

# Your Family Emergency Preparedness Supplies Calendar



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# Your Family Emergency Preparedness Supplies Calendar

The Family Emergency Preparedness Supplies Calendar is intended to help you prepare for emergencies before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

## Week 1

### Grocery Store

- 1 gallon of water\*
- 1 jar peanut butter\*
- 1 large can juice\*
- 1 can meat\*
- Hand-operated can opener
- Instant coffee, tea, powdered soft drinks
- Permanent marking pen to mark date on cans

(Remember 1 gallon of water for each pet)

Also: Pet food, diapers, and/or baby food, if needed.

### To Do

- Make a family plan.
- Date each perishable food item using marking pen.

## Week 2

### Hardware Store

- Crescent wrench
- Heavy rope
- Duct tape
- 2 flashlights with batteries
- "Bungee" cords

Also: A leash or carrier for your pet, if needed.

### To Do

- Check your house for hazards.
- Locate your gas meter and water shutoffs and attach a wrench near them.

## Week 3

### Grocery Store

- 1 gallon of water\*
- 1 can meat\*
- 1 can fruit\*
- Sanitary napkins
- Video tape

Also: Pet food, diapers and/or baby food, if needed.

### To Do

- Use a video camera to tape the contents of your home for insurance purposes.
- Store video tape with friend/family member who lives out of town.

## Week 4

### Hardware Store

- Plumber's tape
- Crowbar
- Smoke detector with battery

Also: Extra medications or a prescription marked "emergency use," if needed.

### To Do

- Install or test your smoke detector.
- Tie water heater to wall studs using plumber's tape.

*Items marked with an asterisk "\*" should be purchased for each member of the household.*

## Week 5

### Grocery Store

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

Also: Special food for special diets, if needed.

### To Do

- Have a fire drill at home.

## Week 6

### First Aid Supplies

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

Also: Extra hearing aid batteries, if needed.

### To Do

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

## Week 7

### Grocery Store

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

Also: Extra plastic baby bottles, formula and diapers, if needed.

### To Do

- Establish an out-of-state contact to call in case of emergency.

## Week 8

### First Aid Supplies

- Scissors
- Tweezers
- Antiseptic
- Thermometer
- Liquid hand soap
- Disposable hand wipes
- Sewing kit

Also: Extra eyeglasses, if needed.

### To Do

- Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.

## Week 9

### Grocery Store

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

Also: Saline solution and a contact lens case, if needed.

### To Do

- Send some of your favorite family photos (or copies) to family members out of state for safe keeping.

## Week 10

### Hardware Store

- Waterproof portable plastic container (with lid) for important papers
- Portable AM/FM radio (with batteries)

Also: Blankets or sleeping bag for each family member.

### To Do

- Make photocopies of important papers and store safely.

## Week 11

### Grocery Store

- 1 large can juice\*
- large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

Also: Sunscreen, if needed.

### To Do

- Store a roll of quarters for emergency phone calls.
- Go on a hunt with your family to find a pay phone near home.

## Week 12

### First Aid Supplies

- Anti-diarrhea medicine
- Rubbing alcohol
- 2 pairs of latex gloves
- Ipecac syrup and activated charcoal (for accidental poisoning)
- Children's vitamins

Also: Items for denture care, if needed.

### To Do

- Take your family on a field trip to gas meter and water meter shutoffs.

Items marked with an asterisk "\*" should be purchased for each member of the household.

### Week 13

#### Hardware Store

- Whistle
- ABC fire extinguisher
- Pliers
- Vise grips

#### To Do

- Take a first aid/CPR class.

### Week 14

#### Grocery Store

- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 1 package paper plates
- 1 package eating utensils
- 1 package paper cups
- Adult 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
- "L" brackets to secure tall furniture to wall studs
- Wood screws

#### To Do

- Brace shelves and cabinets.

### Week 16

#### Grocery Store

- 1 can meat\*
- 1 can vegetables\*
- 1 box large heavy-duty garbage bags
- Kleenex
- 1 box quick energy snacks (such as granola bars or raisins)

#### To Do

- Find out if you have a neighborhood safety organization and join it!

### Week 17

#### Grocery Store

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

#### To Do

- Arrange for a friend or neighbor to help your children if you are at work.

### Week 18

#### Hardware Store

- "Childproof" latches or other fasteners for your cupboards
- Double-sided tape or Velcro-type fasteners to secure moveable objects

#### To Do

- Pack a "go-pack" in case you need to evacuate.

### Week 19

#### Grocery Store

- 1 box large heavy-duty garbage bags
- 1 box quick energy snacks (such as granola bars or raisins)

#### To Do

- Have an emergency drill at home.

### Week 20

#### Hardware Store

- Camping or utility knife
- Extra radio batteries

#### To Do

- Find out about your workplace emergency plans.

### Week 21

#### Hardware Store

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

### Week 22

#### Grocery Store

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

### Week 23

#### Hardware Store

- Battery-powered camping lantern with extra battery or extra flashlights

### Week 24

#### Grocery Store

- Large plastic food bags
- Plastic wrap
- Aluminum foil

Items marked with an asterisk "\*" should be purchased for each member of the household.

## CREATE A FAMILY EMERGENCY SUPPLIES KIT

### To Get Started

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).

### Meet With Your Family To Plan

- Discuss the types of emergencies that could occur.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.

### **Suggested Foods**

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

Canned Meat	Tuna, chicken, ravioli, chili, beef stew, spam, corned beef, etc.
Vegetables	Green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
Fruit	Pears, peaches, mandarin oranges, applesauce, etc.
Cereal	Cheerios, Chex, Kix, Shredded Wheat, etc.
Quick Energy Snacks	Granola bars, raisins, etc.

***Remember to rotate your supplies every six months!***

In case of evacuation, your "Go-Pack" should:

- be in a back pack or other similar container that is easily carried.
- contain your most important items such as a change of clothes, quarters for pay phones, out-of-state contact information, medications, important papers, etc.