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## Division of Public and Behavioral Health NEWS RELEASE

### **Don't Wait. Communicate. Make Your Emergency Plan Today.**

*September is National Preparedness Month*

*Carson City* - The Division of Public and Behavioral Health's Public Health Preparedness Program urges Nevadans to prepare for an emergency that would require self-reliance for three days without utilities and electricity, water service, access to a supermarket or local services, household medical needs, and possibly without response from police, fire or rescue.

"A plan that provides for your family's health care needs and safety in an emergency can make all the difference in the world," said Dr. Tracey Green, Nevada's Chief Medical Officer. "National Preparedness Month in Nevada highlights the importance of developing a plan that will keep your family safe and healthy should our communities be faced with a major disaster. I encourage all Nevadans to prepare and create a plan."

It's important to make a family emergency preparedness kit that is ready at a moment's notice. Some items to think about including in your kit are:

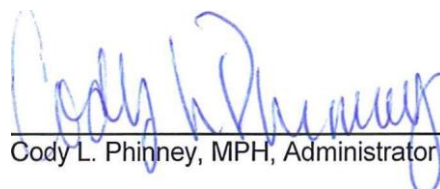
- Prescription and over-the-counter medications
- First-aid kit
- Baby formula and diapers
- One gallon of water per person, per day/fluids with electrolytes
- Battery controlled radio
- Non-perishable food, ready-to-eat canned meats, soups, fruits, vegetables, utensils, can openers
- Flash lights/extra batteries
- Pet food/medications/leashes/collars/ID tags.

Visit [www.ready.gov](http://www.ready.gov) for details on being informed, making a plan, building an emergency kit, and getting involved. Don't get caught unprepared for emergencies.

For more information about the Division of Public and Behavioral Health, go to:  
<http://dpbh.nv.gov>

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