



FOR IMMEDIATE RELEASE  
September 8, 2010

**September is 'Emergency Preparedness Month'**  
*Health District encourages community to 'make a kit, make a plan'*

**LAS VEGAS** - The Southern Nevada Health District encourages everyone to develop preparedness plans that can be implemented in an emergency. 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. For more information about emergency preparedness or how to develop an emergency preparedness kit, visit [www.SNHD.info](http://www.SNHD.info).

The health district is hosting an open house at its 625 Shadow Lane location between 10 a.m. and 2 p.m., Thursday, Sept. 9, to provide information about preparing for an emergency, including how to develop a family preparedness kit. Information in Spanish will be available between 10 a.m. and 2 p.m. Monday, Sept. 13; information for individuals and families with special needs will be available between 10 a.m. and 2 p.m. Monday, Sept. 20; and information in a variety of Asian dialects will be available between 10 a.m. and 2 p.m. Monday, Sept. 29.

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

-more-

September is Emergency Preparedness Month – add one

The health district will also have preparedness information available for Spanish speakers, individuals and families with special needs, and Asian community members:

**Monday, Sept. 13**

**10 a.m. – 2 p.m.**

625 Shadow Lane

Information will be available in Spanish

**Monday, Sept. 20**

**10 a.m. – 2 p.m.**

625 Shadow Lane

Information for individuals and families with special needs will be available

**Wednesday, Sept. 29**

**10 a.m. – 2 p.m.**

625 Shadow Lane

Information will be available in a variety of Asian dialects

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/SNHInfo](http://www.twitter.com/SNHInfo).