



STATE OF MARYLAND

DHMH PRESS RELEASE

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FOR IMMEDIATE RELEASE:

Health Officials Remind Residents to Include Regularly Taken Medications in Emergency Supply Kits

BALTIMORE, MD (August 26, 2011) -- With the approach of Hurricane Irene, emergency preparedness is on everyone's mind. The Maryland Department of Health and Mental Hygiene (DHMH) reminds residents that public health preparedness is also extremely important. When planning and preparing emergency supply kits and "go bags," be sure to include all regularly taken prescription medications along with the first aid kit items.

If you already have a fully stocked emergency supply kit or "go bag," take a minute to check the contents to be sure that the expiration dates on the regularly taken medications have not expired. Check to see that the dosage is accurate on those medications. According to the Federal Emergency Management Agency (FEMA), your emergency supply kit or "go bag" should include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air, and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger

More hurricane public health and safety tips are available on the DHMH web site at: www.dhmh.maryland.gov.

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