHD](http://www.twitter.com/TuSNHD). Don't have a Twitter account?

Follow the health district on your phone by texting "follow SNHDinfo" to 40404.