

EMERGENCY PREPAREDNESS CALENDAR

This Emergency Preparedness Calendar makes it easier to prepare for emergencies. Use it as a guide to prepare your home and assemble an emergency kit in small steps. Each week, check the boxes as you do a few tasks and gather a few emergency supplies.

The goal is to make your home safer and to assure that all in your household have adequate provisions for three to five days. Start by checking around your home for supplies that you already have. If they can become part of your emergency supplies, check the boxes.

Decide where you will store supplies, including tools. A large plastic garbage can with lid-locking handles may be used. Food may be kept on kitchen shelves. Stored food and supplies should be easily accessible, immediately inside an entrance or in a small shed. Rotate water and perishable supplies every six months.

*Note: Items marked with an asterisk * should be purchased for each member of the family.*

WEEK 1

Supermarket

- 1 gallon water*
- 1 jar peanut butter*
- 1 large can juice*
- 1 can meat/beans*
- Hand-operated can opener
- Instant coffee, tea, powdered drinks
- Permanent marking pen (see **To Do**)

IF NEEDED:

- Baby food
- Powdered milk
- Disposable diapers
- Pet food and water

To Do

- Make a family plan
- Date the perishable food and water with the marking pen
- Store pet supplies in plastic containers

WEEK 2

Hardware

- Crescent and/or shut-off wrench
- Heavy rope
- Duct tape
- 2 flashlights with batteries
- 4 12-hour chemical light sticks
- Bungee cords

IF NEEDED:

- Pet leash
- Pet carrier

To Do

- Check your home for hazards
- Locate your gas meter and water shut-offs, attach a wrench nearby

WEEK 3

Supermarket

- 1 gallon water*
- 1 can fruit*
- 1 can meat/beans*
- Sanitary napkins
- Video tape

IF NEEDED:

- Baby food
- Disposable diapers
- Pet food

To Do

- Use (rent) a video camera to tape the contents of your home for insurance purposes
- Store video tape with friend/family living out-of-town

WEEK 4

Hardware Store

- Axe
- Crowbar
- Smoke detectors with batteries
- Strapping kit for water heater

IF NEEDED:

- Extra medications or prescription marked "emergency use"

To Do

- Install or test the smoke detectors.
- Strap water heater

WEEK 5

Supermarket

- 1 gallon water*
- 1 can meat/beans*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper*
- Extra toothbrush*
- Travel size toothpaste

IF NEEDED:

- Food for special diets

To Do

- Have a fire drill at home
- Pack extra clothes (layers for varying temperatures)

WEEK 6

First Aid Supplies

- Aspirin and/or acetaminophen
- Compresses
- Rolls of gauze or bandages
- First aid tape
- Adhesive bandages (in assorted sizes)

IF NEEDED:

- Extra hearing aid batteries

To Do

- Check with child's day care or school to find out about their emergency plans

WEEK 7

Supermarket

- 1 gallon water*
- 1 can ready-to-eat soup, (not concentrate)*
- 1 can fruit*
- 1 can vegetables*

IF NEEDED:

- Plastic baby bottles
- Baby formula
- Additional diapers

To Do

- Establish an out-of-state contact for all family members to call when there is an emergency

WEEK 8

First Aid Supplies

- Scissors
- Tweezers
- Triple Antibiotic
- Digital Thermometer
- Liquid hand soap
- Disposable hand wipes
- Sewing kit

IF NEEDED:

- Extra eyeglasses

To Do

- Place a pair of shoes and flashlight under the bed to have handy in an emergency*

WEEK 9

Supermarket

- 1 can ready-to-eat soup*
- Liquid dish soap
- Plain liquid bleach
- 1 box heavy-duty garbage bags

IF NEEDED:

- Saline solution and contact lens case

To Do

- Send favorite family photos (or copies) to family member out-of-state for safekeeping

WEEK 10

Hardware Store

- Waterproof portable container (with lid) for important papers
- Portable AM/FM radio with batteries
- Rain gear*
- Blankets or sleeping bag*

To Do

- Make disks and photocopies of important papers
- File safely

WEEK 11

Supermarket

- 1 large can juice*
- Large plastic food bags
- Quick energy snacks*
- 3 rolls paper towels
- Sunscreen

To Do

- Store bills/traveler's checks, quarters, credit card and car keys

WEEK 12

First Aid Supplies

- Anti-diarrhea medicine
- Rubbing alcohol
- 4 pairs latex gloves
- Ipecac syrup (to induce vomiting)
- Children's vitamins

IF NEEDED:

- Items for denture care

To Do

- Take your family on a tour of your gas and water shut-offs

WEEK 13

Hardware Store

- Whistle
- Fire extinguisher, ABC type
- Pliers
- Vise grip
- Shovel
- Broom

To Do

- Take a Community Emergency Response Training (CERT) course from the fire department

WEEK 14

Supermarket

- 1 can meat/beans*
- 1 can vegetables*
- 1 package paper plates
- 1 package eating utensils
- 1 package paper cups
- Vitamins*

To Do

- Make a plan to check on a neighbor who might need help in an emergency

WEEK 15

Hardware Store

- Extra flashlight batteries
- Masking tape
- Hammer
- Assorted nails
- Brackets to secure tall furniture to wall studs
- Wood screws

To Do

- Brace furniture
- Take family on a hunt to find a pay phone near home

WEEK 16

Supermarket

- 1 can fruit*
- 1 can meat/beans*
- 1 can vegetables*
- Box facial tissues
- Quick energy snacks*

To Do

- Find out if there is a neighborhood emergency group and join it

WEEK 17

Supermarket

- 1 box graham crackers
- Assorted plastic containers with lids
- Assorted safety pins
- Dry cereal

To Do

- Arrange in advance for a friend or neighbor to care for children and pets if you are unable to get home

WEEK 18

Hardware Store

- "Childproof" latches or other cupboard fasteners
- Double-sided tape or Velcro fasteners to secure moveable objects

To Do

- Install latches and fasteners
- Pack a "go-pack" in case you need to evacuate

WEEK 19

Supermarket

- 1 box heavy-duty garbage bags
- More quick energy snacks*

To Do

- Have an emergency drill at home
- Keep a few games and books with your emergency supplies

WEEK 20

Hardware Store

- Camping or utility knife
- Extra radio batteries
- Tube tent(s)
- Local map

To Do

- Find out about emergency plans at your workplace

WEEK 21

Hardware Store

- Heavy work gloves
- 1 box disposable dust masks
- Screwdriver
- Plastic safety goggles

WEEK 22

Supermarket

- Extra hand-operated can opener
- 3 rolls paper towels

WEEK 23

Hardware Store

- Battery-powered camping lantern with extra battery or extra flashlights
- Water purification tablets

WEEK 24

Supermarket

- Large plastic food bags
- Plastic wrap
- Heavy-duty aluminum foil