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 peace of mind.

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

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a five-day 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 jar peanut butter
- 1 can meat
- Hand-operated can opener
- 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.
- Photocopy medication labels and other medical information for each family member and put them in your disaster supplies kit.

WEEK 2
HARDWARE STORE:
- Heavy cotton or hemp rope
- 2 flashlights with batteries
- Matches in waterproof container
- 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:
- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- Paper and pencil
- Map of the area
- 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
- Signal flare
- seal-in-air product for
- Compass
- 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*
- 2 rolls toilet paper
- 1 can meat*
- Extra toothbrush
- 1 can fruit*
- Travel size toothpaste
- 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 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:
- Sterile adhesive bandage
- Latex gloves
- ages in assorted sizes
- Sunscreen
- Safety pins
- Adhesive tape
- Rolled 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:
- 1 gallon water*
- 1 can vegetables*
- 1 can soup*
- Sewing kit
- 1 can fruit*
- 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:
- Scissors
- Disposable wipes
- Tweezers
- Face masks
- Thermometer
- Petroleum jelly
- Liquid antibacterial hand soap
- Waterless hand-cleaning gel
- 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.

WEEK 9
GROCERY STORE:
- 1 can soup*
- 1 box heavy-duty
- Liquid dish soap
- garbage bags
- Fossil bleach
- 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:
- Battery-powered radio
- Waterproof portable
- Wrench(es) needed to turn off utilities
- Flashlights
- Plastic container for important papers

TO DO:
- With your network, find the gas and water meter shut-off valves 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.

*Per person in the household
**WEEK 11**

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

**TO DO:**
- Test your smoke detector(s). Replace the battery in each detector that does not work. Replace any detector over 10 years old.

**WEEK 12**

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

**VETERINARIAN:**
- Obtain current vaccinations and medical records of your animal(s)
- Medications

**TO DO:**
- Develop a pet care plan in case of disaster.
- Make photocopies of all vaccination records and put them in your disaster supplies kit.

**WEEK 13**

**HARDWARE STORE:**
- Perforated metal tape
- Whistle
- Screwdriver (strap iron)
- Crow bar

**TO DO:**
- Take a first aid/CPR class.
- Strap your water heater to wall studs using perforated metal tape.

**WEEK 14**

**GROCERY 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.
- Practice using alternate methods of evacuation with your network.

**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.
- Label equipment and attach instruction cards.

**WEEK 16**

**GROCERY STORE:**
- 1 can meat*
- 1 can vegetables*
- 1 box facial tissue
- Dried fruit/nuts

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

**WEEK 17**

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

**FIRST AID SUPPLIES:**
- Antidiarrheal medicine
- Syrup of ipecac
- Rubbing alcohol
- Antiseptic charcoal

**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.
- Purchase and have installed an emergency escape ladder for upper story windows, if needed.

**WEEK 18**

**HARDWARE STORE:**
- "Child proof" latches or other fasteners for your cupboards
- Plastic bucket with tight lid

**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)

**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.

**WEEK 20**

**HARDWARE STORE:**
- Camping or utility knife
- Work gloves
- Safety goggles

**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.

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*Per person in the household*