



MEDIA ADVISORY
FOR IMMEDIATE RELEASE

March 12, 2010
Contact: Tom Schlueter (630) 444-3098
(630) 417-9729 cell
www.kanehealth.com

Be prepared: Set your clocks, check your stocks

When you set your clocks ahead for Daylight Saving Time Sunday March 14, it's also a good time to check your family's emergency preparedness supplies. Do you have a three-day supply of food and water for each member of your family? Do you have a first aid kit? How about a portable radio and flashlight with extra batteries? To learn more about the recommended items for your own preparedness kit, please visit www.kanehealth.com/emergency_prep.htm, or the American Public Health Association's Web site at www.apha.org.

"We recommend that you check your preparedness supplies twice a year, and the changing of the clocks each spring and fall is a good reminder to do so," said Kane County Health Department Executive Director Paul Kuehnert. "It's also the time to change the batteries in your smoke detectors."

As part of the APHA's Get Ready campaign, the association is offering six \$500 scholarships to high school seniors and undergraduate and graduate students who write an essay on public health disaster preparedness. In addition to the cash scholarship, the winning students will receive a one-membership in APHA. Deadline online submission is April 2. For essay topics and rules, please visit www.getreadyforflu.org.

###