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Get Ready: Set Your Clocks, Check Your Stocks
Daylight saving time begins Sunday, March 11, 2 a.m. Is your emergency preparedness stockpile up to date?

When it's time to change your clocks because of daylight saving time, remember to check your preparedness kit to make sure your emergency stockpile isn't missing any items and that the food hasn't expired. Public health officials are reminding people to refresh their emergency supplies before a disaster occurs. If you haven't created a stockpile yet, now is the time to create one. (And, as always, don't forget to check the batteries in your smoke alarms.)

"We recommend having at least a three-day supply of food and water stored at home, with at least one gallon of water per person per day," said Mike Harryman, director of Emergency Operations for Oregon Health Authority's Public Health Division. "But we realize that may not be economically feasible, so we encourage Oregonians to pick up one or two items during every grocery store visit. Stock up on canned vegetables or batteries when they're on sale."

Emergencies — such as tornadoes, floods, storms, earthquakes or even disease outbreaks — can happen unexpectedly. You may be without electricity, refrigeration, clean tap water or phone service for days or weeks. In some cases, such as during a disease outbreak, you may be asked to stay home to keep safe. That's why having an emergency preparedness stockpile is important.

(cont.)

Get Ready: Set Your Clocks, Check Your Stocks, cont.

Emergency supplies include:

- Three-day supply of food and water;
- Flashlight and batteries;
- Manual can opener;
- Battery operated radio;
- First-aid kit;
- Extra prescriptions including medication, eye glasses or contact lenses;
- Important documents such as birth and marriage certificates, insurance policies, passports and Social Security cards.

For a complete list of emergency supplies, visit <http://public.health.oregon.gov>. Click on "Preparedness" on the left side of the homepage.

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