



**Taking it one step
at a time.**

PREPAREDNESS CALENDAR

Family Disaster Supplies and Preparedness Activities

- *This calendar is intended as a tool to help you prepare for disasters before they happen.*
- *After you purchase an item or complete an activity, check the box next to it.*

MONTH 1	<p>Purchase: Water - 3 gallons per person and pet Hand-operated can opener and bottle opener Instant drinks (coffee, tea, powdered soft drinks) 2 flashlights with batteries</p>	<p>Activities: Make your family disaster preparedness plan* Inventory disaster supplies already on hand, especially camping gear If you fill your own water containers, mark them with the date filled Date water/food containers if they are not dated Conduct a home hazard hunt*</p>
MONTH 2	<p>Purchase: Canned meat, stew, or pasta meal - 5 per person Sanitary napkins Videotape Family-size first aid kit</p>	<p>Activities: Change battery and test smoke detector (purchase and install a detector if you don't have one) Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.</p>
MONTH 3	<p>Purchase: Canned fruit - 3 cans per person Any foods for special dietary needs (enough for 3 days) 2 rolls of toilet paper per person Crescent wrench(es) (or utility shutoff tools)</p>	<p>Activities: Conduct a home fire drill Check with your child's day care or school to find out about their disaster plans Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them Establish an out-of-state contact to call in case of emergency</p>
<p><i>Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items could be kept on a specific shelf in the pantry.</i></p>		
MONTH 4	<p>Purchase: Canned vegetables - 4 per person Extra baby bottles, formula, and diapers, if needed Extra pet supplies; food, collar, leash Large storage container(s) for preparedness supplies</p>	<p>Activities: Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency Place a supply of prescription medicine(s) in storage container and date the medicine(s) if not already indicated on its label Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member</p>
MONTH 5	<p>Purchase: Canned, ready-to-eat soup - 2 per person Liquid dish soap Plain liquid bleach Portable am/fm radio (including batteries) Anti-bacterial liquid hand soap Disposable hand wipes</p>	<p>Activities: Make photocopies of important papers and put in the storage container Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry)</p>

***Contact your local Emergency Management Office for more information on this activity**

Examples of Food Items:

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

Canned Meat	tuna, chicken, raviolis, chili, stew, Spam™, corned beef, etc.
Vegetables	green beans, corn, peas, beets, baked beans, carrots, etc.
Fruit	pears, applesauce, mandarin oranges, pineapple, etc.

MONTH 6	<p>Purchase: Quick-energy snacks (granola bars, raisins, peanut butter) 6 rolls of paper towels 3 boxes of facial tissue Sunscreen Anti-diarrhea medicine Latex gloves, 6 pairs, (to be put with the first aid kit)</p>	<p>Activities: Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.) Put an extra pair of eyeglasses in the supply container Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home Find out about your workplace disaster plans</p>
MONTH 7	<p>Purchase: Whistle ABC fire extinguisher 1 large can of juice per person Adult and children vitamins A pair of pliers and/or vise grips</p>	<p>Activities: Take a first aid/CPR class Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone Show family members where and how to shut off the utilities</p>
MONTH 8	<p>Purchase: Box of crackers or graham crackers Dry cereal "Child proof" latches or other fasteners for cabinet doors and drawers 1 box of large, heavy-duty garbage bags Camping or utility knife</p>	<p>Activities: Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles</p>
MONTH 9	<p>Purchase: Extra batteries for flashlights, radio, and hearing aids (if needed) Heavy rope Duct tape Crowbar</p>	<p>Activities: Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, and quarters for pay phones. Secure water heater to wall studs (if not already done)</p>
MONTH 10	<p>Purchase: Hammer and assorted nails Screw drivers and assorted wood screws Heavy duty plastic tarps or sheets of visquine Extra toothbrush per person and toothpaste</p>	<p>Activities: Make arrangements to have someone help your children if you're at work when an emergency occurs Conduct an earthquake drill at home Replace prescription medicines as required by expiration dates</p>
MONTH 11	<p>Purchase: Package of paper plates Package of napkins Package of eating utensils Package of paper cups Masking tape Kitchen-size garbage bags (1 box)</p>	<p>Activities: Make arrangements to have someone to take care of your pets if your are at work when an emergency occurs Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency Start a Neighborhood Watch Program if none exists</p>
MONTH 12	<p>Purchase: Heavy work gloves Box of disposable dust masks Safety goggles Antiseptic Sewing kit</p>	<p>Activities: Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.) Check the dates on stored food and replace as needed</p>