

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water*** <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 hand-operated can opener <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diapers <input type="checkbox"/> Baby food <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about what kinds of disaster can happen in your area <input type="checkbox"/> Register your cell phone for local "SMART 911" alerts <p>*per person ***per person and pet</p>	<p>Hardware Store items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Flashlights with batteries <input type="checkbox"/> Waterproof matches <input type="checkbox"/> Permanent marking pen <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pet food** <input type="checkbox"/> Pet leash or carrier <input type="checkbox"/> Extra set of pet ID badges <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and telephone number of an out-of-area contact, and type of information to give to contact during an emergency <p>**per pet</p>	<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water*** <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> Paper and pen <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feminine hygiene products <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Select and notify an out of state contact who can coordinate information for scattered family members following a disaster <input type="checkbox"/> Encourage neighbors to develop their own plan <p>*per person ***per person and pet</p>	<p>Hardware Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flashing safety light <input type="checkbox"/> Compass <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Medicines/prescriptions <input type="checkbox"/> Contact lens supplies <input type="checkbox"/> Extra pair of glasses <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain extra batteries or power source for medical assistive devices (<i>wheelchairs, breathing devices, hearing aids, etc.</i>) <input type="checkbox"/> Seek out and register for first aid, CPR, and other disaster related training <input type="checkbox"/> Date perishable times with marker 	<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water*** <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetable* <input type="checkbox"/> 1 can meat* <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Specialty foods for special dietary needs <p>Action Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify escape routes from house, work school, etc. <input type="checkbox"/> Identify safe places to go in case of a local disaster <input type="checkbox"/> Exercise your family's plan <p>*per person ***per person and pet</p>	<p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> First Aid kit including adhesive bandages, tape, gauze pads, roller bandages, non-latex gloves <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen <input type="checkbox"/> Insect repellent <p>Action Items:</p> <ul style="list-style-type: none"> <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 or also animal proof
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant - <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby supplies (e.g. bottles, formula, diapers) <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and keep near your bed <p>*per person</p>	<p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Petroleum jelly <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Put aside cash or traveler's checks and loose coins 	<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> Water purifying tablets <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Test smoke and carbon monoxide detector and replace batteries <p>*per person</p>	<p>Hardware Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> Small tool kit <input type="checkbox"/> Battery powered or wind up radio <input type="checkbox"/> Special tools to turn off utilities <p>Action Items:</p> <ul style="list-style-type: none"> <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 <input type="checkbox"/> Attach a wrench near each shutoff valve so it is there when needed 	<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box high-energy snacks <input type="checkbox"/> 3 rolls of paper towels <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep extra battery for cell phone or change for pay phone use <p>Action Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Determine the location of pay phones near your work, home, school, etc. <p>*per person</p>	<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Box of powdered milk <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Litter and box <input type="checkbox"/> Special pet medication <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make copies of important documents and store safely. Consider sending a copy to your out of state contact. <input type="checkbox"/> Scan important documents and store on a portable flash drive.

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Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain reliever (adult and child) <input type="checkbox"/> Laxative <input type="checkbox"/> 2 rolls of toilet paper* <input type="checkbox"/> Toothbrush* <input type="checkbox"/> Tooth paste* <p>Action Items:</p> <ul style="list-style-type: none"> <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 that all perishables have been dated <p>*per person</p>	<p>Hardware Store items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry bar <input type="checkbox"/> Bungee cords and rope <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts. <input type="checkbox"/> Add a change of clothing and pair of shoes for each person in the family. If cold climate, add jacket/coat, gloves, etc. to emergency supplies. 	<p>Hardware Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Straps and fasteners for water heater, bookcases, etc. <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure water heater, bookcases, and other heavy items that could fall in an earthquake. 	<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetable* <input type="checkbox"/> 1 box heavy duty garbage bags with ties <p>Action Items:</p> <ul style="list-style-type: none"> <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 <p>*per person</p>	<p>Hardware Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Child-Proof[®] latches or fasteners for cupboards <input type="checkbox"/> Material to secure moveable items on shelves <input type="checkbox"/> Local map <p>Action Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure doors and moveable items. <input type="checkbox"/> Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit** <p>*per person **per pet</p>	<p>Grocery Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Special equipment such as hearing aid batteries <p>Action Items:</p> <ul style="list-style-type: none"> <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
<p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic <input type="checkbox"/> Antibiotic Ointment <input type="checkbox"/> Burn Ointment <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby supplies (e.g. bottles, formula, diapers) <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure sleeping bag or blanket for each family member <input type="checkbox"/> Take a photo of your family, including pets, and keep it in your disaster kit for identification 	<p>Grocery Store items</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables <input type="checkbox"/> 1 box of facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pet food** <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assemble an activity box of cards, games, toys <p>*per person **per pet</p>	<p>Hardware Store items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheeting <p>If needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Denture care supply <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area 	<p>Hardware Store Items</p> <ul style="list-style-type: none"> <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 <p>Action Items:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors 	<p>Hardware Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* <p>Action Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store <p>*per person</p>	<p>Pet Store Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pet crate or kennel for travel <p>Action Items:</p> <ul style="list-style-type: none"> <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



Disaster Preparedness Calendar

This calendar is designed to help you prepare for future disasters by providing guidance for developing a disaster plan and three-day household disaster kit over a 24 week period and track your progress along the way.

For more helpful preparedness tips, visit:

