



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.

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

WEEK 17

Grocery Store:

- 1 box graham crackers
- Dry cereal
- Plastic container(s) with lids for supplies

First Aid Supplies:

- Antidiarrheal medicine
- Antiseptic
- Rubbing alcohol

To Do:

- Arrange for a friend to help your children if you are not able to respond or are at work.



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.

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

WEEK 17

Grocery Store:

- 1 box graham crackers
- Dry cereal
- Plastic container(s) with lids for supplies

First Aid Supplies:

- Antidiarrheal medicine
- Antiseptic
- Rubbing alcohol

To Do:

- Arrange for a friend to help your children if you are not able to respond or are at work.



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.

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

WEEK 17

Grocery Store:

- 1 box graham crackers
- Dry cereal
- Plastic container(s) with lids for supplies

First Aid Supplies:

- Antidiarrheal medicine
- Antiseptic
- Rubbing alcohol

To Do:

- Arrange for a friend to help your children if you are not able to respond or are at work.



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.

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

WEEK 17

Grocery Store:

- 1 box graham crackers
- Dry cereal
- Plastic container(s) with lids for supplies

First Aid Supplies:

- Antidiarrheal medicine
- Antiseptic
- Rubbing alcohol

To Do:

- Arrange for a friend to help your children if you are not able to respond or are at work.