



OCTOBER TIP OF THE MONTH

Autumn is a beautiful time of year in the Pacific Northwest. On November 1st Daylight Savings Time ends with the rolling back of clocks one hour. Use the time change as a reminder to ensure you and your family are prepared for the new season. Here are some simple things to improve your preparedness.

Change the Clocks, Change the Batteries, Check under the Bed...

Smoke detectors and carbon monoxide detectors save lives. The U.S. Fire Administration recommends fresh batteries for your detectors yearly to ensure reliable operation. Also make sure your under-the-bed items (shoes, gloves, and flashlight) are still intact.

Prepare for Cold & Flu Season... Cold weather is just around the corner and so are colds and flu. Public Health officials recommend yearly flu shots as an important step in protecting against the flu viruses. **Emergency Kit** items like canned soup, water, hot tea and over-the-counter medications can be used to ease cold symptoms and fight off dehydration. Don't forget to include disposable tissues and hand sanitizer in your kit.

Dress for the Weather... Store extra loose fitting, lightweight, warm clothing in your **Emergency Kit** should the power go out. Outer garments (jackets and coats) should be tightly woven and water repellent. Wear mittens, which are warmer than gloves, and include a hat; it will prevent loss of body heat.

Review Your Family Emergency Plan... Review your family's emergency plan with all family members. Update phone numbers, addresses, and other contact information. Post an Emergency Information Page near the phone and in your **Emergency Kit**.

For more information visit www.kitsapdem.org