



**FOR IMMEDIATE RELEASE:**  
**September 3, 2014**

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

**LAS VEGAS** – If an emergency or natural disaster occurred today, are you and your family prepared to be on your own for a few days or weeks? The Southern Nevada Health District encourages everyone to create a preparedness plan for their families or businesses, especially during Emergency Preparedness Month. For information about emergency preparedness or for tips to develop a family kit, visit the health district's emergency preparedness web page:  
<http://www.southernnevadahealthdistrict.org/php/index.php>

A family emergency preparedness kit can be assembled over several months simply by adding one or two items to a grocery list. Supplies can be contained in a new, large container, a backpack or a suitcase. 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 as many as 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

September is Emergency Preparedness Month – add one

Don't forget to prepare for pets. Many shelters might not be able to accommodate pets. Before an emergency occurs, check hotels, motels or shelters to see which will be able to accept pets. Prepare a kit for pets as well and remember to include any medical information or supplies, leashes, food, toys. Check with your vet about the pet carrier that is appropriate for your animal and microchip pets so you can find them if you are separated.

The health district and its partners will participate in several health and information fairs where guests can receive information about how to build their emergency preparedness kits:

**Thu., Sept. 4/11a-2p**

NLV Chamber of Commerce  
3365 W. Craig Rd., Ste 25, NLV 89032

**Fri., Sept. 5/10a-4p**

Henderson Farmers Market  
200 S. Green Valley Pkwy, Hend. 89012

**Sat., Sept 6/11a-2p**

Smith's Food King/ Aliante  
6855 Aliante Pkwy, NLV 89084

**Wed., Sept. 10/11a**

City of LV vs. CofNLV vs. City of Hend vs. Clark Cty  
Emergency Kit Cook-off  
Las Vegas City Hall, 495 S. Main St

**Fri., Sept. 11/ 9a-4p**

Henderson Farmers Market  
240 Water St, Hend. 89015

**Sat., Sept. 13/11a-2p**

Mariana's SuperMarkets  
2325 E. Cheyenne Ave., NLV 89030

**Thu., Sept. 18/11a-2p**

Aliante Casino & Hotel  
7300 N. Aliante Pkwy, NLV 89084

**Tue., Sept. 30/4p**

City of Las Vegas Twitter Chat  
@CityOfLasVegas

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/SNHDinfo](http://www.twitter.com/SNHDinfo). The health district is now available in Spanish on Twitter [www.twitter.com/TuSNHD](http://www.twitter.com/TuSNHD). Don't have a Twitter account?

Follow the health district on your phone by texting "follow SNHDinfo" to 40404.