



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 8</b></p> <p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Disposable wipes</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Needles</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Petroleum jelly</li> <li><input type="checkbox"/> Liquid antibacterial hand soap</li> <li><input type="checkbox"/> Antibiotic ointment</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.</li> <li><input type="checkbox"/> If blind, store a talking clock and one or more extra white canes.</li> <li><input type="checkbox"/> If blind, mark your disaster supplies in Braille or with fluorescent tape.</li> </ul>
--	---



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 8</b></p> <p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Disposable wipes</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Needles</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Petroleum jelly</li> <li><input type="checkbox"/> Liquid antibacterial hand soap</li> <li><input type="checkbox"/> Antibiotic ointment</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.</li> <li><input type="checkbox"/> If blind, store a talking clock and one or more extra white canes.</li> <li><input type="checkbox"/> If blind, mark your disaster supplies in Braille or with fluorescent tape.</li> </ul>
--	---



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 8</b></p> <p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Disposable wipes</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Needles</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Petroleum jelly</li> <li><input type="checkbox"/> Liquid antibacterial hand soap</li> <li><input type="checkbox"/> Antibiotic ointment</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.</li> <li><input type="checkbox"/> If blind, store a talking clock and one or more extra white canes.</li> <li><input type="checkbox"/> If blind, mark your disaster supplies in Braille or with fluorescent tape.</li> </ul>
--	---



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 8</b></p> <p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Disposable wipes</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Needles</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Petroleum jelly</li> <li><input type="checkbox"/> Liquid antibacterial hand soap</li> <li><input type="checkbox"/> Antibiotic ointment</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.</li> <li><input type="checkbox"/> If blind, store a talking clock and one or more extra white canes.</li> <li><input type="checkbox"/> If blind, mark your disaster supplies in Braille or with fluorescent tape.</li> </ul>
--	---