



**MEDIA ADVISORY
FOR IMMEDIATE RELEASE**

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Change your clocks, check your stocks

When you change your clocks to Central Standard Time this Sunday, Nov. 2, the Kane County Health Department and Office of Emergency Management encourage you to update your emergency supply kits at the same time.

For years, safety officials have urged us to change the batteries in our smoke detectors when we change our clocks in the spring and the fall. Now, we are reminding residents to check their emergency stocks when they set their clocks, or if they do not have an emergency supply kit to start one.

“It’s easy to forget about emergency supplies when they’re tucked away in a box or a closet. Unfortunately, that means when there is an emergency, people often find their batteries have corroded in their flashlights or that the water they have stored has leaked,” Health Department Executive Director Paul Kuehnert said.

A partial list of items that should be in an emergency kit include water, food, first aid supplies, flashlight and batteries, battery-powered radio, clothing and bedding, tools and special items for medical conditions. It is recommended that each kit have a three-day supply of food and water for each family member.

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“Checking your supplies twice a year with the clock change is a great way to make sure that your emergency supplies are there when you and your family need them,” Kane County OEM Director Donald Bryant said.

More information regarding emergency preparedness is available by visiting http://www.kanehealth.com/emergency_prep.htm or <http://kcoem.org/Library/familypreparedness.pdf>.

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