

Urgent News Release #5

Richland County Health & Human Services
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TIPS TO PREPARE AN EMERGENCY SUPPLY KIT

Richland Center, WI: Richland County Health & Human Services recommends preparing an emergency kit for your family to keep them safe and healthy during a disaster. If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. You may think that you will have enough time to run to the grocery store, but stores quickly sell out of important supplies following emergency warnings. Unfortunately, about half of adults in the United States do not have the resources and plans in place for a possible emergency.

Here's what you'll need in an Emergency Supply Kit:

At Least a 3-day Supply of Food and Water

- One gallon per person, per day
- Foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk
- Manual can opener
- Basic utensils to prepare and serve meals

Health Supplies

- 3-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

Personal Care Items

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

Safety Supplies

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle

Electronics

The National Oceanic and Atmospheric Administration (NOAA) provides weather updates during emergencies. Look for a radio labeled "NOAA Weather Radio."

- Flashlight, extra batteries
- Radio (battery-powered, solar, or hand-crank) for updates on the situation
- Cell phone with chargers

Documents

Keep copies of your important documents, cash, spare keys, and maps in you emergency supply kit.

- Copies of important documents such as insurance cards and immunization records
- Paperwork about any serious or on-going medical condition
- Your completed [family emergency plan](#), complete with family and emergency contact information.

You should also keep

- Extra cash
- Maps of the area
- Extra set of car keys and house keys

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Richland County Flood Information Website: www.co.richland.wi.us

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TIPS DURING EXTREME HEAT CONT.

- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who are overweight
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first “tip” (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

For up to date information, visit the Richland County website at co.richland.wi.us.

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