



Taking it one step at a time.

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	<p>Purchase:</p> <input type="checkbox"/> Water - 3 gallons per person and pet <input type="checkbox"/> Hand-operated can opener and bottle opener <input type="checkbox"/> Instant drinks (coffee, tea, powdered soft drinks) <input type="checkbox"/> 2 flashlights with batteries	<p>Activities:</p> <input type="checkbox"/> Make your family disaster preparedness plan* <input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear <input type="checkbox"/> If you fill your own water containers, mark them with the date filled <input type="checkbox"/> Date water/food containers if they are not dated <input type="checkbox"/> Conduct a home hazard hunt*
MONTH 2	<p>Purchase:</p> <input type="checkbox"/> Canned meat, stew, or pasta meal - 5 per person <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Videotape <input type="checkbox"/> Family-size first aid kit	<p>Activities:</p> <input type="checkbox"/> Change battery and test smoke detector (purchase and install a detector if you don't have one) <input type="checkbox"/> Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.
MONTH 3	<p>Purchase:</p> <input type="checkbox"/> Canned fruit - 3 cans per person <input type="checkbox"/> Any foods for special dietary needs (enough for 3 days) <input type="checkbox"/> 2 rolls of toilet paper per person <input type="checkbox"/> Crescent wrench(es) (or utility shutoff tools)	<p>Activities:</p> <input type="checkbox"/> Conduct a home fire drill <input type="checkbox"/> Become familiar with the OLL Emergency Operations Plan <input type="checkbox"/> Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency
<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	<p>Purchase:</p> <input type="checkbox"/> Canned vegetables - 4 per person <input type="checkbox"/> Extra baby bottles, formula, and diapers, if needed <input type="checkbox"/> Extra pet supplies; food, collar, leash <input type="checkbox"/> Large storage container(s) for preparedness supplies	<p>Activities:</p> <input type="checkbox"/> Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency <input type="checkbox"/> Place a supply of prescription medicine(s) in storage container and date the medicine(s) if not already indicated on its label <input type="checkbox"/> Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member
MONTH 5	<p>Purchase:</p> <input type="checkbox"/> Canned, ready-to-eat soup - 2 per person <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Portable am/fm radio (including batteries) <input type="checkbox"/> Anti-bacterial liquid hand soap <input type="checkbox"/> Disposable hand wipes	<p>Activities:</p> <input type="checkbox"/> Make photocopies of important papers and put in the storage container <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)

"It wasn't raining when Noah built the Ark.

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.

MONTH 6	<p>Purchase:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter) <input type="checkbox"/> 6 rolls of paper towels <input type="checkbox"/> 3 boxes of facial tissue <input type="checkbox"/> Sunscreen <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Latex gloves, 6 pairs, (to be put with the first aid kit) 	<p>Activities:</p> <ul style="list-style-type: none"> <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.) <input type="checkbox"/> Put an extra pair of eyeglasses in the supply container <input type="checkbox"/> Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home <input type="checkbox"/> Find out about your workplace disaster plans
MONTH 7	<p>Purchase:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> 1 large can of juice per person <input type="checkbox"/> Adult and children vitamins <input type="checkbox"/> A pair of pliers and/or vise grips 	<p>Activities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPR class <input type="checkbox"/> Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone <input type="checkbox"/> Show family members where and how to shut off the utilities
MONTH 8	<p>Purchase:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Box of crackers or graham crackers <input type="checkbox"/> Dry cereal <input type="checkbox"/> "Child proof" latches or other fasteners for cabinet doors and drawers <input type="checkbox"/> 1 box of large, heavy-duty garbage bags <input type="checkbox"/> Camping or utility knife 	<p>Activities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes <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
MONTH 9	<p>Purchase:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids (if needed) <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Crowbar 	<p>Activities:</p> <ul style="list-style-type: none"> <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. <input type="checkbox"/> Secure water heater to wall studs (if not already done)
MONTH 10	<p>Purchase:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hammer and assorted nails <input type="checkbox"/> Screw drivers and assorted wood screws <input type="checkbox"/> Heavy duty plastic tarps or sheets of visquine <input type="checkbox"/> Extra toothbrush per person and toothpaste 	<p>Activities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone help your children if you are at work when an emergency occurs <input type="checkbox"/> Conduct an earthquake drill at home <input type="checkbox"/> Replace prescription medicines as required by expiration dates
MONTH 11	<p>Purchase:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Package of paper plates <input type="checkbox"/> Package of napkins <input type="checkbox"/> Package of eating utensils <input type="checkbox"/> Package of paper cups <input type="checkbox"/> Masking tape <input type="checkbox"/> Kitchen-size garbage bags (1 box) 	<p>Activities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone to take care of your pets if you are at work when an emergency occurs <input type="checkbox"/> Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency <input type="checkbox"/> Start a Neighborhood Watch Program if none exists
MONTH 12	<p>Purchase:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Box of disposable dust masks <input type="checkbox"/> Safety goggles <input type="checkbox"/> Antiseptic <input type="checkbox"/> Sewing kit 	<p>Activities:</p> <ul style="list-style-type: none"> <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.) <input type="checkbox"/> Check the dates on stored food and replace as needed