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Press Release - FOR IMMEDIATE RELEASE

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Health District distributes hundreds of preparedness kits during National Preparedness Month and urges residents to make emergency kits and plans a family priority.

South Central Idaho - This September, South Central Public Health District (SCPHD) is working with community partners to distribute emergency preparedness kits to residents with fewer resources.

Preparedness specialists urge all residents to take the opportunity to create or refresh their own emergency kit for their household.

“The last few years have shown us that health, physical, and financial emergencies could be right around the corner for any community,” said Brenda Mason, SCPHD public health preparedness program manager. “Preparing your family with a basic emergency kit not only protects your health in a disaster but your peace of mind.”

When preparing your kit, Mason encourages residents to make sure they have the following:

- One gallon of water per person per day for several days.
- A several-day supply of non-perishable food for both people and family pets
- Flashlight and extra batteries
- First aid kit
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Backup supply of prescription medications
- Change of warm clothes and a warm blanket/sleeping bag for each person

“It can sometimes feel overwhelming to create a kit like this. If you need to, start small. Add just one item every two or three days until the list is complete,” said Mason.

Ready.gov also encourages residents to include copies of all essential paperwork (birth certificates, etc.), change of prescription lenses, and other necessities.

The emergency preparedness kits SCPHD staff have organized over the last few months will be distributed to residents across all eight counties in south-central Idaho. The preparedness materials are going to residents who have been preselected by regional and local providers.

Health and preparedness experts also encourage families to make an emergency plan with each other. Tips and guidance in creating that plan can be found at <https://www.ready.gov/plan>.