



## PREPAREDNESS CALENDAR- 24 WEEKS OF ACTIVITIES TO GET YOU PREPARED

This calendar is intended as a tool to help you take appropriate preparedness actions and create a 3-7 day disaster supply kit for your household before the next emergency happens. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each of the items you collect or the actions you take during the week. Supplies may be stored all together in a large plastic garbage can with wheels, putting the heavy items at the bottom. Remember to rotate your perishable supplies and change water every six months. **Review this calendar every six months.**

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<p><b>GROCERY Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 hand-operated can opener</li> <li><input type="checkbox"/> Permanent marking pen</li> </ul> <p><b>Additional:</b> pet food, diapers, baby food.</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Date perishable items with marker</li> <li><input type="checkbox"/> Decide upon &amp; notify out-of-area contact who can coordinate information for scattered family members.</li> </ul>	<p><b>HARDWARE Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy cotton or hemp rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> <li><input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ</li> </ul> <p><b>Additional:</b> leash or carrier for your pet, extra set of I.D. tags</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for First Aid/CPR class</li> </ul>	<p><b>GROCERY Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> Paper &amp; pen</li> <li><input type="checkbox"/> Local map</li> <li><input type="checkbox"/> Pain reliever</li> <li><input type="checkbox"/> Laxative</li> </ul> <p><b>Additional:</b> 1 gallon water for each pet</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about what kinds of disasters can happen in your area.</li> <li><input type="checkbox"/> Encourage neighbors to develop their own plans.</li> </ul>	<p><b>HARDWARE Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 6-way laser flashing safety light</li> <li><input type="checkbox"/> Compass</li> </ul> <p><b>Additional:</b> Medicines/prescriptions marked "for emergency use", contact-lens supplies</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency.</li> </ul>	<p><b>GROCERY Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 2 rolls toilet paper*</li> <li><input type="checkbox"/> Extra toothbrush</li> <li><input type="checkbox"/> Travel-size tooth paste</li> </ul> <p><b>Additional:</b> Special foods for special dietary needs</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify escape routes from house for all family members</li> <li><input type="checkbox"/> Identify safe places to go in case of local disasters</li> <li><input type="checkbox"/> Practice a drill for each of your plans</li> </ul>	<p><b>HARDWARE Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> First Aid Kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves</li> <li><input type="checkbox"/> Safety pins</li> <li><input type="checkbox"/> Sunscreen</li> </ul> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify storage area for your supplies such as closet along an inside wall, or watertight plastic garbage cans that can be stored outside. If using outside storage, ensure container is also animal proof.</li> </ul>
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<p><b>GROCERY Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Sewing kit</li> <li><input type="checkbox"/> Disinfectant</li> </ul> <p><b>Additional:</b> Extra baby supplies (bottles, formula, diapers)</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame.</li> </ul>	<p><b>FIRST AID SUPPLIES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid hand soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Petroleum jelly</li> <li><input type="checkbox"/> 2 tongue blades</li> </ul> <p><b>Additional:</b> Put extra eyeglasses in First Aid Kit</p>	<p><b>GROCERY Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)*</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment</li> <li><input type="checkbox"/> 1 box heavy duty garbage bags with ties</li> <li><input type="checkbox"/> Antacid</li> </ul> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Test smoke detector and replace batteries</li> </ul>	<p><b>HARDWARE Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable container for important papers</li> <li><input type="checkbox"/> Battery powered or wind up radio</li> <li><input type="checkbox"/> Wrench to turn off utilities</li> </ul> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure that everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off.</li> <li><input type="checkbox"/> Attach a wrench near each shutoff valve so it is there when needed.</li> </ul>	<p><b>GROCERY Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> 1 box high-energy snacks</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul> <p><b>Additional:</b> Keep extra battery for cell phone or change for pay phone usage.</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Locate pay phones closest to your home.</li> </ul>	<p><b>GROCERY Store or PET CARE Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Litter and box</li> <li><input type="checkbox"/> Extra water</li> </ul> <p><b>Additional:</b> Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs.</p> <p><b>Action Steps:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Photocopy important papers and store safely.</li> </ul>

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WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18
<b>Action Steps:</b> <input type="checkbox"/> Add to emergency supplies a change of clothing and pair of shoes for each person in the family. <input type="checkbox"/> Put together a selection of favorite and most used spices- salt, pepper, sugar- in small packets. <input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person. <input type="checkbox"/> Check to be sure all perishables have been dated.	<b>HARDWARE Store</b> <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry bar  <b>Action Steps:</b> <input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts	<b>HARDWARE Store</b> <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer  <b>Action Steps:</b> <input type="checkbox"/> Secure water heater, bookcases, computer and other heavy items that could fall in an earthquake	<b>GROCERY Store</b> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables*  <b>Action Steps:</b> <input type="checkbox"/> Develop a disaster supply kit for your vehicles. <input type="checkbox"/> Find out if you have a neighborhood safety group and become involved.	<b>HARDWARE Store</b> <input type="checkbox"/> "Child-proof" latches or fasteners for cupboards <input type="checkbox"/> Quakehold museum putty to secure moveable items on shelves  <b>Action Steps:</b> <input type="checkbox"/> Secure doors and moveable items	<b>GROCERY Store</b> <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Assorted plastic containers with lids. <input type="checkbox"/> Dry cereal  <b>Additional:</b> Special equipment such as hearing aid batteries  <b>Action Steps:</b> <input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work
WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
<b>FIRST AID SUPPLIES</b> <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic  <b>Action Steps:</b> <input type="checkbox"/> Secure sleeping bag or blanket for each family member	<b>GROCERY Store</b> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts  <b>Action Steps:</b> <input type="checkbox"/> Assemble an activity box of cards, games, toys	<b>HARDWARE Store</b> <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheeting  <b>Additional:</b> Denture care supplies  <b>Action Steps:</b> <input type="checkbox"/> Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area	<b>GROCERY Store</b> <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil  <b>Action Steps:</b> <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors.	<b>HARDWARE Store</b> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask*  <b>Action Steps:</b> <input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store	<b>Action Steps:</b> <input type="checkbox"/> Begin rotating water and food stores, replacing those purchased in week one. <input type="checkbox"/> Check that storage area is safe and dry. <input type="checkbox"/> Continue rotation each month so that fresh stores are always on hand.

\* One per person

**Note:** You should store 1-2 gallons of water per person for each day. This water is for consumption and sanitation. For this reason the calendar repeats the need to purchase water several times.

### Examples of Food Items:

- Select based on your family's preferences.
- Pick low-salt, water-packed varieties when possible.

<i>Canned Meat</i>	Tuna, chicken, raviolis, chili, stew, Spam™, corned beef, etc.
<i>Vegetables</i>	Green beans, corn, peas, beets, baked beans, carrots, etc.
<i>Fruit</i>	Pears, applesauce, mandarin oranges, pineapple, etc.
<i>Energy Snacks</i>	Peanut butter, granola bars, trail mix, protein bars, etc.