



FOR IMMEDIATE RELEASE

March 7, 2013

### **Check your stocks as you reset your clocks, March 10**

**LAS VEGAS** - The switch to Daylight Savings Time this Sunday, March 10, is the perfect opportunity for Southern Nevadans to check their family emergency stockpiles, change batteries in radios, replace expired food items, rotate items in the kit, update family information, or determine if there are any items that are missing. The Southern Nevada Health District has information about emergency preparedness as well as a calendar to help develop a family kit on its website, [www.SNHD.info](http://www.SNHD.info).

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/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 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). 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.

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