

# **Your Family Disaster Supplies Calendar**

The Family Disaster Supplies Calendar is intended to help you prepare for manmade or natural 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.**
- **Explain how to prepare; explain when and how to respond**
- **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.

**See chart on next page**

## **Gibson County Health Department**

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'Working for Your Health'

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

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