



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 6**

**First Aid Supplies & Supplies:**

- Latex Gloves
- Sunscreen
- Gauze Pads
- Roller bandages
- Safety pins
- Adhesive tape
- Sterile adhesive bandages in assorted sizes.
- Extra hearing aid batteries, if needed



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