

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:



www.ready.gov

Week 1

Grocery Store Items

- 1 gallon water***
- 1 jar peanut butter
- 1 large can juice*
- 1 can meat*
- 1 hand-operated can opener

If needed:

- Diapers
- Baby food

Action Items:

- Find out about what kinds of disaster can happen in your area
- Register your cell phone for local "SMART 911" alerts

* per person

*** per person and pet

Week 2

Hardware Store items

- Rope
- Duct tape
- Flashlights with batteries
- Waterproof matches
- Permanent marking pen

If needed:

- Pet food**
- Pet leash or carrier
- Extra set of pet ID badges

Action Items:

- 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

** per pet

Week 3

Grocery Store Items

1 gallon water***

1 can meat*

1 can fruit*

Paper and pen

If needed:

Feminine hygiene products

Action Items:

Select and notify an out of state contact who can coordinate information for scattered family members following a disaster

Encourage neighbors to develop their own plan

* per person

*** per person and pet

Week 4

Hardware Store Items

Flashing safety light

Compass

If needed:

Medicines/prescriptions

Contact lens supplies

Extra pair of glasses

Action Items:

Obtain extra batteries or power source for medical assistive devices (wheelchairs, breathing devices, hearing aids, etc.)

Seek out and register for first aid, CPR, and other disaster related training

Date perishable times with marker

Week 5

Grocery Store Items

1 gallon water***

1 can fruit*

1 can vegetable*

1 can meat*

If needed:

Specialty foods for special dietary needs

Action Items

Identify escape routes from house, work school, etc.

Identify safe places to go in case of a local disaster

Exercise your family's plan

* per person

*** per person and pet

Week 6

First Aid Supplies

First Aid kit including adhesive bandages, tape, gauze pads, roller bandages, non-latex gloves

Safety pins

Sunscreen

Insect repellent

Action Items:

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

Grocery Store Items

1 can ready-to-eat soup (not concentrated)*

1 can fruit*

1 can vegetables*

Sewing kit

Disinfectant -

If needed:

Baby supplies (e.g. bottles, formula, diapers)

Action Items:

Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and keep near your bed

* per person

Week 8

First Aid Supplies

Scissors

Tweezers

Thermometer

Liquid hand soap

Disposable hand wipes

Petroleum jelly

Action Items:

Put aside cash or traveler's checks and loose coins

Week 9

Grocery Store Items

1 can ready-to-eat soup (not concentrated)*

Liquid dish soap

Household chlorine bleach with medicine dropper for water treatment

Water purifying tablets

Action Items:

Test smoke and carbon monoxide detector and replace batteries

*per person

Week 10

Hardware Store Items

Waterproof portable container for important papers

Small tool kit

Battery powered or wind up radio

Special tools to turn off utilities

Action Items:

Make sure that everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off

Attach a wrench near each shutoff valve so it is there when needed

Week 11

Grocery Store Items

1 large can juice*

Large plastic food bags

1 box high-energy snacks

3 rolls of paper towels

If needed:

Keep extra battery for cell phone or change for pay phone use

Action Items

Determine the location of pay phones near your work, home, school, etc.

*per person

Week 12

Grocery Store Items

Box of powdered milk

If needed:

Litter and box

Special pet medication

Action Items:

Make copies of important documents and store safely. Consider sending a copy to your out of state contact.

Scan important documents and store on a portable flash drive.

Week 13

Grocery Store Items

Pain reliever (adult and child)

Laxative

2 rolls of toilet paper*

Toothbrush*

Tooth paste*

Action Items:

Put together a selection of favorite and most used spices (salt, pepper, sugar) in small packets.

Put aside utensils, cup, plate, and bowl for each person

Check that all perishables have been dated

*per person

Week 14

Hardware Store items

Whistle

Extra batteries for flashlights and radio

Pry bar

Bungee cords and rope

Action Items:

Check with your children's day care center or school about disaster plans and contacts.

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.

Week 15

Hardware Store Items

Pliers

Screwdriver

Hammer

Straps and fasteners for water heater, bookcases, etc.

Action Items:

Secure water heater, bookcases, and other heavy items that could fall in an earthquake.

Week 16

Grocery Store Items

1 can fruit*

1 can meat*

1 can vegetable*

1 box heavy duty garbage bags with ties

Action Items:

Develop a disaster supply kit for your vehicles

Find out if you have a neighborhood safety group and become involved

*per person

Week 17

Hardware Store Items

Child-Proof" latches or fasteners for cupboards

Material to secure moveable items on shelves

Local map

Action Items

Secure doors and moveable items.

Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit**

*per person

**per pet

Week 18

Grocery Store Items

1 box graham crackers

Assorted plastic containers with lids

Dry cereal

If needed:

Special equipment such as hearing aid batteries

Action Items:

Arrange for someone to help your children if you are unavailable or at work

Week 19

First Aid Supplies

Rubbing alcohol

Antidiarrheal medication

Antiseptic

Antibiotic Ointment

Burn Ointment

If needed:

Baby supplies (e.g. bottles, formula, diapers)

Action Items:

Secure sleeping bag or blanket for each family member

Take a photo of your family, including pets, and keep it in your disaster kit for identification

Week 20

Grocery Store items

1 can meat*

1 can vegetables

1 box of facial tissues

1 box quick energy snacks

Dried fruits/nuts

If needed:

Pet food**

Action Items:

Assemble an activity box of cards, games, toys

*per person

**per pet

Week 21

Hardware Store items

Plastic bucket with tight lid for toileting needs

Plastic sheeting

If needed:

Denture care supply

Action Items:

Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area

Week 22

Hardware Store Items

1 box quick energy snacks

Comfort foods (candy bars, cookies, etc.)

Plastic wrap

Aluminum foil

Action Items:

Purchase and install emergency escape ladder for upper floors

Week 23

Hardware Store Items

Camping or utility knife

Work gloves

Safety goggles

Disposable dust mask*

Action Items

Photograph or videotape the contents of your home and send to an out of town friend to store

*per person

Week 24

Pet Store Items

Pet crate or kennel for travel

Action Items:

Begin rotating water and food stores, replacing those purchased in week one

Check that storage area is safe and dry

Continue rotation each month so that fresh stores are always on hand