



An Avera Partner

20 Weeks to Preparedness

Be Prepared! Develop An Emergency Kit.

This Emergency Supplies Calendar is intended to help you prepare for emergencies before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies by the expiration date. Purchasing the food suggested here would last approximately 3-5 days.

*Purchase one for each member of the household.

**Per person / per day

(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared! Promoted through Siouxland District Health)

WEEK 1

Grocery Store:

- 1 gallon water **
- 1 jar peanut butter
- Hand-operated can Opener
- Pet food, diapers, and baby food if needed.
- 1 lg can juice*
- Permanent marker

To Do:

- Complete a personal assessment of your needs and resources in a disaster environment.
- Date each perishable food item using marking pen.



WEEK 2

Hardware Store:

- 2 flashlights with batteries
- Duct tape
- Matches in water proof container

WEEK 3

Grocery Store:

- 1 gallon water**
- Paper and pencil
- Feminine hygiene products
- Map of area / old phone book
- 1 gallon of water for each pet, if needed.
- 1 can meat*
- Pain reliever
- Laxative
- Aspirin/non-aspirin

To Do:

- Date each perishable food item using marker.

WEEK 4

Hardware Store:

- Signal Flare
- Also, extra medications, prescriptions or vitamins marked "emergency use."
- Compass

To Do:

- Develop a family communication & disaster plan.
- Share copies of your disaster plan & emergency information list with family.



WEEK 5

Grocery Store:

- 1 can vegetables*
- 1 can meat*
- Travel size toothpaste
- Food for special diets, if needed.
- 1 can fruit*
- 2 rolls toilet paper
- Extra tooth brush

To Do:

- Date each perishable food item using marker.

WEEK 6

First Aid Supplies & Other Supplies:

- Latex Gloves
- Gauze Pads
- Safety pins
- Sterile adhesive bandages in assorted sizes.
- Extra hearing aid batteries, if needed.
- Sunscreen
- Roller bandages
- Adhesive tape

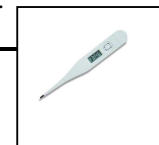
WEEK 7

Grocery Store:

- 1 gallon water**
- 1 can soup*
- Disinfectant
- Baby bottles, formula and diapers, if needed.
- 1 can fruit*
- Sewing kit

To Do:

- Establish out-of-town contacts to call in case of emergency.
- Share this information with your family/friends.
- Make arrangements to check on each other immediately after an emergency.



WEEK 8

First Aid Supplies:

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand soap
- Disposable wipes
- Needles
- Petroleum jelly
- Antibiotic ointment

To Do:

- Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.
- If blind, store a talking clock and one or more extra white canes.
- If blind, mark your disaster supplies in Braille or with fluorescent tape.

WEEK 9

Grocery Store:

- 1 can soup*
- Liquid dish soap
- Household bleach
- Saline solution and a contact lens case, if needed.
- 1 box heavy-duty garbage bags
- Antacid

To Do:

- Agree on a signal, with family/friends, that indicates you are okay and have left the disaster.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.