**WEEK 11**

**GROCERY STORE:**
- 1 large can juice*
- Large plastic food bags
- 3 rolls paper towels

**TO DO:**
- Test your smoke detector(s). Replace the battery in each detector that does not work. Replace any detector over 10 years old.
- Arrange for a friend or neighbor to help your household member.
- “Child proof” latches or other fasteners for your cupboards
- Plastic bucket with tight lid

**WEEK 12**

**ANIMAL CARE STORE:**
- Extra harness, leash, ID tags, and food for your pets

**TO DO:**
- Develop a disaster supplies kit for your car or van.

**WEEK 13**

**HARDWARE STORE:**
- Perforated metal tape (sometimes called plumber’s tape or strap iron)
- Crow bar

**TO DO:**
- Take a first aid/CPR class.
- Strap your water heater to wall studs using hammer or plumber’s tape or strap iron.

**WEEK 14**

**HARDWARE STORE:**
- 1 can fruit*
- 1 can meat*
- 1 can vegetables*
- 1 package eating utensils

**TO DO:**
- Discuss with your network and neighbors what help you may need in an emergency and how best to assist them.
- Discuss with your network and neighbors what help you may need in an emergency and how best to assist them.

**WEEK 15**

**HARDWARE STORE:**
- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails

**TO DO:**
- Make arrangements to bolt bookcases and cabinets to wall studs.
- Develop a disaster supplies kit for your car or van.

**WEEK 16**

**GROCERY STORE:**
- 1 can meat*
- 1 can vegetables*
- 1 box facial tissue

**TO DO:**
- Replace any detector over 10 years old. Make arrangements to bolt bookcases and cabinets to wall studs.
- Develop a disaster supplies kit for your car or van.

**WEEK 17**

**GROCERY STORE:**
- 1 box graham crackers

**FIRST AID SUPPLIES:**
- Antidiarrheal medicine
- Antiseptic
- Rubbing alcohol

**TO DO:**
- Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.

**WEEK 18**

**HARDWARE STORE:**
- “Child proof” latches or other fasteners for your cupboards

**TO DO:**
- Install latches on cupboards and secure moveable objects.
- Put away a blanket or sleeping bag for each household member.

**WEEK 19**

**GROCERY STORE:**
- 1 box quick-energy snacks
- Comfort foods (such as cookies, candy bars)

**TO DO:**
- Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.
- Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.

**WEEK 20**

**HARDWARE STORE:**
- Disposable dust masks
- 2 blank videocassettes

**SPECIALTY STORE:**
- Get an extra battery for motorized mobility aids

**TO DO:**
- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

* Purchase one for each member of the household.

Disaster Preparedness 5 Month Calendar provided by Fairway Disaster Preparedness 5 Month Calendar supplied by Chevron Real Estate Management Company © 1994. For more information about disaster preparedness, contact your local Red Cross chapter or Outreach Services of Columbus Community Hospital at 402.562.4499.
**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 preparedness. But, less than 40 percent recognized the importance of business emergency preparedness.

By visiting [www.ready.gov](http://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 your plan to be prepared for tomorrow.*

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### 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:**
- 1 gallon water*
- 1 large can juice*
- 1 can meat*
- Hand-operated can opener
- 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:**
- Heavy cotton or hemp rope
- Matches in water-container
- 2 flashlights with batteries
- 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:**
- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- Paper and pencil
- 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:**
- Patch kit and can of seal-in-air product for the tires of mobility aids
- 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:**
- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- 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.

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### FIRST AID SUPPLIES:

**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.

<table>
<thead>
<tr>
<th><strong>WEEK 8</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FIRST AID SUPPLIES:</strong></td>
</tr>
<tr>
<td>- Scissors</td>
</tr>
<tr>
<td>- Tweezers</td>
</tr>
<tr>
<td>- Thermometer</td>
</tr>
<tr>
<td>- Liquid antibacterial hand soap</td>
</tr>
<tr>
<td>- Disposable wipes</td>
</tr>
<tr>
<td>- Needles</td>
</tr>
<tr>
<td>- Petroleum jelly</td>
</tr>
<tr>
<td>- 2 tongue blades</td>
</tr>
</tbody>
</table>

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:**
- 1 can soup*
- Liquid dish soap
- Household bleach
- Also, saline solution and a contact lens case, if needed.

**TO DO:**
- Make arrangements for your network to share this information within your network.
- Share copies of the following with network: emergency information list, medical information, disability-related supplies and special equipment list, and personal disaster plan.

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### WEEK 10

**HARDWARE STORE:**
- Battery-powered radio
- Batteries needed to turn off utilities
- Waterproof portable plastic container for important papers

**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.