WEEK 11
GROCERY STORE:
☐ 1 large can juice*
☐ 1 box quick energy snacks
☐ Large plastic food bags
☐ Medicine dropper
☐ 3 rolls paper towels
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,
☐ Litter/pan
☐ ID tags, carrier and food
☐ Extra water
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.

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
☐ Whistle
☐ Crow bar
☐ Screwdriver
☐ Hammer
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 package eating utensils
TO DO:
☐ Discuss with your network what help may be needed in an emergency and how best to assist.
☐ Practice using alternate methods of evacuation.

WEEK 15
HARDWARE STORE:
☐ Extra flashlight batteries
☐ Wood Screws
☐ Extra battery for portable radio
☐ Labels for your equipment and supplies
☐ Assorted nails
TO DO:
☐ Make arrangements to bolt bookcases and cabinets to wall studs.
☐ Label equipment and attach instruction cards.

WEEK 16
GROCERY STORE:
☐ 1 box quick energy snacks
☐ 1 can meat*
☐ 1 can vegetables*
☐ Dried fruit/nuts
☐ 1 box facial tissue
TO DO:
☐ Develop a disaster supplies kit for your vehicle.

WEEK 17
GROCERY STORE:
☐ 1 box graham crackers
☐ Dry cereal
☐ Plastic containers with lids
FIRST AID SUPPLIES:
☐ Antidiarrheal medicine
☐ Rubbing alcohol
☐ Activated charcoal
☐ Tissue
TO DO:
☐ Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.

POISON CONTROL NUMBER: 800-955-9119

WEEK 18
HARDWARE STORE:
☐ “Child proof” latches or other fasteners for your cupboards
☐ Double-sided tape to secure movable objects
☐ “Child proof” latches or other fasteners for your cupboards
☐ Double-sided tape to secure movable objects
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
☐ Plastic wrap
☐ Comfort foods
☐ Plastic sheeting
☐ Aluminum foil (such as cookies, candy bars)
TO DO:
☐ Find out about your workplace disaster plan.
☐ 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
☐ 2 blank videocassettes
☐ Safety goggles
☐ Disposable dust masks
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.

This is a suggested list. Please change to fit your needs.
*Purchase one for each member of the household.

Disaster Preparedness 5 Month Calendar supplied by Chevron Real Estate Management Company 1994. For more information about disaster preparedness, contact your local Red Cross chapter or Two Rivers Public Health Department at 308-995-4778.

Two Rivers
Public Health Department
701 4th Avenue, Suite 1
Holdrege, NE 68949
308-995-4778
Toll free: 888-669-7154
TO DO:
WEEK 4 ————————————————————

DISASTER SUPPLIES

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a 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.

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.

HARDWARE STORE:
- Heavy cotton rope
- Matches in water-resistant container
- 2 flashlights with batteries

WEEK 1

TO DO:
- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2

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.

FIRST AID SUPPLIES:
- Sterile adhesive bandages
- Safety pins
- Gauze pads
- Adhesive tape
- Sunscreen
- Roller bandages
- Latex (or non-latex) gloves
- Also, extra hearing aid batteries, if needed.

WEEK 3

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

GROCERY STORE:
- 1 gallon water*
- 1 large can juice*
- 1 jar peanut butter
- 1 can meat*
- Map of area
- Paper and pencil
- Laxative
- Aspirin or non-aspirin pain reliever
- Also, 1 gallon of water for each pet.

WEEK 4

GROCERY STORE:
- 1 gallon water*
- 1 large can juice*
- 1 jar peanut butter
- 1 can meat*
- Map of area
- Paper and pencil
- Laxative
- Aspirin or non-aspirin pain reliever
- Also, extra plastic baby bottles, formula, and diapers if needed.

WEEK 5

FIRST AID SUPPLIES:
- Sterile adhesive bandages
- Safety pins
- Gauze pads
- Adhesive tape
- Sunscreen
- Roller bandages
- Latex (or non-latex) gloves
- Also, extra hearing aid batteries, if needed.

WEEK 6

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

HARDWARE STORE:
- Patch kit and can of seal-in-air flame proof for the tires of mobility aids, if needed
- Signal flare for the tires of a personal disaster plan
- Extra medications or prescriptions marked “emergency use.”

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

WEEK 7

GROCERY STORE:
- Sewing kit
- 1 can soup*
- 1 can fruit*
- Aspirin or non-aspirin pain reliever
- Also, extra plastic baby bottles, formula, and diapers if needed.

WEEK 8

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, one or more extra white canes, and mark your disaster supplies in Braille or with fluorescent tape.

GROCERY STORE:
- 1 can soup*
- Antacid
- Liquid dish soap
- Household bleach
- 1 box heavy-duty garbage bags
- Also, contact solution and a contact lens case, if needed.

WEEK 9

HARDWARE STORE:
- Battery-powered radio
- Wrenches to turn off utilities container

TO DO:
- With your network, find the gas and water meter shutoffs of each home and attach a wrench next to each cutoff valve.
- Discuss when they may need to be turned off.

TO DO:
- Encourage network to establish out-of-town contacts to call in case of emergency
- Share this information with your network.
- Make arrangements for your network to check on each other immediately after a disaster.

WEEK 10

FIRST AID SUPPLIES:
- Scissors
- Disposable wipes
- Thermometer
- Needles
- Liquid antibacterial hand soap
- Tweezers
- Petroleum jelly

TO DO:
- By visiting 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 piece of mind.

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