

## PREPARATION IS KEY

As part of its successful Ready campaign, the U.S. Department of Homeland Security is encouraging Americans to be prepared for emergencies. This brochure includes a preparedness calendar that is intended to help you assemble a disaster supplies kit in small steps over a five-month period.\* Please share this information with family and friends.

In a recent national survey conducted by The AdCouncil, 80 percent of Americans agreed that taking some simple steps to prepare could help protect themselves and their families in the event of an emergency. However, only 58 percent had made an emergency supply kit, developed a family emergency plan, or learned more about potential threats, the three steps recommended by the Ready campaign. A survey of small businesses found more than 90 percent recognized the importance of business emergency preparedness. But, less than 40 percent said their company had an emergency plan in place.

By visiting [www.ready.gov](http://www.ready.gov), individuals and businesses can learn how to prepare their families and workplaces for emergencies, including natural disasters and potential terrorist attacks. Materials, including family communication plan templates and sample business continuity plans, are available on the website providing Americans with the resources needed to make plans that will bring peace of mind.

It is up to you. Make it your plan to be prepared for tomorrow.

## DISASTER SUPPLIES 5 - MONTH CALENDAR

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a five-day disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

### WEEK 1

#### GROCERY STORE:

- 1 gallon water\*
- 1 large can juice\*
- 1 jar peanut butter
- 1 can meat
- Hand-operated can opener
- Permanent marking pen

Also, pet food, diapers, and baby food, if needed.

#### TO DO:

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.
- Photocopy medication labels and other medical information for each family member and put them in your disaster supplies kit.

### WEEK 2

#### HARDWARE STORE:

- Heavy cotton or hemp rope
- Matches in water-proof container
- 2 flashlights with batteries
- Duct tape

Also, a leash or carrier for your pet.

#### TO DO:

Complete a personal assessment of your needs and resources in a changed disaster environment. Encourage your neighbors to do the same.

### WEEK 3

#### GROCERY STORE:

- 1 gallon water\*
- Feminine hygiene supplies
- 1 can meat\*
- Aspirin or non-aspirin pain reliever
- Paper and pencil
- Map of the area
- Laxative

Also, 1 gallon of water for each pet.

#### TO DO:

Be a part of a support network in your area to identify and obtain resources needed to cope effectively with disaster.

\*Per person in the household

### WEEK 4

#### HARDWARE STORE:

- Patch kit and can of seal-in-air product for the tires of mobility aids
- Signal flare
- Compass

Also, extra medications or prescriptions marked "emergency use."

#### TO DO:

- Encourage the network to develop a personal disaster plan.
- Share copies of the following with network: emergency information list, medical information, disability-related supplies and special equipment list, and personal disaster plan.

### WEEK 5

#### GROCERY STORE:

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

Also, special food for special diets, if needed.

#### TO DO:

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go to in case of fire, earthquake, tornado, hurricane, and flood.
- Practice a fire drill, tornado drill, and earthquake drill with your network.

### WEEK 6

#### FIRST AID SUPPLIES:

- Sterile adhesive bandages in assorted sizes
- Latex gloves
- Sunscreen
- Safety pins
- Gauze pads
- Adhesive tape
- Rolled bandages

Also, extra hearing aid batteries, if needed.

#### TO DO:

- Check with child's day care center or school to find out about their disaster plans. Ask your local emergency management office if emergency transportation services are available in case of evacuation.

### WEEK 7

#### GROCERY STORE:

- 1 gallon water\*
- 1 can vegetables\*
- 1 can soup\*
- Sewing kit
- 1 can fruit\*
- Disinfectant

Also, extra plastic baby bottles, formula, an diapers, if needed.

### TO DO:

- Encourage network to establish out-of-town contacts to call in case of emergency.
- Share this information within your network.
- Make arrangements for your network to check on each other immediately after an evacuation order or a disaster.

### WEEK 8

#### FIRST AID SUPPLIES:

- Scissors
- Disposable wipes
- Tweezers
- Face masks
- Thermometer
- Petroleum jelly
- Liquid antibacterial hand soap
- Waterless hand-cleaning gel

Also, extra eyeglasses, if needed.

#### TO DO:

Place a pair of shoes and a flashlight by your bed so they are handy in an emergency. If blind, store a talking clock and one or more extra white canes. If blind, mark your disaster supplies in Braille.

### WEEK 9

#### GROCERY STORE:

- 1 can soup\*
- 1 box heavy-duty garbage bags
- Liquid dish soap
- Household bleach
- Antacid

Also, saline solution and a contact lens case, if needed.

#### TO DO:

- Agree on a signal with your network that indicates you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.

### WEEK 10

#### HARDWARE STORE:

- Battery-powered radio
- Waterproof portable plastic container
- Wrench(es) needed to turn off utilities for important papers

#### TO DO:

- With your network, find the gas and water meter shutoffs of each home. Discuss when it is appropriate to turn these off.
- Attach a wrench next to the cutoff valve of each meter so it will be there when needed.
- Make photocopies of important papers and store safely.

WEEK 11

**GROCERY STORE:**

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

**TO DO:**

- Test your smoke detector(s). Replace the battery in each detector that does not work. Replace any detector over 10 years old.

WEEK 12

**ANIMAL CARE STORE:**

- Extra harness, leash, ID tags, and food for your pets
- Litter/pan
- Extra water

**VETERINARIAN:**

- Obtain current vaccinations and medical records of your animal(s)
- Medications

**TO DO:**

- Develop a pet care plan in case of disaster.
- Make photocopies of all vaccination records and put them in your disaster supplies kit.
- Put extra animal harness, leash, and identification tag(s) in your disaster supplies kit.

WEEK 13

**HARDWARE STORE:**

- Perforated metal tape (sometimes called plumber's tape or strap iron)
- Whistle
- Pliers
- Screwdriver
- Hammer
- Crow bar

**TO DO:**

- Take a first aid/CPR class.
- Strap your water heater to wall studs using perforated metal tape.

WEEK 14

**GROCERY STORE:**

- 1 can fruit\*       1 package paper cups
- 1 can meat\*       1 can vegetables\*
- 1 package eating utensils

**TO DO:**

- Discuss with your network and neighbors what help you may need in an emergency and how best to assist them.
- Practice using alternate methods of evacuation with your network.

WEEK 15

**HARDWARE STORE:**

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

**TO DO:**

- Make arrangements to bolt bookcases and cabinets to wall studs.
- Label equipment and attach instruction cards.

WEEK 16

**GROCERY STORE:**

- 1 can meat\*       1 box quick energy snacks
- 1 can vegetables\*
- 1 box facial tissue       Dried fruit/nuts

**TO DO:**

- Develop a disaster supplies kit for your car or van.

WEEK 17

**GROCERY STORE:**

- 1 box graham crackers
- Dry cereal
- Plastic containers with lids

**FIRST AID SUPPLIES:**

- Antidiarrheal medicine
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and activated charcoal

**TO DO:**

- Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.

WEEK 18

**HARDWARE STORE:**

- "Child proof" latches or other fasteners for your cupboards
- Plastic bucket with tight lid
- Double-sized tape or Velcro® to secure moveable objects
- Plastic sheeting

**TO DO:**

- Install latches on cupboards and secure moveable objects.
- Put away a blanket or sleeping bag for each household member.

WEEK 19

**GROCERY STORE:**

- 1 box quick-energy snacks
- Comfort foods (such as cookies, candy bars)
- Plastic wrap
- Aluminum foil
- Denture care items

**TO DO:**

- Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.
- Purchase and have installed an emergency escape ladder for upper story windows, if needed.

WEEK 20

**HARDWARE STORE:**

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 1 blank video-cassette

**SPECIALTY STORE:**

- Get an extra battery for motorized mobility aids

**TO DO:**

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

# Preparing You and Your Family

## A GUIDE FOR ALL-HAZARDS EMERGENCIES PREPARATION



\*Per person in the household