



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><small>*Purchase one for each member of the household. **Per person / per day</small></p> <p><small>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</small></p>	<p style="text-align: center;">WEEK 9</p> <p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can soup* <input type="checkbox"/> 1 box heavy-duty garbage bags <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household bleach <input type="checkbox"/> Antacid <input type="checkbox"/> Saline solution and a contact lens case, if needed. <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Agree on a signal, with family/friends, that indicates you are okay and have left the disaster. <input type="checkbox"/> If you have a communication disability, store a word or letter board in your disaster supplies kit.
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