



PREPAREDNESS CALENDAR- 24 WEEKS OF ACTIVITIES TO GET YOU PREPARED



This calendar is intended as a tool to help you take appropriate preparedness actions and create a 3-7 day disaster supply kit for your household before the next emergency happens. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each of the items you collect or the actions you take during the week. Supplies may be stored all together in a large plastic garbage can with wheels, putting the heavy items at the bottom. Remember to rotate your perishable supplies and change water every six months. **Review this calendar every six months.**

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 hand-operated can opener <input type="checkbox"/> Permanent marking pen <p>Additional: pet food, diapers, baby food.</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date perishable items with marker <input type="checkbox"/> Decide upon & notify out-of-area contact who can coordinate information for scattered family members. 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy cotton or hemp rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ <p>Additional: leash or carrier for your pet, extra set of I.D. tags</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sign up for First Aid/CPR class 	<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"/> 1 can fruit* <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Paper & pen <input type="checkbox"/> Local map <input type="checkbox"/> Pain reliever <input type="checkbox"/> Laxative <p>Additional: 1 gallon water for each pet</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about what kinds of disasters can happen in your area. <input type="checkbox"/> Encourage neighbors to develop their own plans. 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 6-way laser flashing safety light <input type="checkbox"/> Compass <p>Additional: Medicines/prescriptions marked "for emergency use", contact-lens supplies</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency. 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> Extra toothbrush <input type="checkbox"/> Travel-size tooth paste <p>Additional: Special foods for special dietary needs</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify escape routes from house for all family members <input type="checkbox"/> Identify safe places to go in case of local disasters <input type="checkbox"/> Practice a drill for each of your plans 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> First Aid Kit which includes sterile adhesive bandages in assorted sizes adhesive tape, gauze pads, sterile roller bandages, latex gloves <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify storage area for your supplies such as closet along an inside wall, or waterproof plastic garbage cans that can be stored outside. If using outside storage, ensure container is also animal proof.
<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant <p>Additional: Extra baby supplies (bottles, formula, diapers)</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame. 	<p>FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Petroleum jelly <input type="checkbox"/> 2 tongue blades <p>Additional: Put extra eyeglasses in First Aid Kit</p>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> 1 box heavy duty garbage bags with ties <input type="checkbox"/> Antacid <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Test smoke detector and replace batteries 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> Battery powered or wind up radio <input type="checkbox"/> Wrench to turn off utilities <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure that everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off. <input type="checkbox"/> Attach a wrench near each shut-off valve so it is there when needed. 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box high-energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Additional: Keep extra battery for cell phone or change for pay phone usage.</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Locate pay phones closest to your home. 	<p>GROCERY Store or PET CARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Litter and box <input type="checkbox"/> Extra water <p>Additional: Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs.</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Photocopy important papers and store safely.
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12

Calendar adapted by the Thurston County Public Health and Social Services Department from the Washington State Chapters of the American Red Cross. Content originally developed by Chevron Real Estate Services San Francisco, California. Produced by Thurston County Public Health and Social Services Department 412 Lilly Rd. NE, Olympia, WA 98506 (360) 754-5581 FAX (360) 754-2988 TDD (360) 754-2933 www.co.thurston.wa.us/79491n