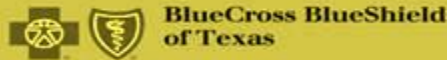


Health & Wellness Tip of the Week

Week 41 October 8, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



Be Ready to Weather the Storm

Crisis events like a blizzard, tornado or blackout can happen with little warning. Planning before there is a problem can help keep you and your loved ones safe. When getting ready for a crisis, keep in mind what could strike where you are. Since you won't have time to stop and shop, here are some things to consider having on hand:

- Water for at least three days (If you can, have plenty of water to last for two weeks, at least 1 gallon for each person and pet per day.)
- Food for at least three days (A 2-week-stock of food that won't spoil is best.)
- Hand-operated can opener
- Flashlight and extra batteries
- Battery-powered or hand crank radio
- First aid kit A 7-day-supply of each person's medicines

Having a plan and the right things ready can help you stay safe during a crisis.

Sources: U.S. Department of Health and Human Services; Centers for Disease Control and Prevention

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