

## PREPAREDNESS CALENDAR

## Family Disaster Supplies & Preparedness Activities

This 12-month preparedness calendar is 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.

I HLNOW	<ul> <li>Purchase:</li> <li>Water - 3 gallons per person and pet</li> <li>Hand-operated can opener and bottle opener</li> <li>Instant drinks (coffee, tea, powdered soft drinks)</li> <li>2 flashlights with batteries</li> </ul>	Activities: Make your family disaster preparedness plan* Inventory disaster supplies already on hand, especially camping gear If you fill your own water containers, mark them with the date filled Date water/food containers if they are not dated Conduct a home hazard hunt*
MONTH 2	<ul> <li>Purchase:</li> <li>□ Canned meat, stew, or pasta meal - 5 per person</li> <li>□ Sanitary napkins</li> <li>□ Videotape</li> <li>□ Family-size first aid kit</li> </ul>	<ul> <li>Activities:</li> <li>□ Change battery and test smoke detector (purchase and install a detector if you don't have one)</li> <li>□ Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.</li> </ul>
E HLNOM	Purchase:         □ Canned fruit - 3 cans per person         □ Any foods for special dietary needs (enough for 3 days)         □ 2 rolls of toilet paper per person         □ Crescent wrench(es) (or utility shutoff tools)	<ul> <li>Activities:</li> <li>Conduct a home fire drill</li> <li>Check with your child's day care or school to find out about their disaster plans</li> <li>Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them</li> <li>Establish an out-of-state contact to call in case of emergency</li> </ul>

MONTH 4	<ul> <li>Purchase:</li> <li>Canned vegetables - 4 per person</li> <li>Extra baby bottles, formula, and diapers, if needed</li> <li>Extra pet supplies; food, collar, leash</li> <li>Large storage container(s) for preparedness supplies</li> </ul>	<ul> <li>Activities:</li> <li>□Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency</li> <li>□Place a supply of prescription medicine(s) in storage container and date the medicine(s) if not already indicated on its label</li> <li>□Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member</li> </ul>
S HINOM	Purchase: Canned, ready-to-eat soup - 2 per person Liquid dish soap Plain liquid bleach Portable am/fm radio (including batteries) Anti-bacterial liquid hand soap Disposable hand wipes	<ul> <li>Activities:</li> <li>☐ Make photocopies of important papers and put in the storage container</li> <li>☐ Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry)</li> </ul>

•	Select foods based on your family's eating preferences	Canned Meats:tuna, chicken, raviolis,stew, $Spam^{TM}$ , corned bee etc.Vegetables:green beans, corn, peas, beets, baked beans, etc.Fruits:pears, applesauce, mandarin oranges, pineapple, etc.
9 HLNOW	Purchase:       A         Quick-energy snacks (granola bars, raisins, peanut butter)       A         6 rolls of paper towels       3 boxes of facial tissue Sunscreen         Anti-diarrhea medicine       C         Latex gloves, 6 pairs, (for first aid kit)	<ul> <li>Activities:</li> <li>Check and see if your stored water has expired and needs to be replaced. (Replace every six months if you filled your own containers. Store bought water will have an expiration date on the container.)</li> <li>Put a pair of eyeglasses in the supply container</li> <li>Store a roll of quarters with the emergency supplies and locate the payphone nearest your house</li> <li>Find out about your workplace disaster Plans.</li> </ul>
2 HINOM	<ul> <li>Whistle</li> <li>ABC fire extinguisher</li> <li>1 large can of juice per person</li> <li>Adult and children vitamins</li> <li>A peir of plicer end/or vise grips</li> </ul>	<ul> <li>Activities:</li> <li>□ Take a first aid/CPR class</li> <li>□ Identify the neighbors who might need help in an emergency including those with limited mobility or health problems and children who might be alone</li> <li>□ Show family members where and how to shut off utilities</li> </ul>
8 HLNOM	<ul> <li>Purchase:</li> <li>□ Box of crackers or graham crackers</li> <li>□ Dry cereal</li> <li>□ "Child Proof" latches or other fasteners for cabinet doors and drawers</li> <li>□ 1 box of large, heavy-duty garbage bags</li> <li>□ Camping or utility knife</li> </ul>	<ul> <li>Activities:</li> <li>□ Secure shelves, cabinets and drawers to prevent them from falling and/or opening during earthquakes</li> <li>□ 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</li> </ul>
6 HLNOM	<ul> <li>Purchase:</li> <li>□ Extra batteries for flashlight, radio and hearing aids (If needed)</li> <li>□ Heavy rope</li> <li>□ Duct tape</li> <li>□ Crowbar</li> </ul>	<ul> <li>Activities:</li> <li>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.</li> <li>Secure water heater to wall studs (if not already done)</li> </ul>
01 HTNOM	Purchase: ☐ Hammer and assorted nails ☐ Screw drivers and assorted wood screws ☐ Heavy duty plastic tarps or sheets of visquin ☐ Extra toothbrush per person and toothpaste	
11 HINOM	Purchase:         Package of paper plates         Package of napkins         Package of eating utensils         Package of paper cups         Masking tape         Kitchen-size garbage bags (1 box)	<ul> <li>Activities:</li> <li>□ Make arrangements to have someone to take care of your pets if you're at work when an emergency occurs</li> <li>□ Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency</li> <li>□ Start a Neighborhood Watch Program if none exists</li> </ul>
MONTH 12	<ul> <li>Heavy work gloves</li> <li>Box of disposable dust masks</li> <li>Safety goggles</li> <li>Antiseptic</li> </ul>	<b>Example 2</b> tivities: Check to see of your stored water has expired and needs to be replaced. (Replace every six months if you filled your own containers. Store bought water will have an expiration date on the container.) Check dates on stored food and replace as needed

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