



City of Yakima

# **News Release**

**Subject: Daylight saving time begins Sunday, March 10<sup>th</sup>**

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**Release Date: Friday, March 8<sup>th</sup>, 2019**

## **Daylight saving time begins Sunday, March 10<sup>th</sup>**

Daylight saving time will officially begin at 2:00 am on Sunday, March 10<sup>th</sup>. Clocks are set ahead one hour and many people set their clocks to "spring forward" before they go to bed the night before, in this case Saturday, March 9<sup>th</sup>.

When you change your clocks, the National Safety Council suggests also taking the opportunity to conduct safety checks around the home. That includes checking the batteries in your smoke alarms and carbon monoxide detectors, reviewing your family emergency plan, taking unwanted or expired medicines to a prescription drop box, and updating your first aid kit.

Daylight saving time is scheduled to end on Sunday, November 3<sup>rd</sup>, 2019 when clocks will "fall back" one hour.