

WEEK 11

Grocery Store:

- 1 box energy snacks
- 1 Large can juice*
- 3 rolls paper towels
- Medicine dropper

TO DO:

- Test your smoke detectors. Replace detectors over 10 years old.

WEEK 12:

Animal Care Store:

- Extra harness, leash,
- Extra Food/Water ID tags.

TO DO:

- Obtain current vaccinations and medical records of your animal(s).
- Develop a pet care plan in case of disaster.

WEEK 13:

Hardware Store:

- Crow bar
- Perforated metal tape
- Screw driver
- Hammer

TO DO:

- Secure water heater to wall using metal tape.

WEEK 14:

Grocery Store:

- 1 can fruit*
- Cups, eating utensils
- 1 can meat*
- 1 package of paper
- 1 can vegetables*

TO DO:

- Take a first aid/CPR class

WEEK 15:

Hardware Store:

- Extra Radio and flashlight batteries
- Labels for your equipment/supplies
- Assorted nails and screws
- Dust masks
- Safety Goggles
- Gloves
- Utility knife

TO DO:

- Develop a disaster supply kit for your vehicle.

WEEK 16

Grocery Store:

- 1 can meat*
- 1 can vegetables*
- 1 box facial tissues
- Dried fruit/nuts
- 1 box energy snacks
- Dry cereal

TO DO:

- Test your smoke detectors. Replace detectors over 10 years old.

WEEK 17

Grocery Store:

- 1 box graham crackers
- Plastic Containers

First Aid Supplies:

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

TO DO:

- Put a blanket or sleeping bag for each family member near emergency kit location.

WEEK 18

Hardware Store:

- Plastic bucket with lid
- Plastic sheeting

TO DO:

- Practice a fire drill, tornado drill, and earthquake drill with family members.

WEEK 19

Grocery Store:

- Aluminum foil
- 1 box energy snacks

TO DO:

- Review insurance coverage on property and family.
- Purchase an emergency ladder for upper story windows, if needed.

WEEK 20

TO DO:

- Video record or photograph contents of your home and your home itself. Make copies of video or photos to access following a disaster.

Emergency Preparedness

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



Serving Boone, Merrick, & Nance Counties

Emergency Kit 5 month calendar

This Emergency Supplies Calendar is intended to help you prepare for emergencies before they happen.

Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period.

Region 44 EM-308.536.4443

Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

Notations used throughout:

*Purchase one for each member of your household

**Per person/per day

WEEK 1

Grocery Store:

- 1 gallon water **
- 1 Large can juice*
- 1 jar peanut butter
- 1 can meat*
- Hand-operated can opener
- Permanent pen
- Pet food, diapers and baby food, if needed

TO DO:

- Determine your needs and resources in a changed disaster environment.
- Find out what kinds of disasters can happen in your area.
- Date each perishable food item with pen.

WEEK 2

Hardware Store:

- 2 flashlights w/ batteries
- Duct Tape
- Heavy cotton or hemp rope
- Matches in water-proof container

TO DO:

- Talk with family members and neighbors about what is needed in the neighborhood to cope with a disaster.
- Develop an personal communications and disaster plan (use ready.gov)
- Share important contacts with family/neighbors
- Place a flashlight by your bed.

WEEK 3

Grocery Store:

- 1 gallon water **
- 1 Large can juice*
- 1 can fruit*
- 1 can meat*
- Paper and pencil
- Aspirin/non-aspirin

- 1 Gallon of water for each pet
- Laxative
- hygiene products

TO DO:

- Get or create a map of the area, note meeting points
- Date each perishable food item with pen.
- Mark extra medications, prescriptions, vitamins for "emergency use"

WEEK 4

Hardware Store:

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

TO DO:

- Contact Region 44 Emergency Management about volunteer opportunities in the area.

WEEK 5

Grocery Store:

- 1 gallon water **
- 1 can vegetables*
- 1 can fruit*
- 1 can meat*
- Extra tooth-brush
- 2 rolls toilet paper
- Travel size toothpaste
- Special dietary foods, if needed

TO DO:

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

WEEK 6

First Aid Supplies:

- Sterile adhesive bandages in assorted sizes
- Non-latex gloves
- Sunscreen
- Adhesive tape
- Safety pins
- Gauze pads
- Roller bandages

TO DO:

- Check with child's daycare or schools to find out about their disaster plans.

WEEK 7

First Aid Supplies:

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

TO DO:

- Check with child's daycare or schools to find out about their disaster plans.
- Find out about workplace disaster plan.

WEEK 8

First Aid Supplies:

- Scissors, tweezers
- Thermometer
- Needles
- Disposable wipes
- Petroleum jelly
- Antibiotic ointment
- Antibacterial soap
- 2 tongue blades

TO DO:

- Make photocopies of important documents and store in weather and fire safe container.

WEEK 9

Grocery Store:

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

TO DO:

- Evaluate your kit to see if you need extra, eye-glasses, contact lens solution, hearing aids, dentures

WEEK 10

Grocery Store:

- Radio with batteries
- Wrench to turn off utilities
- Large plastic food bags
- Pliers

TO DO:

- Locate and label the gas and water shutoffs of your home.
- Attach a wrench, next to the shutoffs.