



## Disaster Supplies & Preparedness Calendar

### What is a disaster supply kit?

A disaster supply kit is a collection of the most important supplies prepared for use in the event of a disaster. There are 6 items that you should stock in your home. They include:

- Water
- Non-perishable food
- First-aid supplies
- Clothing and bedding
- Tools, including utility knife, flashlight, pliers, screw driver, crow bar and vise grips
- Additional supplies, including gloves, tape, pen and paper, paper tissue, tarp, rope, batteries and camp stove with fuel



Also, remember to prepare any special items your family may need, such as contact lens or denture supplies, diapers, pet food, etc.

### Why should I have a disaster supply kit?

A disaster can strike quickly and without warning. You may have to evacuate your community or may be confined to your home. It is also possible that electricity, water, gas or telephone service is disrupted. Being prepared for these situations is important for the health and wellbeing of you and your family. This kit will become a priceless resource in time of need.



### How should I assemble a disaster supplies kit?

Putting together a kit can be easy and relatively inexpensive if done over a few months. The *Family Disaster Supplies & Preparedness Calendar* will help you take the appropriate steps to create a disaster supply kit that would last between 3 to 7 days.

Using this Calendar is simple. Just pick up items listed in the *Grocery Store Purchases* list (see the next page) while you are doing your weekly shopping and you are done! You might also want to have weekly family meetings to prepare your family members on how to communicate with each other in case of emergency or where to meet if you are separated when an emergency occurs. Before you know it, you and your family will be fully prepared.

Just make sure to re-examine your disaster supply kit at least every 6 months to make sure that all items with upcoming expiration dates are replaced in time!

## Example of the first three weeks of the Family Disaster Supplies & Preparedness Calendar

\*One per person in household

\*\*One per person and pet

### Week 1

#### Grocery Store Purchases:

- 1 gallon of water\*\*
- 1 source of protein (canned meat, beans, peanut butter)\*
- 2 manual can openers
- Safety pins
- 2 pairs of latex gloves
- Permanent marking pen

#### In the weekly family meeting:

- ✓ Identify and discuss what kinds of disasters are most likely to occur and how they will affect your family and property.
- ✓ Make a family *emergency plan*. See the Pocket Guide for more information.

### Week 2

#### Grocery Store Purchases:

- 1 gallon of water\*\*
- 1 can of fruit\*
- 1 source of protein (canned meat, beans, peanut butter)\*
- Sunscreen
- Anti-diarrhea medicine
- Plastic container for first aid supplies

#### In the weekly family meeting:

- ✓ Plan to have at least 2 means of communicating with your family (i.e. email, phone, cell phone, two-way radios).
- ✓ Prepare a list of important phone numbers: family, friends, creditors, doctors, veterinarian, etc.

### Week 3

#### Grocery Store Purchases:

- 1 gallon of water\*\*
- 1 can of fruit
- 1 source of protein (canned meat, beans, peanut butter)\*
- Baby food (if needed)
- Aspirin and/or acetaminophen
- Pens & paper

#### In the weekly family meeting:

- ✓ Designate an out-of-town emergency contact.
- ✓ Teach children how and when to call 9-1-1 for emergency help.

**Remember:** The more you have planned ahead of time, the calmer and more assured you and your family will be.

*For more detailed information and a complete Disaster Supplies and Preparedness Calendar, check out:*

*Are you prepared? Your Family Disaster Supply Kit.* Southern Nevada Health District Public Health Preparedness.

<http://www.southernnevadahealthdistrict.org/preparedness/default.htm>



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