

PREPARATION IS KEY

As part of its successful Ready campaign, the U.S. Department of Homeland Security is encouraging Americans to be prepared for emergencies. This brochure includes a preparedness calendar that is intended to help you assemble a disaster supplies kit in small steps over a five-month period.* Please share this information with family and friends.

In a recent national survey conducted by The Ad Council, 80 percent of Americans agreed that taking some simple steps to prepare could help protect themselves and their families in the event of an emergency. However, only 58 percent had made an emergency supply kit, developed a family emergency plan or learned more about potential threats, the three steps recommended by the Ready campaign. A survey of small businesses found more than 90 percent recognized the importance of business emergency preparedness. But, less than 40 percent said their company had an emergency plan in place.

By visiting www.ready.gov, individuals and businesses can learn how to prepare their families and workplaces for emergencies including natural disasters and potential terrorist attacks. Materials, including family communication plan templates and sample business continuity plans, are available on the website providing Americans with the resources needed to make plans that will bring piece of mind.

It is up to you. Make it your plan to be prepared for tomorrow.

DISASTER SUPPLIES 5 MONTH CALENDAR

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

WEEK 1

GROCERY STORE:

- | | |
|---|--|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> 1 large can juice* |
| <input type="checkbox"/> 1 jar peanut butter | <input type="checkbox"/> 1 can meat* |
| <input type="checkbox"/> Hand-operated can opener | <input type="checkbox"/> Permanent marking pen |

Also, pet food, diapers, and baby food, if needed.

TO DO:

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2

HARDWARE STORE:

- | | |
|---|---|
| <input type="checkbox"/> Heavy cotton or hemp rope | <input type="checkbox"/> Matches in water-container |
| <input type="checkbox"/> 2 flashlights with batteries | <input type="checkbox"/> Duct tape |

Also, a leash or carrier for your pet.

TO DO:

- Complete a personal assessment of your needs and resources in a changed disaster environment. Encourage your neighbors to do the same.

WEEK 3

GROCERY STORE:

- | | |
|---|---|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> Feminine hygiene supplies |
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> Aspirin or non-aspirin pain reliever |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Laxative |
| <input type="checkbox"/> Paper and pencil | |
| <input type="checkbox"/> Map of the area | |

Also, 1 gallon of water for each pet.

TO DO:

- Be a part of a support network in your area to identify and obtain resources needed to cope effectively with disaster.

WEEK 4

HARDWARE STORE:

- | | | |
|--|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids | <input type="checkbox"/> Signal flare | <input type="checkbox"/> Compass |
|--|---------------------------------------|----------------------------------|

Also, extra medications or prescriptions marked "emergency use."

TO DO:

- Encourage the network to develop a personal disaster plan.
- Share copies of the following with network: emergency information list, medical information, disability-related supplies and special equipment list, and personal disaster plan.

WEEK 5

GROCERY STORE:

- | | |
|--|--|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> 2 rolls toilet paper |
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> Extra toothbrush |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Travel size tooth-paste |
| <input type="checkbox"/> 1 can vegetables* | |

Also, special food for special diets, if needed.

TO DO:

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go to in case of fire, earthquake, tornado, hurricane, and flood.
- Practice a fire drill, tornado drill, and earthquake drill with your network.

WEEK 6

FIRST AID SUPPLIES:

- | | |
|--|--|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Gauze pads |
| | <input type="checkbox"/> Roller bandages |

Also, extra hearing aid batteries, if needed.

TO DO:

- Check with child's day care center or school to find out about their disaster plans.
- Ask your local emergency management office if emergency transportation services are available in case of evacuation.

WEEK 7

GROCERY STORE:

- | | |
|--|--|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> 1 can vegetables* |
| <input type="checkbox"/> 1 can soup* | <input type="checkbox"/> Sewing kit |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Disinfectant |

Also, extra plastic baby bottles, formula, and diapers, if needed.

TO DO:

- Encourage network to establish out-of-town contacts to call in case of emergency.
- Share this information within your network.
- Make arrangements for your network to check on each other immediately after an evacuation order or a disaster.

WEEK 8

FIRST AID SUPPLIES:

- | | |
|---|---|
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Disposable wipes |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Needles |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Liquid antibacterial hand soap | <input type="checkbox"/> 2 tongue blades |

Also, extra eyeglasses, if needed.

TO DO:

- Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.
- If blind, store a talking clock and one or more extra white canes.
- If Blind, mark your disaster supplies in Braille or with fluorescent tape.

WEEK 9

GROCERY STORE:

- | | |
|---|--|
| <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 |

Also, saline solution and a contact lens case, if needed.

TO DO:

- Agree on a signal with your network that indicates you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.

WEEK 10

HARDWARE STORE:

- | | |
|--|---|
| <input type="checkbox"/> Battery-powered radio | <input type="checkbox"/> Waterproof portable plastic container for important papers |
| <input type="checkbox"/> Wrench(es) needed to turn off utilities | |

TO DO:

- With your network, find the gas and water meter shutoffs of each home. Discuss when it is appropriate to turn these off.
- Attach a wrench next to the cutoff valve of each meter so it will be there when needed.
- Make photocopies of important papers and store safely.