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FOR IMMEDIATE RELEASE
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Set your clocks, check your stocks
Daylight Saving Time ends Sunday Nov 7

WOODSTOCK IL – McHenry County Department of Health (MCDH) reminds residents when you move your clocks back 1 hour for daylight saving time this Sunday November 7, remember to also check your preparedness kit to make sure your emergency stockpile isn't missing any items or food hasn't expired. The American Public Health Association's "**Set Your Clocks, Check Your Stocks**" campaign is reminding people to refresh their emergency supplies before a disaster occurs. If you haven't created a stockpile yet, now is the time to create one – and don't forget to check the batteries in your smoke alarms.

Emergencies such as floods, fires and hazardous weather can occur at any time of the year. Following a disaster, local officials and relief workers cannot reach everyone immediately – it may take hours or even days – so your stockpile should have at least 3 days of food, water and supplies. Basic services such as water and electricity may also be interrupted. A checklist to get you started is available at <http://www.ready.gov/america/getakit/index.html>. Other items to set aside include important family documents, cash/traveler's checks, prescriptions and pet supplies.

For additional information, call the MCDH Emergency Response Program at 815-334-4510.

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"Working to prevent disease and promote health and safety for all people of McHenry County since 1966."