



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.

WEEK 13

Hardware Store:

- Crow bar
- Whistle
- Pliers
- Hammer
- Screwdriver

To Do:

- Take a first aid/CPR Class

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



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.

WEEK 13

Hardware Store:

- Crow bar
- Whistle
- Pliers
- Hammer
- Screwdriver

To Do:

- Take a first aid/CPR Class

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



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.

WEEK 13

Hardware Store:

- Crow bar
- Whistle
- Pliers
- Hammer
- Screwdriver

To Do:

- Take a first aid/CPR Class

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



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.

WEEK 13

Hardware Store:

- Crow bar
- Whistle
- Pliers
- Hammer
- Screwdriver

To Do:

- Take a first aid/CPR Class

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