

***For immediate release***

October 26, 2015

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## **Set Your Clocks, Check Your Stocks**

Southwest Nebraska Public Health Department encourages everyone to Set Your Clocks, Check Your Stocks. Daylight Saving Time ends Sunday, November 1<sup>st</sup> and this is a simple reminder to check your emergency preparedness stocks before weather sets in.



“We are joining with the American Public Health Association Get Ready campaign to promote emergency preparedness,” explains Heidi Wheeler, SWNPHD Emergency Response Coordinator. “We have an emergency supplies checklist on our website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) to help you put together items that would be helpful in a disaster situation. All Americans should have some basic supplies on hand in order to survive for at least three days if any emergency occurs.”

Recommended items to include in a basic emergency supply kit include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation; more if you have pets
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger

“We encourage individuals to get an emergency supply kit, make a family emergency communications plan and be informed about the different types of emergencies that can

occur,” explains Wheeler. “Also consider having a smaller portable emergency kit in your vehicle, work or other places that you spend time. You may have unique needs for your family, such as pets, small children, and mobility issues so plan accordingly.”

Unique needs to consider:

- Prescription medications and glasses
- Infant formula and diapers
- Cash or traveler’s checks and change
- Important family documents in a water proof container
- First aid book
- Sleeping bag or warm blanket for each person
- Clothing and sturdy shoes, more if living in cold climate
- Household chlorine bleach and medicine dropper
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children
- Pet food, leash, travel equipment

Rotating out dated items and replacing with fresh items is a great reminder when we have the time change. “Have some fun with your family and take a moment to review your emergency communications plan,” encourages Wheeler. “A few extra minutes planning for an emergency could make a difference in an actual situation.”

If you have questions about emergency planning, Heidi Wheeler, SWNPHD Emergency Response Coordinator can be reached at 308-345-4223 or email her at: [erc@swhealth.ne.gov](mailto:erc@swhealth.ne.gov). SWNPHD is located at 404 West 10<sup>th</sup> Street (1 block north of Arby’s) in McCook. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth. The health department serves Chase, Dundy, Hayes, Hitchcock, Frontier, Furnas, Keith, Perkins and Red Willow counties.

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