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Time to Set Your Clocks, Check Your (emergency) Stocks

As we get ready to change from Daylight Saving to Standard Time, we are reminded again of the change in seasons. Heading into the winter season is a good time to check your emergency supplies to ensure they are refreshed and ready to use if needed.

Using the time change on Sunday, Nov. 3 (“Fall Back”), is a good way to remind ourselves to perform this task twice a year. Remember: “Set Your Clocks, Check Your Stocks.”

The American Public Health Association recommends that all Americans have at least a three-day supply of food and water stored in their homes, with at least one gallon of water per person per day. Your stockpile should also contain flashlights, a manual can opener, a radio, batteries and copies of important documents. When considering what else to include in your supply kit, take time to consider your family’s special needs, and don’t forget the needs of your family pet(s). Don’t forget to change the batteries in your smoke detector, either.

And while you’re at it, now is a good time to review your family’s plan in the event of an emergency. Making a plan for what you and your family will do when severe weather strikes is an important step in being prepared.

Gather information about hazards in our area by visiting the [Health Department’s website](#), the [American Red Cross](#) website, or [National Weather Service weather forecast office](#) website. Knowing and understanding this information ahead of time will help you prepare by understanding what types of disasters could occur and how best to respond and protect yourself.

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