Genesee County Health Department

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FOR IMMEDIATE RELEASE

DATE: March 3, 2015 END DATE: March 31, 2015

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RE: **Set Your Clocks - Check Your Stocks**

The Genesee County Health Department (GCHD) would like to remind residents that they should check their Emergency Preparedness Supplies regularly. Daylight savings time is a great reminder of when to check your emergency supplies. It is important to check the dates of food items and other dated items in your supply kit to make sure they have not expired. It is also important to check and update other stored items that you might need in case of an emergency. Now is also the perfect time to create an emergency kit if you don't already have one. Below is a list of items that you may want in your emergency preparedness kit:

- Flashlight and batteries,
- Manual can opener,
- Battery-operated radio (and batteries) or hand-cranked radio,
- Matches in waterproof container,
- Utility knife, duct tape, and scissors,
- Paper and pencil,
- Cash, traveler's checks and coins,
- Paper cups, plates, plastic utensils, paper towels and garbage bags,
- Pet food and water,
- Whistle, and a first aid kit,
- Three days worth of drinking water (one gallon of water per person, per day),
- Three-day supply per person of non-perishable foods, with consideration for special dietary needs. Avoid salty foods that make you thirsty and include canned foods with high liquid content.

You should also consider the need for prescription medications and other important medical supplies. Be sure to have a cell phone with a back-up charger. Citizens interested in finding out more about emergency preparedness can contact the Genesee County Health Department at: (810) 424-4441, or log on to www.gchd.us. Our motto is Better Life Through Better Health.