



Eddie A. Perez
Mayor

TIME TO SPRING FORWARD!

---NEWS AND COMMUNITY RELEASE---

(March 11, 2010)--- It's that time of year again. Yes, we lose an hour of sleep but we gain an hour of daylight. Mayor Eddie A. Perez, in partnership with the Hartford Police Department, Fire Department, and Emergency Services, wants to remind you that this is the weekend to change your clocks and move them forward one hour.

However, this is more than a time to "spring forward." This is also a time to check your emergency preparedness kit--- supplies that are recommended to be on hand, in case of a pandemic, major storm, or disaster. That list includes at least a three-day supply of bottled water, nonperishable foods and essential medications set aside for each member of your family. And don't forget the needs of your pets.

Also, please check the batteries in your smoke alarms and other home monitors.

In case of an emergency when shelter is needed, the following places are designated to serve neighborhoods:

For more useful information and ideas, please go to <http://www.getreadyforflu.org/clocksstocks/index.htm>.