

# Keeping Your Family Safe: A Preparedness Calendar

This preparedness calendar is designed to help you plan for a natural or manmade disaster by creating a 3-7 day disaster supply kit. Using the calendar, your family can create a disaster kit in small steps over a six-month period. Check off the items you collect or the actions you take during the week. Supplies may be stored all together in a large plastic garbage can with wheels. Perishable supplies and water should be rotated every six months.

You should store at least 1-2 gallons of water per person for each day. This water is for drinking and sanitation.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can of meat*</li> <li><input type="checkbox"/> 2 manual can openers</li> <li><input type="checkbox"/> safety pins</li> <li><input type="checkbox"/> 2 pairs of latex gloves</li> </ul> <p><b>Gather or Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> permanent marker</li> <li><input type="checkbox"/> waterproof plastic container for first aid supplies</li> <li><input type="checkbox"/> pen and paper</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify and discuss what kinds of disasters are most likely to occur and how they will affect your family and property.</li> <li><input type="checkbox"/> Make a family emergency plan. (See "Keeping Your Family Safe during a Disaster" pocket guide for details.)</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can of fruit*</li> <li><input type="checkbox"/> 1 can of meat*</li> <li><input type="checkbox"/> sunscreen</li> <li><input type="checkbox"/> anti-diarrhea medicine</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plan to have at least two means of communicating with your family (such as email, phone, cell phone, two-way radios).</li> <li><input type="checkbox"/> Designate an out-of-town emergency contact.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can of fruit*</li> <li><input type="checkbox"/> 1 can of meat*</li> <li><input type="checkbox"/> baby food, if needed</li> <li><input type="checkbox"/> aspirin and/or acetaminophen</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Prepare a list of important phone numbers: out-of-state contact, doctors, veterinarian (if applicable), insurance company, etc., and place in kit and/or wallet for easy access.</li> <li><input type="checkbox"/> Teach children how and when to call 9-1-1 for emergency help.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> portable am/fm radio</li> <li><input type="checkbox"/> crescent wrench</li> <li><input type="checkbox"/> plastic safety goggles</li> <li><input type="checkbox"/> waterproof matches</li> <li><input type="checkbox"/> heavy work gloves</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pick two places for your family to meet in an emergency. (See "Keeping Your Family Safe during a Disaster" pocket guide for details.)</li> <li><input type="checkbox"/> Pack a "go bag" in case you need to evacuate your home. (See "Keeping Your Family Safe during a Disaster" pocket guide for details.)</li> </ul> <p>* One per person in household ** One per person and pet</p>

WEEK 5	WEEK 6	WEEK 7	WEEK 8
<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can of fruit*</li> <li><input type="checkbox"/> 1 can of meat*</li> <li><input type="checkbox"/> diapers, if needed</li> <li><input type="checkbox"/> compresses</li> </ul> <p><b>Gather or Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra medications or prescriptions for humans and/or pets</li> <li><input type="checkbox"/> videotape or film</li> <li><input type="checkbox"/> battery-powered cell phone charger</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Determine the best escape routes from your home. Identify at least two ways out of each room.</li> <li><input type="checkbox"/> Conduct a timed drill with family members to ensure they are able to use the routes by memory.</li> <li><input type="checkbox"/> Locate areas in your home where you and your family can shelter-in-place. (See "Keeping Your Family Safe during a Disaster" pocket guide for details.)</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can of juice*</li> <li><input type="checkbox"/> 1 can of vegetables*</li> <li><input type="checkbox"/> pet food, if needed</li> <li><input type="checkbox"/> first aid tape</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a video camera or standard camera to capture images of the contents of your home for insurance purposes.</li> <li><input type="checkbox"/> Place videotape or pictures in a safe deposit box or fireproof safe or cabinet.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water*</li> <li><input type="checkbox"/> 1 can of fruit*</li> <li><input type="checkbox"/> 1 can of vegetables*</li> <li><input type="checkbox"/> rolls of gauze or bandages</li> <li><input type="checkbox"/> saline solution and extra lens storage case for contacts, if needed</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scan your favorite family and pet photographs and burn to a CD. Store the CD in a safe deposit box or fireproof safe or cabinet.</li> <li><input type="checkbox"/> Make photocopies or scan important papers (such as birth and/or death records, insurance policies, marriage certificates, etc.) and store in a safe deposit box or fireproof safe or cabinet.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> whistle</li> <li><input type="checkbox"/> 2 flashlights and one extra set of batteries for each of them</li> <li><input type="checkbox"/> camping or utility knife</li> <li><input type="checkbox"/> tarp</li> <li><input type="checkbox"/> heavy rope</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Update animal vaccination records and put with important papers.</li> <li><input type="checkbox"/> Contact utility companies for direction about shut-off procedures.</li> </ul> <p>* One per person in household ** One per person and pet</p>

WEEK 9	WEEK 10	WEEK 11	WEEK 12
<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 jar of peanut butter*</li> <li><input type="checkbox"/> 1 can of ready-to-eat soup*</li> <li><input type="checkbox"/> 1 can of vegetables</li> <li><input type="checkbox"/> scissors</li> </ul> <p><b>Gather or Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> blankets</li> <li><input type="checkbox"/> sleeping bags**</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check your house for hazards, such as items that might fall and/or break, fire hazards, etc.</li> <li><input type="checkbox"/> Identify which hazards you will reduce first.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can of juice*</li> <li><input type="checkbox"/> 1 can of ready-to-eat soup*</li> <li><input type="checkbox"/> 1 can of vegetables</li> <li><input type="checkbox"/> baby food, if needed</li> <li><input type="checkbox"/> thermometer</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Test your smoke, fire and/or carbon monoxide detectors. Replace batteries.</li> <li><input type="checkbox"/> Conduct a surprise fire drill with family members.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box of graham crackers</li> <li><input type="checkbox"/> 1 package of quick energy snacks, such as granola bars or trail mix.</li> <li><input type="checkbox"/> dry cereal</li> <li><input type="checkbox"/> diapers, if needed</li> <li><input type="checkbox"/> vitamins for adults and children, as applicable</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Secure fish tanks, bird houses and reptile cages, if applicable.</li> <li><input type="checkbox"/> Brace shelves and cabinets to wall studs.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> double-sided tape or Velcro</li> <li><input type="checkbox"/> duct tape</li> <li><input type="checkbox"/> masking tape</li> <li><input type="checkbox"/> plumber's tape</li> <li><input type="checkbox"/> hammer</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tie water heater to wall studs.</li> <li><input type="checkbox"/> Take first-aid and CPR classes. Ensure responsible family members know life-saving measures.</li> </ul> <p>* One per person in household ** One per person and pet</p>

WEEK 13	WEEK 14	WEEK 15	WEEK 16
<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> special food for special diet needs of family members</li> <li><input type="checkbox"/> instant coffee, tea and/or cocoa</li> <li><input type="checkbox"/> 1 package of quick energy snacks</li> <li><input type="checkbox"/> pet food, if needed</li> <li><input type="checkbox"/> tweezers</li> </ul> <p><b>Gather or Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra clothing (one complete set per family member)</li> <li><input type="checkbox"/> jackets (one for each family member)</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of hard sole shoes and a flashlight under your bed so they are handy during an emergency.</li> <li><input type="checkbox"/> Store extra cash and credit cards in your kit. (Consider purchasing prepaid credit cards and/or phone calling cards.)</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 package of quick energy snacks</li> <li><input type="checkbox"/> 1 gallon of water per pet</li> <li><input type="checkbox"/> 1 package of paper cups</li> <li><input type="checkbox"/> denture supplies, if needed</li> <li><input type="checkbox"/> sewing kit</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Date each can of food and water containers.</li> <li><input type="checkbox"/> Investigate home or rental insurance.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of water per pet</li> <li><input type="checkbox"/> 1 box of heavy-duty garbage bags</li> <li><input type="checkbox"/> 1 package of paper plates*</li> <li><input type="checkbox"/> hearing aid batteries, if needed</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> pliers</li> <li><input type="checkbox"/> screw driver</li> <li><input type="checkbox"/> crow bar</li> <li><input type="checkbox"/> vise grips</li> <li><input type="checkbox"/> "L" brackets or flexible straps to secure tall furniture to wall studs</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask veterinarian about an appropriate sized container for your pet(s) in case of home evacuation.</li> <li><input type="checkbox"/> Obtain ID collar-tag or microchip for your pet(s) in case you get separated during an emergency.</li> </ul> <p><i>* One per person in household</i>  <i>** One per person and pet</i></p>

<b>WEEK 17</b>	<b>WEEK 18</b>	<b>WEEK 19</b>	<b>WEEK 20</b>
<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box of heavy-duty garbage bags</li> <li><input type="checkbox"/> 1 quart of regular liquid bleach</li> <li><input type="checkbox"/> 2 rolls of toilet paper*</li> <li><input type="checkbox"/> disposable hand wipes</li> </ul> <p><b>Gather or Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> towels</li> <li><input type="checkbox"/> hats, umbrellas and gloves</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your child's day care and/or school about their disaster plans.</li> <li><input type="checkbox"/> Find out about your workplace disaster plans.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 rolls of paper towels</li> <li><input type="checkbox"/> 1 box of heavy-duty garbage bags</li> <li><input type="checkbox"/> aluminum foil</li> <li><input type="checkbox"/> ipecac syrup and activated charcoal (to use under the direction of poison control)</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a friend or neighbor to help your family members or watch your pet(s) if you are at work when an emergency strikes.</li> <li><input type="checkbox"/> Make a plan to check on a neighbor who might need help during an emergency.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1/4 teaspoon (for measuring bleach)</li> <li><input type="checkbox"/> eating utensils</li> <li><input type="checkbox"/> extra toothbrush*</li> <li><input type="checkbox"/> rubbing alcohol</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if you have a neighborhood safety organization, and join it.</li> <li><input type="checkbox"/> Develop a neighborhood pet care plan.</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box disposable dust masks</li> <li><input type="checkbox"/> ABC fire extinguisher</li> <li><input type="checkbox"/> local area map</li> <li><input type="checkbox"/> battery-powered camping lantern with extra batteries</li> <li><input type="checkbox"/> waterproof, portable plastic container with lid for important papers</li> </ul> <p><b>Planning Activities:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Research how to become a licensed ham radio operator.</li> <li><input type="checkbox"/> if you are a licensed ham radio operator, contact a local government agency to volunteer for emergency service.</li> </ul> <p>* One per person in household ** One per person and pet</p>

WEEK 21	WEEK 22	WEEK 23	WEEK 24
<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 3 rolls of paper towels</li> <li><input type="checkbox"/> Kleenex</li> <li><input type="checkbox"/> large plastic food storage bags</li> <li><input type="checkbox"/> adhesive bandages in various sizes</li> </ul> <p><b>Gather or Purchase:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> shoes</li> <li><input type="checkbox"/> leashes for pet(s)</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> liquid dish soap</li> <li><input type="checkbox"/> food storage containers with lids</li> <li><input type="checkbox"/> plastic wrap</li> <li><input type="checkbox"/> antiseptic</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> large plastic food storage bags</li> <li><input type="checkbox"/> toothpaste</li> <li><input type="checkbox"/> cold packs</li> <li><input type="checkbox"/> personal hygiene items, such as deodorant, comb</li> </ul>	<p><b>Purchase for Supply Kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra batteries</li> <li><input type="checkbox"/> bungee cords</li> <li><input type="checkbox"/> child-proof latches</li> <li><input type="checkbox"/> large ground screw to secure animals if fences fall.</li> <li><input type="checkbox"/> Camp stove and fuel</li> </ul> <p><i>* One per person in household</i>  <i>** One per person and pet</i></p>

USE OR REPLACE AT THE SUGGESTED TIME	USE OR REPLACE AT THE SUGGESTED TIME	USE OR REPLACE AT THE SUGGESTED TIME	STORAGE TIPS
<p><b>Use within 6 months:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> powdered milk (in box)</li> <li><input type="checkbox"/> dried fruit (in air tight container)</li> <li><input type="checkbox"/> dry, crisp crackers (in air tight container)</li> <li><input type="checkbox"/> potatoes</li> <li><input type="checkbox"/> water</li> <li><input type="checkbox"/> bleach</li> </ul>	<p><b>Use within one year:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> canned condensed milk</li> <li><input type="checkbox"/> canned vegetable soups</li> <li><input type="checkbox"/> ready-to-eat and/or uncooked cereals</li> <li><input type="checkbox"/> peanut butter</li> <li><input type="checkbox"/> jelly</li> <li><input type="checkbox"/> canned meats</li> <li><input type="checkbox"/> hard candy</li> <li><input type="checkbox"/> Vitamin C</li> <li><input type="checkbox"/> water in manufactured sealed containers</li> </ul>	<p><b>Long life (if checked annually and stored in air tight containers and proper conditions):</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> wheat</li> <li><input type="checkbox"/> vegetable oil</li> <li><input type="checkbox"/> dried corn</li> <li><input type="checkbox"/> baking powder</li> <li><input type="checkbox"/> soybeans</li> <li><input type="checkbox"/> instant coffee, tea and cocoa</li> <li><input type="checkbox"/> salt</li> <li><input type="checkbox"/> non-carbonated soft drinks</li> <li><input type="checkbox"/> white rice</li> <li><input type="checkbox"/> bouillon products</li> <li><input type="checkbox"/> dry pasta</li> <li><input type="checkbox"/> powdered milk (nitrogen-packed)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep food in dry, cool place – dark area, if possible.</li> <li><input type="checkbox"/> Keep food covered at all times.</li> <li><input type="checkbox"/> If you open food boxes or cans, do so carefully, so you can close them tightly after each use.</li> <li><input type="checkbox"/> Wrap cookies and crackers in a plastic bag and inside a tight container.</li> <li><input type="checkbox"/> Empty opened packages of sugar, dried fruit and nuts into screw-top jars or air tight cans to protect them from pests.</li> <li><input type="checkbox"/> Inspect all foods for signs of spoilage before use.</li> <li><input type="checkbox"/> Use foods before they go bad, and replace them with fresh supplies.</li> <li><input type="checkbox"/> Mark all foods with purchase date with a permanent marker. Place new items at the back or bottom of the storage area/container.</li> </ul>