PREPAREDNESS CALENDAR
Family Disaster Supplies and Preparedness Activities

- This calendar is intended as a tool to help you prepare for disasters before they happen.
- After you purchase an item or complete an activity, check the box next to it.

<table>
<thead>
<tr>
<th>MONTH</th>
<th>Purchase</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>- Water – At least 3 gallons per person, per day plus pets&lt;br&gt;- Hand-operated can opener&lt;br&gt;- Instant drinks (coffee, tea, powdered milk, powered fruit drinks)&lt;br&gt;- 2 flashlights with extra batteries</td>
<td>- Make your family disaster preparedness plan*&lt;br&gt;- Inventory disaster supplies already on hand, especially camping gear&lt;br&gt;- If you fill your own water containers, mark them with the date filled&lt;br&gt;- Date water/food containers if they are not dated&lt;br&gt;- Conduct a home hazard hunt*</td>
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<tr>
<td>2</td>
<td>- Canned meat, stew, or pasta meal - 5 per person&lt;br&gt;- Feminine hygiene supplies&lt;br&gt;- CD/DVD or videotape&lt;br&gt;- Family-size first aid kit</td>
<td>- Change battery and test smoke alarm (purchase and install an alarm if you don't have one)&lt;br&gt;- Film your home, including contents, for insurance purposes. Store the CD/DVD with friends or family who live out of town.</td>
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<tr>
<td>3</td>
<td>- Canned fruit - 3 cans per person&lt;br&gt;- Any foods for special dietary needs (enough for 3 days)&lt;br&gt;- 2 rolls of toilet paper per person&lt;br&gt;- Crescent wrench(es) (or utility shutoff tools)</td>
<td>- Conduct a home fire drill&lt;br&gt;- Check with your child’s day care or school to find out about their disaster plans&lt;br&gt;- Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them&lt;br&gt;- Establish an out-of-state contact to call in case of emergency</td>
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</tbody>
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Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items could be kept on a specific shelf in the pantry.

- Contact your local Emergency Management Office for more information on this activity
### 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. |

### Purchase:
- Quick-energy snacks (granola bars, raisins, peanut butter)
- 6 rolls of paper towels
- 3 boxes of facial tissue
- Sunscreen
- Anti-diarrhea medicine
- Latex gloves - if no allergies to latex (Buy 6 pairs and put in first aid kit)

### Activities:
- Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.)
- Put an extra pair of eyeglasses in the supply container
- Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home
- Find out about your workplace disaster plans

### MONTH 6
- Whistle
- A-B-C fire extinguisher
- 1 large can of juice per person
- Adult and children vitamins
- A pair of pliers and/or vise grips

### Activities:
- Take a first aid/CPR class
- Identify neighbors who might need help in an emergency (limited mobility, health problems, children home alone, etc.)
- Show family members where, when and how to shut off the utilities

### MONTH 7
- Box of crackers or graham crackers
- Dry cereal
- “Child-proof” latches or other fasteners for cabinet doors and drawers
- 1 box of large, heavy-duty garbage bags
- Camping or utility knife

### Activities:
- Secure shelves, cabinets, and drawers with “child-proof” latches to prevent them from falling and/or opening during earthquakes
- Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles

### MONTH 8
- Extra batteries for flashlights, radio, and hearing aids (if needed)
- Heavy rope
- Duct tape
- Crowbar

### Activities:
- Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, and quarters for pay phones and vending machines.
- Secure water heater to wall studs (if not already done)
- Identify locations of pay phones in your neighborhood

### MONTH 9
- Hammer and assorted nails
- Screwdrivers and assorted wood screws
- Heavy duty plastic tarps or plastic sheeting
- Extra toothbrush per person and toothpaste

### Activities:
- Make arrangements to have someone help your children if you’re at work when an emergency occurs
- Conduct an earthquake drill at home
- Replace necessary medicines as required by expiration dates
- Encourage friends and family members to prepare for emergencies

### MONTH 10
- Package of paper plates
- Package of napkins
- Package of eating utensils
- Package of paper cups
- Masking tape
- Kitchen-size garbage bags (1 box)

### Activities:
- Make arrangements to have someone take care of your pets if you are at work when an emergency occurs
- Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency
- Start a Neighborhood Watch Program, if none exists

### MONTH 11
- Heavy work gloves
- Box of disposable dust masks
- Safety goggles
- Antiseptic
- Sewing kit

### Activities:
- Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.)
- Check the dates on stored food and replace as needed