EMERGENCY PREPAREDNESS CALENDAR

This Emergency Preparedness Calendar makes it easier to prepare for emergencies. Use it as a guide to prepare your home and assemble an emergency kit in small steps. Each week, check the boxes as you do a few tasks and gather a few emergency supplies.

The goal is to make your home safer and to assure that all in your household have adequate provisions for three to five days. Start by checking around your home for supplies that you already have. If they can become part of your emergency supplies, check the boxes.

Decide where you will store supplies, including tools. A large plastic garbage can with lid-locking handles may be used. Food may be kept on kitchen shelves. Stored food and supplies should be easily accessible, immediately inside an entrance or in a small shed. Rotate water and perishable supplies every six months.

Note: Items marked with an asterisk * *should be purchased for each member of the family.*

	1		
WEEK 1	WEEK 2	WEEK 3	WEEK 4
Supermarket	Hardware	Supermarket	Hardware Store
☐ 1 gallon water* ☐ 1 jar peanut butter* ☐ 1 large can juice* ☐ 1 can meat/beans* ☐ Hand-operated can opener ☐ Instant coffee, tea, powdered drinks ☐ Permanent marking pen (see To Do)	 □ Crescent and/or shut-off wrench □ Heavy rope □ Duct tape □ 2 flashlights with batteries □ 4 12-hour chemical light sticks □ Bungee cords 	☐ 1 gallon water* ☐ 1 can fruit* ☐ 1 can meat/beans* ☐ Sanitary napkins ☐ Video tape	 □ Axe □ Crowbar □ Smoke detectors with batteries □ Strapping kit for water heater
IF NEEDED: □ Baby food □ Powdered milk □ Disposable diapers □ Pet food and water	If NEEDED: ☐ Pet leash ☐ Pet carrier	If NEEDED: □ Baby food □ Disposable diapers □ Pet food	IF NEEDED: □ Extra medications or prescription marked "emergency use"
To Do	То До	To Do	To Do
 □ Make a family plan □ Date the perishable food and water with the marking pen □ Store pet supplies in plastic containers 	☐ Check your home for hazards ☐ Locate your gas meter and water shut-offs, attach a wrench nearby	 □ Use (rent) a video camera to tape the contents of your home for insurance purposes □ Store video tape with friend/family living out-of-town 	☐ Install or test the smoke detectors.☐ Strap water heater

WEEK 5	WEEK 6	WEEK 7	WEEK 8
WEEK 5 Supermarket 1 gallon water* 1 can meat/beans* 1 can fruit* 1 can vegetables* 2 rolls toilet paper* Extra toothbrush* Travel size toothpaste IF NEEDED: Food for special diets	First Aid Supplies Aspirin and/or acetaminophen Compresses Rolls of gauze or bandages First aid tape Adhesive bandages (in assorted sizes) IF NEEDED: Extra hearing aid	WEEK 7 Supermarket □ 1 gallon water* □ 1 can ready-to-eat soup, (not concentrate)* □ 1 can fruit* □ 1 can vegetables* IF NEEDED: □ Plastic baby bottles	WEEK 8 First Aid Supplies □ Scissors □ Tweezers □ Triple Antibiotic □ Digital Thermometer □ Liquid hand soap □ Disposable hand wipes □ Sewing kit IF NEEDED: □ Extra eyeglasses
To Do ☐ Have a fire drill at home ☐ Pack extra clothes (layers for varying temperatures)	To Do Check with child's day care or school to find out about their emergency plans	□ Baby formula □ Additional diapers To Do □ Establish an out-of-state contact for all family members to call when there is an emergency	To Do Place a pair of shoes and flashlight under the bed to have handy in an emergency*
WEEK 9	WEEK 10	WEEK 11	WEEK 12
WEEK 9 Supermarket	WEEK 10 Hardware Store	WEEK 11 Supermarket	WEEK 12 First Aid Supplies
	Hardware Store □ Waterproof portable container (with lid) for important papers □ Portable AM/FM radio with batteries □ Rain gear* □ Blankets or sleeping	I	
Supermarket 1 can ready-to-eat soup* Liquid dish soap Plain liquid bleach 1 box heavy-duty	Hardware Store □ Waterproof portable container (with lid) for important papers □ Portable AM/FM radio with batteries □ Rain gear*	Supermarket 1 large can juice* Large plastic food bags Quick energy snacks* 3 rolls paper towels	First Aid Supplies Anti-diarrhea medicine Rubbing alcohol 4 pairs latex gloves Ipecac syrup (to induce vomiting)
Supermarket 1 can ready-to-eat soup* Liquid dish soap Plain liquid bleach 1 box heavy-duty garbage bags	Hardware Store □ Waterproof portable container (with lid) for important papers □ Portable AM/FM radio with batteries □ Rain gear* □ Blankets or sleeping	Supermarket 1 large can juice* Large plastic food bags Quick energy snacks* 3 rolls paper towels	First Aid Supplies Anti-diarrhea medicine Rubbing alcohol 4 pairs latex gloves Ipecac syrup (to induce vomiting) Children's vitamins

12	***	TT 15	10
<i>WEEK 13</i>	WEEK 14	WEEK 15	WEEK 16
WEEK TS Hardware Store □ Whistle □ Fire extinguisher, ABC type □ Pliers □ Vise grip □ Shovel □ Broom To Do □ Take a Community Emergency Response Training (CERT) course from the fire	WEEK 14 Supermarket □ 1 can meat/beans* □ 1 can vegetables* □ 1 package paper plates □ 1 package eating utensils □ 1 package paper cups □ Vitamins* To Do □ Make a plan to check on a neighbor who might need help in an emergency	Hardware Store Extra flashlight batteries Masking tape Hammer Assorted nails Brackets to secure tall furniture to wall studs Wood screws To Do Brace furniture Take family on a hunt to find a pay phone	Supermarket 1 can fruit* 1 can meat/beans* 1 can vegetables* Box facial tissues Quick energy snacks* To Do Find out if there is a neighborhood emergency group and join it
department	cincigency	near home	,
WEEK 17	WEEK 18	WEEK 19	WEEK 20
Supermarket	Hardware Store	Supermarket	Hardware Store
☐ 1 box graham crackers ☐ Assorted plastic containers with lids ☐ Assorted safety pins ☐ Dry cereal	 "Childproof" latches or other cupboard fasteners Double-sided tape or Velcro fasteners to secure moveable objects 	 □ 1 box heavy-duty garbage bags □ More quick energy snacks* 	 □ Camping or utility knife □ Extra radio batteries □ Tube tent(s) □ Local map
To Do Arrange in advance for a friend or neighbor to care for children and pets if	To Do ☐ Install latches and fasteners ☐ Pack a "go-pack" in case you need to	To Do ☐ Have an emergency drill at home ☐ Keep a few games and books with your	To Do ☐ Find out about emergency plans at your workplace
you are unable to get home	evacuate	emergency supplies	
WEEK 21	WEEK 22	<i>WEEK 23</i>	WEEK 24
Hardware Store Heavy work gloves 1 box disposable dust masks Screwdriver Plastic safety goggles	Supermarket Extra hand-operated can opener 3 rolls paper towels	Hardware Store □ Battery-powered camping lantern with extra battery or extra flashlights □ Water purification tablets	Supermarket Large plastic food bags Plastic wrap Heavy-duty aluminum foil