



# NEWS RELEASE Mobile County Health Department

May 27, 2010

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[www.MobileCountyHealth.org](http://www.MobileCountyHealth.org)

## FOR IMMEDIATE RELEASE

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### Hurricane season begins June 1

#### *Are you ready?*

Hurricane season begins June 1. To be ready for a hurricane, or any other disaster, the Mobile County Health Department recommends that people collect and store these 10 essential items:

- 1. Water:** Have one gallon per person per day to use for drinking, hygiene and cleaning as needed. Purchased bottled water has an indefinite shelf life as long as the seal has not been broken. If purity is uncertain, treat water with either of these methods:
  - Boil at a rolling boil for 3-5 minutes. Let cool before drinking. To improve the taste, pour from one clean container to another.
  - To disinfect water, use regular household bleach containing 5.25% sodium hypochlorite. Do not use products labeled to contain other chemicals. Add 16 drops of bleach to 1 gallon of water. Let stand for 15 minutes before using. Repeat the process if a slight chlorine smell is not detected.
- 2. Food:** Have a two-week supply of non-perishable food per person including electrolyte drinks, ready-to-eat canned meat, fruit and vegetables, canned or boxed juices, powdered milk and soup, crackers, granola, and trail mix. Plan for your family's unique needs and tastes. Pay special attention to diets, infants, toddlers, and the elderly. Try to pack foods that require no refrigeration, preparation or cooking. Routinely inspect all foods for spoilage. Label and date all foods. Also consider the shelf life and rotate appropriately.
- 3. Can opener:** Make sure it's a manual can opener in case there's no electrical power. Understand how the manual can opener works. Be aware of the hand strength required to use a manual can opener. Practice using a manual can opener. Keep in mind that if you buy items with a pull-top opening, you won't need a can opener.
- 4. Medications:** Collect one month's worth of any prescription medicines you are taking. Discuss the possibility of stockpiling medication samples with your physician. Rotate stockpiled medication to ensure shelf life and note the expiration date so you don't keep anything past their date. Include non-prescription fever/pain relievers, antacids, anti-diarrheal items, etc., in your stockpile.
- 5. First aid:** Include basics such as antiseptic, gloves, a variety of bandage sizes, thermometer, and protective masks. You can buy a pre-made kit at most pharmacies or grocery stores.
- 6. Flashlight:** Keep a bright flashlight in case there's no electrical power. Consider getting a lantern-style

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light for hands-free use. Don't use candles They're a fire hazard and are easy to lose track of when the lights come back on. Remember to stock extra batteries and rotate stockpiled batteries.

**7. Radio:** Have a battery-powered radio for listening to news and weather. Consider buying a crank-operated or solar-powered radio with a weather alert feature. Don't forget extra batteries. Buy them in advance in case they should become hard to find.

**8. Clothes:** Collect extra clothing, socks, and shoes per person. Consider packing blankets, rain gear and outerwear in case of inclement weather. Evaluate size and replace every six months.

**9. Personal care items:** Collect the basics like soap, toilet paper, toothbrush, hand sanitizer, cleaning supplies, bleach, garbage bags, and feminine products. You might also want to include entertainment items such as cards, books, and comfort items for children.

**10. Important documents:** Collect copies of driver licenses, photo IDs, Social Security cards, birth certificates, deeds, titles, mortgage papers, insurance policies, bank account numbers, and credit cards. If you can, keep electronic copies of these items as well as photos of your home for insurance purposes on a flash drive/memory stick.

#### **Storage advice**

- Place your emergency supply kit items in water proof bags.
- Store the bags in one or two emergency containers, such as plastic tubs, unused trash cans or duffel bags.
- Store your kit where family members can locate it.
- Try to have enough food, liquid, batteries, and other supplies to last one to four weeks depending on the emergency.



**Note:** The information contained in this news release can be obtained by going to [www.MobileCountyHealth.org](http://www.MobileCountyHealth.org) and clicking on the "Get 10" tab on the left side of the screen.