



PREPAREDNESS CALENDAR - 24 WEEKS OF ACTIVITIES TO GET YOU PREPARED



WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18
Action Steps: <input type="checkbox"/> Add to emergency supplies a change of clothing and pair of shoes for each person in the family. <input type="checkbox"/> Put together a selection of favorite and most used spices- salt, pepper, sugar- in small packets. <input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person. <input type="checkbox"/> Check to be sure all perishables have been dated.	HARDWARE Store <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry bar Action Steps: <input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts	HARDWARE Store <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer Action Steps: <input type="checkbox"/> Secure water heater, bookcases, computer and other heavy items that could fall in an earthquake	GROCERY Store <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* Action Steps: <input type="checkbox"/> Develop a disaster supply kit for your vehicles. <input type="checkbox"/> Find out if you have a neighborhood safety group and become involved.	HARDWARE Store <input type="checkbox"/> "Child-proof" latches or fasteners for cupboards <input type="checkbox"/> Quakehold museum putty to secure moveable items on shelves Action Steps: <input type="checkbox"/> Secure doors and moveable items	GROCERY Store <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Assorted plastic containers with lids. <input type="checkbox"/> Dry cereal Additional: Special equipment such as hearing aid batteries Action Steps: <input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work
FIRST AID SUPPLIES <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic Action Steps: <input type="checkbox"/> Secure sleeping bag or blanket for each family member	GROCERY Store <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts Action Steps: <input type="checkbox"/> Assemble an activity box of cards, games, toys	HARDWARE Store <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheating Additional: Denture care supplies Action Steps: <input type="checkbox"/> Review insurance coverage with your agent to be sure your are covered for whatever events are possible in your area	GROCERY Store <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil Action Steps: <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors.	HARDWARE Store <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* Action Steps: <input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store	Action Steps: <input type="checkbox"/> Begin rotating water and food stores, replacing those purchased in week one. <input type="checkbox"/> Check that storage area is safe and dry. <input type="checkbox"/> Continue rotation each month so that fresh stores are always on hand.

* One per person

Note: You should store 1-2 gallons of water per person for each day. This water is for consumption and sanitation. For this reason the calendar repeats the need to purchase water several times.

- Examples of Food Items:**
- Select based on your family's preferences.
 - Pick low-salt, water-packed varieties when possible.

Canned Meat	Tuna, chicken, raviolis, chili, stew, Spam™, corned beef, etc.
Vegetables	Green beans, corn, peas, beets, baked beans, carrots, etc.
Fruit	Pears, applesauce, mandarin oranges, pineapple, etc.
Energy Snacks	Peanut butter, granola bars, trail mix, protein bars, etc.