

<p align="center">Week 1</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 sm jar peanut butter* <input type="checkbox"/> 1 lrg can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Instant coffee, tea, powdered soft drinks <input type="checkbox"/> Permanent marker <input type="checkbox"/> 1 gal. water per pet <p>Also: pet food, diapers and/or baby food if needed.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Make a family plan. <input type="checkbox"/> Date each perishable food item using permanent marker. <input type="checkbox"/> Identify tornado shelter areas in your home & work. 	<p align="center">Week 2</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> "Bungee" cords <p>Also: a leash or carrier for your pet, if needed.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Check your house for hazards. Secure loose objects that may fly. <input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them for emergency use. 	<p align="center">Week 3</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> 1 gal. water per pet <p>Also: pet food, diapers and/or baby food, if needed.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Record the contents of your home for insurance purposes. <input type="checkbox"/> Store recording with friend/family member who lives out of town. 	<p align="center">Week 4</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber's tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detector with battery <p>Also: extra medications/prescriptions marked "emergency use", if needed.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Install or test your smoke detector. 	<p align="center">Week 5</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> Extra toothbrush* <input type="checkbox"/> Travel size toothpaste <p>Also: special food for special diets, if needed.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Identify an outside meeting location for fire emergencies. <input type="checkbox"/> Make sure all family members know the meeting location. <input type="checkbox"/> Have a fire drill at home. 	<p align="center">Week 6</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin and/or acetaminophen <input type="checkbox"/> Compresses <input type="checkbox"/> Rolls of gauze or bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages- assorted sizes <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans. <input type="checkbox"/> Have a tornado drill at home.
<p align="center">Week 7</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <p>Also: extra plastic baby bottles, formula and diapers</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Establish an out of state contact to call in case of an emergency. 	<p align="center">Week 8</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit <p>Also: extra eyeglasses</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency. 	<p align="center">Week 9</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Heavy duty garbage bags <p>Also: saline solution and a contact lens case</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Send some of your favorite family photos (or copies) to family members out of state for safekeeping. 	<p align="center">Week 10</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container (with lid) for important papers <input type="checkbox"/> Portable am/fm radio (with batteries) <input type="checkbox"/> Purchase a NOAA weather radio/receiver <p>Also: blankets or sleeping bag for each family member</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and store safely out of state for safekeeping. 	<p align="center">Week 11</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lrg can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Also: sunscreen</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Store a roll of quarters for emergency phone calls. <input type="checkbox"/> Go on a hunt with your family to find a pay phone near home. 	<p align="center">Week 12</p> <p>First aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Latex gloves <input type="checkbox"/> Ipecac syrup and activated charcoal <input type="checkbox"/> Vitamins <p>Also: items for denture care</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency.

*Items marked with * should be purchased for each member of the household*

<p>Week 13 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips 	<p>Week 14 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Paper plates <input type="checkbox"/> Eating utensils <input type="checkbox"/> Paper cups 	<p>Week 15 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries <input type="checkbox"/> Masking tape <input type="checkbox"/> Hammer <input type="checkbox"/> Assorted nails <input type="checkbox"/> Wood screws 	<p>Week 16 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Kleenex <input type="checkbox"/> Quick energy snacks (raisins, granola bars) 	<p>Week 17 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal <input type="checkbox"/> Safety pins 	<p>Week 18 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy duty work gloves <input type="checkbox"/> Disposable dust masks <input type="checkbox"/> Screwdriver
<ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPR class. 	<ul style="list-style-type: none"> <input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency. 		<ul style="list-style-type: none"> <input type="checkbox"/> Find out if you have a neighborhood safety organization and join it! 	<ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work. 	<ul style="list-style-type: none"> <input type="checkbox"/> Pack a “go-bag” in case you have to evacuate. <input type="checkbox"/> Make an evacuation plan for your family.
<p>Week 19 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Quick energy snacks (raisins, granola bars) 	<p>Week 20 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra radio batteries <p>Also: purchase an Emergency escape ladder for second story bedrooms</p>	<p>Week 21 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plastic safety goggles <input type="checkbox"/> Plastic sheeting <input type="checkbox"/> Duct tape 	<p>Week 22 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra hand operated can opener <input type="checkbox"/> 3 rolls paper towels 	<p>Week 23 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Battery powered camping lantern with extra battery or extra flashlights 	<p>Week 24 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil
<ul style="list-style-type: none"> <input type="checkbox"/> Have an earthquake drill at home. <input type="checkbox"/> Identify at least 2 evacuation routes out of your neighborhood. 	<ul style="list-style-type: none"> <input type="checkbox"/> Find out about your workplace disaster plans. 	<ul style="list-style-type: none"> <input type="checkbox"/> Find out about chemical hazards near your home. <input type="checkbox"/> Cut plastic sheeting to fit over inside of windows & doors for sheltering in-place. 	<ul style="list-style-type: none"> <input type="checkbox"/> Find out about flood hazards that could affect your home. <input type="checkbox"/> Have a plan if flooding occurs. 	<ul style="list-style-type: none"> <input type="checkbox"/> Find out what to do in a power outage. 	<ul style="list-style-type: none"> <input type="checkbox"/> Review family emergency plans every 6 months. <input type="checkbox"/> Practice fire, tornado, earthquake drills monthly (one each month).

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in the small steps over a six-month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

To get started:

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies.
- Meet with your family to plan.
- Discuss what to do if you need to evacuate.
- Practice your plan.

Select foods based on your family’s needs and preferences. Pick low-salt, water-packed varieties when possible. Canned meats may include tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc.



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