



# 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	<b>Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water – At least 3 gallons per person, per day plus pets</li> <li><input type="checkbox"/> Hand-operated can opener</li> <li><input type="checkbox"/> Instant drinks (coffee, tea, powdered milk, powered fruit drinks)</li> <li><input type="checkbox"/> 2 flashlights with extra batteries</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make your family disaster preparedness plan*</li> <li><input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear</li> <li><input type="checkbox"/> If you fill your own water containers, mark them with the date filled</li> <li><input type="checkbox"/> Date water/food containers if they are not dated</li> <li><input type="checkbox"/> Conduct a home hazard hunt*</li> </ul>
MONTH 2	<b>Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned meat, stew, or pasta meal - 5 per person</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> CD/DVD or videotape</li> <li><input type="checkbox"/> Family-size first aid kit</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change battery and test smoke alarm (purchase and install an alarm if you don't have one)</li> <li><input type="checkbox"/> Film your home, including contents, for insurance purposes. Store the CD/DVD with friends or family who live out of town.</li> </ul>
MONTH 3	<b>Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned fruit - 3 cans per person</li> <li><input type="checkbox"/> Any foods for special dietary needs (enough for 3 days)</li> <li><input type="checkbox"/> 2 rolls of toilet paper per person</li> <li><input type="checkbox"/> Crescent wrench(es) (or utility shutoff tools)</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Conduct a home fire drill</li> <li><input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans</li> <li><input type="checkbox"/> Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them</li> <li><input type="checkbox"/> Establish an out-of-state contact to call in case of emergency</li> </ul>
<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	<b>Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned vegetables - 4 per person</li> <li><input type="checkbox"/> Extra baby bottles, formula, and diapers, if needed</li> <li><input type="checkbox"/> Extra pet supplies: food, collar, leash</li> <li><input type="checkbox"/> Large storage container(s) for preparedness supplies</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a sturdy pair of shoes and a flashlight under your bed, so that they will be handy during an emergency</li> <li><input type="checkbox"/> Place a supply of necessary medicine(s) in storage container and date the medicine(s), if not already indicated on its label</li> <li><input type="checkbox"/> Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member</li> </ul>
MONTH 5	<b>Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned, ready-to-eat soup - 2 per person</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Plain liquid bleach</li> <li><input type="checkbox"/> Portable am/fm radio (extra batteries)</li> <li><input type="checkbox"/> Anti-bacterial liquid hand soap or waterless hand sanitizer</li> <li><input type="checkbox"/> Disposable hand wipes</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make photocopies of important papers and put in a fire-proof safe</li> <li><input type="checkbox"/> 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)</li> </ul>

**\*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.

<b>MONTH 6</b>	<b>Purchase:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter)</li><li><input type="checkbox"/> 6 rolls of paper towels</li><li><input type="checkbox"/> 3 boxes of facial tissue</li><li><input type="checkbox"/> Sunscreen</li><li><input type="checkbox"/> Anti-diarrhea medicine</li><li><input type="checkbox"/> Latex gloves- if no allergies to latex (Buy 6 pairs and put in first aid kit)</li></ul>	<b>Activities:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 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.)</li><li><input type="checkbox"/> Put an extra pair of eyeglasses in the supply container</li><li><input type="checkbox"/> Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home</li><li><input type="checkbox"/> Find out about your workplace disaster plans</li></ul>
<b>MONTH 7</b>	<b>Purchase:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Whistle</li><li><input type="checkbox"/> A-B-C fire extinguisher</li><li><input type="checkbox"/> 1 large can of juice per person</li><li><input type="checkbox"/> Adult and children vitamins</li><li><input type="checkbox"/> A pair of pliers and/or vise grips</li></ul>	<b>Activities:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Take a first aid/CPR class</li><li><input type="checkbox"/> Identify neighbors who might need help in an emergency (limited mobility, health problems, children home alone, etc.)</li><li><input type="checkbox"/> Show family members where, when and how to shut off the utilities</li></ul>
<b>MONTH 8</b>	<b>Purchase:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Box of crackers or graham crackers</li><li><input type="checkbox"/> Dry cereal</li><li><input type="checkbox"/> "Child-proof" latches or other fasteners for cabinet doors and drawers</li><li><input type="checkbox"/> 1 box of large, heavy-duty garbage bags</li><li><input type="checkbox"/> Camping or utility knife</li></ul>	<b>Activities:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Secure shelves, cabinets, and drawers with "child-proof" latches to prevent them from falling and/or opening during earthquakes</li><li><input type="checkbox"/> 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</li></ul>
<b>MONTH 9</b>	<b>Purchase:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids (if needed)</li><li><input type="checkbox"/> Heavy rope</li><li><input type="checkbox"/> Duct tape</li><li><input type="checkbox"/> Crowbar</li></ul>	<b>Activities:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 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 and vending machines.</li><li><input type="checkbox"/> Secure water heater to wall studs (if not already done)</li><li><input type="checkbox"/> Identify locations of pay phones in your neighborhood</li></ul>
<b>MONTH 10</b>	<b>Purchase:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Hammer and assorted nails</li><li><input type="checkbox"/> Screwdrivers and assorted wood screws</li><li><input type="checkbox"/> Heavy duty plastic tarps or plastic sheeting</li><li><input type="checkbox"/> Extra toothbrush per person and toothpaste</li></ul>	<b>Activities:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Make arrangements to have someone help your children if you're at work when an emergency occurs</li><li><input type="checkbox"/> Conduct an earthquake drill at home</li><li><input type="checkbox"/> Replace necessary medicines as required by expiration dates</li><li><input type="checkbox"/> Encourage friends and family members to prepare for emergencies</li></ul>
<b>MONTH 11</b>	<b>Purchase:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Package of paper plates</li><li><input type="checkbox"/> Package of napkins</li><li><input type="checkbox"/> Package of eating utensils</li><li><input type="checkbox"/> Package of paper cups</li><li><input type="checkbox"/> Masking tape</li><li><input type="checkbox"/> Kitchen-size garbage bags (1 box)</li></ul>	<b>Activities:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Make arrangements to have someone take care of your pets if you are at work when an emergency occurs</li><li><input type="checkbox"/> Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency</li><li><input type="checkbox"/> Start a Neighborhood Watch Program, if none exists</li></ul>
<b>MONTH 12</b>	<b>Purchase:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Heavy work gloves</li><li><input type="checkbox"/> Box of disposable dust masks</li><li><input type="checkbox"/> Safety goggles</li><li><input type="checkbox"/> Antiseptic</li><li><input type="checkbox"/> Sewing kit</li></ul>	<b>Activities:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> 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.)</li><li><input type="checkbox"/> Check the dates on stored food and replace as needed</li></ul>