



An Avera Partner

20 Weeks to Preparedness

<p><b>Be Prepared!</b> <b>Develop An Emergency Kit.</b></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><small>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</small></p>	<p><b>WEEK 4</b></p> <p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Signal Flare</li> <li><input type="checkbox"/> Compass</li> <li><input type="checkbox"/> Also, extra medications, prescriptions or vitamins marked emergency use.”</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a family communication (complete attached sheets) &amp; disaster plan (review Protect Iowa Health guidebook and complete pages 26-30).</li> <li><input type="checkbox"/> Share copies of your family communication &amp; disaster plan with family.</li> </ul>
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