



August 2008 Newsletter

Health News

I was recently reading a newsletter and as it opened, the first headline was "Health News". It grabbed my attention so quickly that I thought I would start this month's newsletter out with the same header. I hope you are smiling!

Actually, after traveling and talking to so many wonderful people about emergency issues this summer, I realize more and more how vital it is to plan for food and water during emergencies and disasters. This month we shall talk about water!

During natural disasters, drinking water is vital. It feeds the body, fuels our cells and keeps us going. If you stay in your home during an emergency or disaster, fill your bath tub, and use the water in your hot water heater as a water source. If you have a swimming pool, you are all set! If you are at home or away from home, here are some great tips on preparing water.

BOIL - BOIL - BOIL Short of using a very high-quality water filter, this is the most reliable method for killing microbes and parasites. Bring water to a rolling boil and keep it simmering for at least several minutes. Add one minute of boiling to the initial 10 minutes for every 1,000 feet above sea level. Cover the pot to shorten boiling time and conserve fuel.

LIQUID UNSCENTED BLEACH

In an emergency, think of this...

ONE GALLON of bleach as 3,800 GALLONS of drinking water.

Here's how: (Store these directions with your emergency bottle of bleach.)

First let water stand until particles settle.

Pour the clear water into an uncontaminated container and add Regular bleach per the chart listed below. Mix well. Wait 30 min. Water should have a slight bleach odor. If not, repeat dose. Wait 15 min. Sniff again. Keep an eyedropper taped to your emergency bottle of bleach, since purifying small amounts of water requires only a few drops.

**Have a
Question or a
Great Story?**

Email me at:
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Ratio of Bleach to Water for Purification

- 2 drops of regular bleach per quart of water
- 8 drops of regular bleach per gallon of water
- 1/2 teaspoon regular bleach per five gallons of water
- If water is cloudy, double the recommended dosages of bleach

Life Lock & Identity Theft

I recently listened to an interview with the CEO of Life Lock, Todd Davis (He's the guy who tells his social security number on his television ads). I was so impressed with the interview that I signed up. You may want to Check into it! www.lifelock.com.

National Preparedness Month

With September being the start of *National Preparedness Month* I would like to encourage you to visit www.ready.gov and check out the helpful materials for your family and business. Make sure to plan your individual Get Away Bags and don't forget to pack one for your pets! Simply go to www.mylifeinbox.com/getaway.pdf for directions.

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