



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE
September 27, 2011

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September is National Preparedness Month

Champaign-Urbana Public Health District Encourages Citizens to Take Part during National Preparedness Month

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) is encouraging citizens to take time during National Preparedness Month and prepare for potential disasters. A disaster can strike at any time and being prepared is the best way to help protect yourself and your family.

The American Public Health Association (APHA) recommends that all households have at least a three-day supply of food and water stored in their homes; one to two weeks is preferred if ample storage space is available. An emergency preparedness stockpile should contain drinking water, at least one gallon per person per day, non-perishable food supplies that are not high in salt, household emergency supplies such as a flashlight, portable radio, batteries and a manual can opener and medical supplies including prescription medications and a first aid kit. Don't forget about extra supplies for pets too. Keep extra food, water and medications for pets as well.

Keep items in a place where you won't "borrow" from the stockpile. A cool, dark place is ideal but don't store food close to any solvents or cleaners. Keep supplies together in a box or plastic bin to avoid pests and humidity. Check your supplies once or twice a year. The APHA is encouraging the public to check their supplies through a Get Ready: Set Your Clocks, Check Your Stocks campaign. It is recommended to check your supplies when the clocks change for daylight savings time. Check expiration dates and physically examine contents.

Creating an emergency kit doesn't have to be expensive. Simply purchase one or two extra items each time you go to the store. Another option is to buy bulk products and split the cost with a family member, friend or co-worker.

For more preparedness information, visit any of the following websites:
www.aphagetready.org, www.stock2forflu.com, www.getreadyforflu.org/clocksstocks,
www.c-uphd.org.

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