



An Avera Partner

20 Weeks to Preparedness

<p style="text-align: center;">Be Prepared! Develop An Emergency Kit.</p> <p>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.</p> <p>*Purchase one for each member of the household. **Per person / per day</p> <p>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</p>	<p style="text-align: center;">WEEK 3</p> <p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water** <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Paper and pencil <input type="checkbox"/> Pain reliever <input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Laxative <input type="checkbox"/> Aspirin/non-aspirin <input type="checkbox"/> Map of area / old phone book <input type="checkbox"/> 1 gallon of water for each pet, if needed. <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marker.
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