



FOR IMMEDIATE RELEASE  
May 7, 2008

### Health District reminds Las Vegans about emergency preparedness

LAS VEGAS -- The recent earthquakes in Reno serve as a reminder about the importance of having a family or workplace emergency plan in place. Emergency preparedness on a national or local level is about community preparedness with four important guidelines: get a kit, make a plan, be informed, and get involved. The Southern Nevada Health District has information available on its website, [www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org) to assist Valley residents with planning for emergencies.

Residents are encouraged to make a plan for their families and businesses. They should remember to make accommodations for their elder relatives and special needs members as well as their pets. Each household should develop an emergency kit that includes enough supplies to last for several days for each member of the family. Business owners should plan for disruptions and absenteeism. It could take three days or longer for federal or state assistance to reach the community.

Family emergency supplies can be contained in a large trash, a backpack or a suitcase. An emergency preparedness kit can be put together over several months by adding just one or two items to a grocery list. A calendar is available on the health district's website to help develop an emergency preparedness kit, which should include food, water, a first aid kit, tools, copies of important documents, clothing and bedding, medications, and pet supplies. When the clocks are changed, review the kit and replace items that are close to their expiration dates. Rotate items in and out of the kit as needed.

Business owners and large employers should have plans in place for business continuity and plans for the possible interruption of government services such as sanitation or electrical service. Businesses should identify key employees and their job duties, update sick leave/medical leave policies, develop off-site work solutions in case employees must work from home, and develop communication plans to educate staff about the company's plans.

Additional resources include [www.Ready.Gov](http://www.Ready.Gov), the American Red Cross, the Centers for Disease Control and Prevention (CDC), Citizen Corps and many others.