

## Preparing for Emergencies

### Together – Make a Family Plan

- Discuss the types of emergencies that could occur.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to "shelter in place".
- Discuss what to do if you need to evacuate.
- Practice your plan – regularly.

### Creating Emergency Kits

- Use the calendar inside to pace your preparations.
- Start by checking for supplies that you already have on hand.
- Decide where you will store supplies. Use locations that are easy to reach.
- Prepare more than one kit:
  - Home kit to last 3 to 5 days.
  - Go Pack evacuation kit. This can be a part of the home kit. Include clothes, sturdy shoes, medications, documents.
  - Small auto kit with basics in case you are stranded – include sturdy shoes.
  - Small workplace kit with basics in case you cannot reach your car or home.

**Rotate Supplies Every 6 Months**

## Selecting Foods

Keep in mind the family needs and preferences. Include items that are a part of the family diet. They will be easier to digest.

Pick low-salt, water-packed varieties. Salt makes people thirsty.

### Meat/Beans

Canned fish, poultry, pork, beef, beans, and products containing significant portions of these products. Dried meats are not recommended – very high salt content.

### Vegetables

Canned green beans, corn, peas, beets, carrots and mixed vegetables.

### Soup

Use ready-to-eat varieties with the lowest salt content. If powdered, store additional water.

### Fruit

Canned pears, peaches, mandarin oranges and applesauce.

### Cereal

Whole grain cereals such as Cheerios, Chex, Kix, Total and Shredded Wheat.

### Quick Energy Snacks

Trail mix, energy bars, raisins, electrolyte replacement beverages.

# Emergency Preparedness Calendar

## For You and Your Family



Provided as a service by:

Department of Health & Human Services

[www.MarinFlu.org](http://www.MarinFlu.org)



# Emergency Preparedness Calendar

This Emergency Preparedness Calendar makes it easier to prepare for emergencies. Use it as a guide to prepare your home and assemble an emergency kit in small steps. Each week, check the boxes as you do a few tasks and gather a few emergency supplies.

The goal is to make your home safer and to assure that all in your household have adequate provisions for three to five days. Start by checking around your home for supplies that you already have. If they can become part of your emergency supplies, check the boxes.

Decide where you will store supplies, including tools. A large plastic garbage can with lid-locking handles may be used. Stored food and supplies should be easily accessible, immediately inside an entrance or in a small shed. Rotate water and perishable supplies every six months.

*Note: Items marked with an asterisk \* should be purchased for each member of the family.*

<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
<b>Supermarket</b>	<b>Hardware</b>	<b>Supermarket</b>	<b>Hardware Store</b>
<input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 jar peanut butter* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> 1 can meat/beans* <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Instant coffee, tea, powdered drinks <input type="checkbox"/> Permanent marking pen (see <b>To Do</b> )	<input type="checkbox"/> Crescent and/or shut-off wrench <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> 4 12-hour chemical light sticks <input type="checkbox"/> Bungee cords	<input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat/beans* <input type="checkbox"/> Personal hygiene supplies <input type="checkbox"/> Video tape	<input type="checkbox"/> Axe <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detectors with batteries <input type="checkbox"/> Strapping kit for water heater
<b>IF NEEDED:</b>	<b>IF NEEDED:</b>	<b>IF NEEDED:</b>	<b>IF NEEDED:</b>
<input type="checkbox"/> Baby food <input type="checkbox"/> Powdered milk <input type="checkbox"/> Disposable diapers <input type="checkbox"/> Pet food and water	<input type="checkbox"/> Pet leash <input type="checkbox"/> Pet carrier	<input type="checkbox"/> Baby food <input type="checkbox"/> Disposable diapers <input type="checkbox"/> Pet food	<input type="checkbox"/> Extra medications or prescription marked "emergency use"
<b>To Do</b>	<b>To Do</b>	<b>To Do</b>	<b>To Do</b>
<input type="checkbox"/> Make a family plan <input type="checkbox"/> Date the perishable food and water with the marking pen <input type="checkbox"/> Store pet supplies in plastic containers	<input type="checkbox"/> Check your home for hazards <input type="checkbox"/> Locate your gas meter and water shut-offs, attach a wrench nearby	<input type="checkbox"/> Use (rent) a video camera to tape the contents of your home for insurance purposes <input type="checkbox"/> Store video tape with friend/family living out-of-town	<input type="checkbox"/> Install or test the smoke detectors. <input type="checkbox"/> Strap water heater

**WEEK 5****Supermarket**

- 1 gallon water\*
- 1 can meal/beans\*
- 1 can fruit\*
- 1 can vegetables\*
- 2 rolls toilet paper\*
- Extra toothbrush\*
- Travel size toothpaste

## IF NEEDED:

- Food for special diets

**To Do**

- Have a fire drill at home
- Pack extra clothes (layers for varying temperatures)

**WEEK 6****First Aid Supplies**

- Aspirin and/or acetaminophen
- Compresses
- Rolls of gauze or bandages
- First aid tape
- Adhesive bandages (in assorted sizes)

## IF NEEDED:

- Extra hearing aid Batteries

**To Do**

- Check with child's day care or school to find out about their emergency plans

**WEEK 7****Supermarket**

- 1 gallon water\*
- 1 can ready-to-eat soup, (not concentrate)\*
- 1 can fruit\*
- 1 can vegetables\*

## IF NEEDED:

- Plastic baby bottles
- Baby formula
- Additional diapers

**To Do**

- Establish an out-of-state contact for all family members to call when there is an emergency

**WEEK 8****First Aid Supplies**

- Scissors
- Tweezers
- Triple Antibiotic
- Digital Thermometer
- Liquid hand soap
- Disposable hand wipe
- Sewing kit

## IF NEEDED:

- Extra eyeglasses

**To Do**

- Place a pair of shoes and flashlight under the bed to have handy in emergency\*

**WEEK 9****Supermarket**

- 1 can ready-to-eat soup\*
- Liquid dish soap
- Plain liquid bleach
- 1 box heavy-duty garbage bags

## IF NEEDED:

- Saline solution and contact lens case

**To Do**

- Send favorite family photos (or copies) to family member out-of-state for safekeeping

**WEEK 10****Hardware Store**

- Waterproof portable container (with lid) for important papers
- Portable AM/FM radio with batteries
- Rain gear\*
- Blankets or sleeping bag\*

**To Do**

- Make disks and photocopies of important papers
- File safely

**WEEK 11****Supermarket**

- 1 large can juice\*
- Large plastic food bags
- Quick energy snacks\*
- 3 rolls paper towels
- Sunscreen

**To Do**

- Store bills/traveler's checks, quarters, credit card and car keys

**WEEK 12****First Aid Supplies**

- Anti-diarrhea medication
- Rubbing alcohol
- 4 pairs latex gloves
- Ipecac syrup (to induce vomiting)
- Children's vitamins

## IF NEEDED:

- Items for denture care

**To Do**

- Take your family on tour of your gas and water shut-offs

<p><b>WEEK 13</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Fire extinguisher, ABC type</li> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Vise grip</li> <li><input type="checkbox"/> Shovel</li> <li><input type="checkbox"/> Broom</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a Community Emergency Response Training (CERT) course from the fire department</li> </ul>	<p><b>WEEK 14</b></p> <p><b>Supermarket</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can meat/beans*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 package paper plates</li> <li><input type="checkbox"/> 1 package eating utensils</li> <li><input type="checkbox"/> 1 package paper cups</li> <li><input type="checkbox"/> Vitamins*</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency</li> </ul>	<p><b>WEEK 15</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra flashlight batteries</li> <li><input type="checkbox"/> Masking tape</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> Assorted nails</li> <li><input type="checkbox"/> Brackets to secure tall furniture to wall studs</li> <li><input type="checkbox"/> Wood screws</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brace furniture</li> <li><input type="checkbox"/> Take family on a hunt to find a pay phone near home</li> </ul>	<p><b>WEEK 16</b></p> <p><b>Supermarket</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat/beans*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Box facial tissues</li> <li><input type="checkbox"/> Quick energy snacks*</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if there is a neighborhood emergency group and join it</li> </ul>
<p><b>WEEK 17</b></p> <p><b>Supermarket</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box graham crackers</li> <li><input type="checkbox"/> Assorted plastic containers with lids</li> <li><input type="checkbox"/> Assorted safety pins</li> <li><input type="checkbox"/> Dry cereal</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange in advance for a friend or neighbor to care for children and <u>pets</u> if you are unable to get home</li> </ul>	<p><b>WEEK 18</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> "Childproof" latches or other cupboard fasteners</li> <li><input type="checkbox"/> Double-sided tape or Velcro fasteners to secure moveable objects</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install latches and fasteners</li> <li><input type="checkbox"/> Pack a "go-pack" in case you need to evacuate</li> </ul>	<p><b>WEEK 19</b></p> <p><b>Supermarket</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box heavy-duty garbage bags</li> <li><input type="checkbox"/> More quick energy snacks*</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have an emergency drill at home</li> <li><input type="checkbox"/> Keep a few games and books with your emergency supplies</li> </ul>	<p><b>WEEK 20</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Extra radio batteries</li> <li><input type="checkbox"/> Tube tent(s)</li> <li><input type="checkbox"/> Local map</li> </ul> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about emergency plans at your workplace</li> </ul>
<p><b>WEEK 21</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy work gloves</li> <li><input type="checkbox"/> 1 box disposable dust masks</li> <li><input type="checkbox"/> Screwdriver</li> <li><input type="checkbox"/> Plastic safety goggles</li> </ul>	<p><b>WEEK 22</b></p> <p><b>Supermarket</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra hand-operated can opener</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul>	<p><b>WEEK 23</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Battery-powered camping lantern with extra battery or extra flashlights</li> <li><input type="checkbox"/> Water purification tablets</li> </ul>	<p><b>WEEK 24</b></p> <p><b>Supermarket</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> Plastic wrap</li> <li><input type="checkbox"/> Heavy-duty aluminum foil</li> </ul>