



COUNTY OF ORANGE – HEALTH CARE AGENCY

PRESS RELEASE

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TIME CHANGE IS A REMINDER TO PREPARE FOR EMERGENCIES

(Santa Ana) - When it's time to change the clocks for daylight saving time this weekend, use it as a reminder to check your preparedness kit to make sure that your emergency stockpile is complete and the supplies have not expired. The American Public Health Association's (APHA) *Get Ready: Set Your Clocks, Check Your Stocks* campaign reminds people to refresh their emergency supplies before a disaster occurs. An easy way to remember to do this is to check emergency preparedness supplies and batteries in smoke detectors twice a year when you set your clocks.

To help prepare for public health emergencies APHA recommends that Americans have an emergency preparedness stockpile with at least three days of food, water and supplies. The *Set Your Clocks, Check Your Stocks* web site offers practical information for developing an emergency preparedness stockpile including a stockpile checklist, grocery list, stockpiling facts, tips for healthy stockpiling and stockpiling recipes. getreadyforflu.org/clocksstocks

For more information on emergency preparedness planning, visit the Health Care Agency's Health Disaster Management web site at healthdisasteroc.org/

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