



SET YOUR CLOCKS

CHECK YOUR STOCKS



Montana is a vast and wonderful state! However, natural hazards such as **wildfires, winter storms, and flooding** are an inevitable part of our landscapes. Having an **Emergency Supplies Kit** is an important step to prepare and protect your household for unseen events. It is also important to remember to check your supplies regularly.

Public health & preparedness partners encourage Montanans to use the clock change as a reminder to **CHECK YOUR STOCKS**.

Make sure that your Emergency Supplies Kit includes:

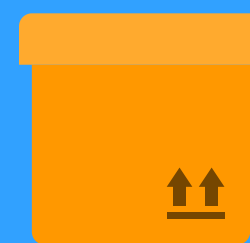


- A three-day supply of water with one gallon of water per person per day
- A three-day supply of non-perishable food
- Flashlights
- Manual can opener
- First-aid kit
- Radio
- Prescription medication, sanitary supplies, diapers, and pet supplies as needed

When it is time to change your clocks for daylight savings time, check your emergency preparedness stockpile. Replace anything that is expired or missing.

3 Easy Steps

Check your stockpile twice a year!



Check that you have what you need

Replenish supplies that are out of date or missing

Store supplies in an easily accessible container

Visit readyandsafe.mt.gov for more information on preparedness.



MONTANA PUBLIC HEALTH EMERGENCY PREPAREDNESS