

Delaware General Health District
Dedicated to your health

NEWS RELEASE

CHECK EMERGENCY SUPPLIES WHEN YOU FALL BACK ON NOV. 1

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FOR IMMEDIATE RELEASE

For further information contact Jesse Carter, public information officer, at 740-203-2085.

DELAWARE, Oh., Oct. 16, 2009 –When you switch your clocks back to standard time on Nov. 1, also check on your household’s emergency supply kit.

The Delaware General Health District encourages all residents to follow that advice from the American Public Health Association. APHA’s “Set your clocks, check your stocks” campaign urges everyone to make sure their emergency stockpiles aren’t missing items and that food items have not reached their expiration dates.

All households should have an emergency supply of food, water, medications, and hygienic items sufficient to last for three days in case of a natural disaster or major disease outbreak. This is especially important in light of the new H1N1 influenza virus currently spreading in our community. If you become ill with either seasonal (regular) flu or H1N1 flu, you should not go to grocery stores or other public places until you are no longer sick.

For additional information, log on to www.getreadyforflu.org.