



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.

*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!)

WEEK 11

Grocery Store:

- 1 large can juice*
- Medicine dropper (ask your local pharmacy for a sample)
- Large plastic food bags
- 3 rolls paper towels
- 1 box quick energy snacks

To Do:

- Test your smoke detectors(s).
Replace the battery in each detector that does not work. Replace any detector over 10 years old.



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