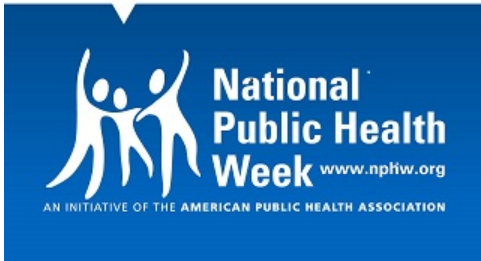




Healthiest Nation 2030

April 3 - 9, 2017



**San Benito County Public Health Services
wishes you Happy Public Health Week!**

Monday is “Preparing for Emergencies”

In the wake of recent local flooding disasters that have displaced so many from their homes in Hollister, it is imperative to remind our staff and citizens to prepare in advance for a disaster by creating an emergency supply kit for themselves and their families. By compiling an emergency kit, you are being proactive, not reactive, in your response to a possible catastrophic event. During a disaster, you could be isolated from immediate help for up to 3 days—having an emergency kit will help you be self-sufficient as you wait for help to arrive and could make a world of difference.

When gathering supplies for your kit it is important to choose items that could help in all types of potential disasters and can be operated with no running utilities to your home. For example: buying a hand-crank radio or one that's battery operated rather than one that requires a wall plug-in to work.

The very basics an emergency preparedness kit should include are:

- Water: a three day supply - one gallon per person per day-for drinking, sanitation, and food preparedness
- Food: a three day supply - preferably non-perishable or canned food
- Radio that is hand-cranked or battery operated
- Flashlight that is hand-cranked or battery operated
- First aid kit
- Whistles to signal for help
- Personal toiletries
- A tool-kit for potentially having to turn off utilities
- Local maps
- Extra supply of prescription medicines

Feel free to add such items as:

- Pet food and extra water for pets (if you own pets)
- Important family documents (birth certificates, insurance policies, vaccination records, bank account records, identification) in a water proof container
- Cash or travelers check
- Sleeping bag, or warm blanket per person
- Fire Extinguisher
- Matches or lighter
- Books, games, puzzles or other activities that don't require electricity

