



# PREPAREDNESS CALENDAR

Disaster supplies and preparedness activities over 12 months



<b>MONTH 1</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> Hand-operated can opener and bottle opener</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Plain liquid bleach</li> <li><input type="checkbox"/> Plastic wrap (like Saran)</li> <li><input type="checkbox"/> Aluminum foil</li> <li><input type="checkbox"/> Heavy-duty work gloves</li> <li><input type="checkbox"/> 1 container for your preparedness supplies</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pet food and water</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about disasters that can happen in your area. Identify safe places to go in case of fire, earthquake other local disaster.</li> <li><input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear. Place the items in your kit and cross off this list</li> <li><input type="checkbox"/> Conduct a home hazard hunt &lt;link to page&gt;</li> </ul>
<b>MONTH 2</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can juice*</li> <li><input type="checkbox"/> Cereal bars, dry cereal, instant oatmeal*</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> Antibacterial liquid soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Duct tape</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra baby supplies (formula, bottles, diapers, wipes)</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your child's daycare or school to find out about their disaster plans</li> <li><input type="checkbox"/> Establish an out-of-area contact who can coordinate information among family members during an emergency</li> <li><input type="checkbox"/> Locate the gas meter and water shutoff points. Attach/store wrench or shutoff tools nearby</li> </ul>
<b>MONTH 3</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can meat or stew*</li> <li><input type="checkbox"/> 2 rolls toilet paper*</li> <li><input type="checkbox"/> 6 rolls paper towels</li> <li><input type="checkbox"/> 3 boxes facial tissue</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Antidiarrheal medicine</li> <li><input type="checkbox"/> 1 container for your preparedness supplies</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pet supplies (food, water, leash, collar, carrier, pet first aid kit, litter, photo)</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about your workplace disaster plans.</li> <li><input type="checkbox"/> Make your family preparedness plan. Visit &lt;link to something here&gt; for suggestions.</li> <li><input type="checkbox"/> Place a sturdy pair of shoes and a flashlight under each family member's bed so that they will be handy during an emergency.</li> </ul>

\* one for each family member



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<b>MONTH 4</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Family-sized first aid kit</li> </ul> <p><b>Be sure to write the purchase date on all water and food containers that do not already have an expiration date!</b></p>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Denture care supplies</li> <li><input type="checkbox"/> Contact lens supplies</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify neighbors who may need help in an emergency (elderly, those with limited mobility or health problems, children who might be alone).</li> <li><input type="checkbox"/> Make photocopies of important papers and information, place in a waterproof bag and put with your supplies.</li> <li><input type="checkbox"/> Conduct a home fire drill during the day.</li> </ul>
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<b>MONTH 5</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> Small-sized versions of any needed condiments</li> <li><input type="checkbox"/> Matches in waterproof container or lighter</li> <li><input type="checkbox"/> Masking tape</li> <li><input type="checkbox"/> 1 container for your preparedness supplies</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Small baggies or jars of most-used spices, including salt, pepper and sugar.</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a CPR/first aid class.</li> <li><input type="checkbox"/> Test your family communication plan.</li> <li><input type="checkbox"/> Identify a storage location for your supplies. If storing outside, be sure your storage containers are weather and animal-proof.</li> </ul>
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<b>MONTH 6</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready to eat or instant soup*</li> <li><input type="checkbox"/> Safety pins</li> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Crescent wrenches (or utility shutoff tools)</li> <li><input type="checkbox"/> Pain reliever</li> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Sewing kit</li> <li><input type="checkbox"/> Heavy-duty tarps or plastic sheeting</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Add a change of clothing and jacket for each family member to your kit</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a supply of medications/prescriptions with your supplies. Date any medication that is not dated.</li> <li><input type="checkbox"/> Change battery in smoke detector.</li> <li><input type="checkbox"/> Check to see if your water is expired (replace every 6 months if you filled your own containers).</li> </ul>
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MONTH 7	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box energy bars or snacks*</li> <li><input type="checkbox"/> Extra batteries for flashlights, radio and hearing aids</li> <li><input type="checkbox"/> Assorted waterproof zipper bags</li> <li><input type="checkbox"/> Kitchen-sized garbage bags or plastic grocery sacks</li> <li><input type="checkbox"/> Package of eating utensils</li> <li><input type="checkbox"/> Package of paper cups</li> <li><input type="checkbox"/> Additional storage container for your preparedness supplies (if needed)</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> An activity box for kids (toys, games, puzzles)</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry).</li> <li><input type="checkbox"/> Test your evacuation plan. Bring your pets and your emergency kit during the test. Update your plan after the test.</li> </ul>
MONTH 8	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Box of crackers or graham crackers*</li> <li><input type="checkbox"/> ABC fire extinguisher</li> <li><input type="checkbox"/> Surgical-type gloves (to be put with the first aid kit)</li> <li><input type="checkbox"/> Package of paper plates</li> <li><input type="checkbox"/> Package of napkins</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Blankets or a sleeping bag for each family member</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Exchange work, home and emergency contact phone numbers with neighbors. Encourage them to develop their own emergency plans.</li> <li><input type="checkbox"/> Test your shelter in place plan in your home. Consider going without power and water, and using items from your kit for a weekend. Be sure to include your pets in your test! Update your plan after the test.</li> </ul>
MONTH 9	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Coffee, cocoa or tea</li> <li><input type="checkbox"/> Canned or powdered milk*</li> <li><input type="checkbox"/> Portable AM/FM radio with batteries or hand crank</li> <li><input type="checkbox"/> Box of large garbage bags</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Antacid tablets</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> An extra pair of eyeglasses</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet with neighbors to inventory equipment that could be shared during an emergency (chain saws, generators, utility trailers, ATVs).</li> <li><input type="checkbox"/> Secure water heaters, shelves, cabinets and drawers to keep them from falling and/or opening during an earthquake. Use museum putty to secure moveable items.</li> </ul>

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<b>MONTH 10</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dried fruit and nuts</li> <li><input type="checkbox"/> Special dietary items</li> <li><input type="checkbox"/> Heavy rope</li> <li><input type="checkbox"/> Crowbar</li> <li><input type="checkbox"/> Hammer and assorted nails</li> <li><input type="checkbox"/> Screw drivers and assorted screws</li> </ul>	<p><b>Add to your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Additional items needed for your family</li> </ul> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a small preparedness kit for each vehicle. Include food, water, blanket, small first aid kit, cell phone charger, list of important phone numbers.</li> <li><input type="checkbox"/> Conduct an earthquake drill. Rearrange or secure additional items if needed.</li> </ul>
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<b>MONTH 11</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Comfort foods</li> <li><input type="checkbox"/> Plastic bucket with lid for toileting needs</li> <li><input type="checkbox"/> Extra toothbrush and toothpaste*</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start a Neighborhood Watch program.</li> <li><input type="checkbox"/> Make arrangements to have someone help your children and/or animals if you're at work when an emergency occurs.</li> </ul>
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<b>MONTH 12</b>	<p><b>Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Box of disposable dust masks</li> <li><input type="checkbox"/> Safety goggles</li> <li><input type="checkbox"/> Antiseptic wash/spray</li> <li><input type="checkbox"/> Additional storage containers for your kit (if needed)</li> <li><input type="checkbox"/> Any other needed supplies you identified during the past 11 months</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check the expiration dates on stored water, food and medications (including any in your first aid kit). Rotate or replace supplies as needed.</li> <li><input type="checkbox"/> Make a 12-month plan for the coming year to test and update your plans, and to rotate items in your emergency kit as needed.</li> </ul>
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Congratulations on your preparedness efforts! Be sure to test and maintain your plans and emergency supplies. Consider expanding your kit over the next 12-24 months to include additional items your family needs in order to be comfortable.

\* one for each family member