

EMERGENCY KIT

5 Month Calender

This Emergency Supplies Calender is intended to help you prepare for emergencies before they happen.

Using the calender, you can assemble an emergency 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.

Notations used throughout:

* Purchase one for each member of your household

** Per person / per day

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
- Pet food, diapers and baby food, if needed.

TO DO:

- Complete a personal assessment of your needs and resources in a changed disaster environment. Find out what kinds of disasters can happen in your area. Encourage your neighbors to do the same.
- Date each perishable food item using a marking pen.

WEEK 2

HARDWARE STORE:

- 2 flashlights with batteries
- Duct tape
- Heavy cotton or hemp rope
- Matches in waterproof container
- Also, a leash or carrier for your pet

TO DO:

- Form a support network in your neighborhood or area to identify and obtain resources needed to cope effectively with disaster.

WEEK 3

GROCERY STORE:

- 1 gallon water**
- 1 can meat*
- 1 can fruit*
- Paper and pencil
- Map of the area
- Also, 1 gallon water for each pet.
- Feminine hygiene products
- Aspirin/non-aspirin
- Pain reliever
- Laxative

TO DO:

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

WEEK 4

HARDWARE STORE:

- Signal flare
- Compass
- Patch kit and can of seal-in-air product for the tires of mobility aids
- Also, extra medications, prescriptions or vitamins marked "emergency use."

TO DO:

- Encourage the family/network to develop a personal communication and disaster plan.
- Share copies of the following with the family and 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.
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

TO DO:

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go in case of fire, earthquake, tornado and flood.
- Practice a fire drill, tornado drill, and earthquake drill with your network.

WEEK 6

FIRST AID SUPPLIES:

- Sterile adhesive bandages in assorted sizes
- Safety pins
- Adhesive tape
- Also, extra hearing aid batteries, if needed.
- Latex or non-latex gloves
- Sunscreen
- Gauze pads
- Roller bandages

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 soup*
- 1 can fruit*
- Also, extra plastic baby bottles, formula, and diapers, if needed.
- 1 can vegetables*
- Sewing kit
- Disinfectant

TO DO:

- Encourage network to establish out-of-town contacts to call in case of emergency.
- Share this information with 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, tweezers
- Needles
- Petroleum jelly
- 2 tongue blades
- Antibiotic ointment
- Also, extra eyeglasses, if needed.
- Disposable wipes
- Thermometer
- Liquid antibacterial hand soap

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.
- 1 box heavy-duty garbage bags
- Antacid

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:

- Radio with batteries
- Wrenches 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 them 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.

WEEK 11

GROCERY STORE:

- 1 large can juice*
- 3 rolls paper towels
- Large plastic food bags
- Medicine dropper
- 1 box energy snacks

TO DO:

- Test your smoke detectors. Replace as needed so that all detectors work. Replace any detector that is over 10 years old.

WEEK 12

ANIMAL CARE STORE:

- Litter/pan
- Extra harness, leash, ID tags and food for your pets.
- Extra water

VETERINARIAN:

- Obtain current vaccinations and medical records of your animal(s); extra 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.
- Put extra harness, leash, and identification tags in our disaster supplies kit.

WEEK 13

HARDWARE STORE:

- Crow bar
- Pliers
- Hammer
- Whistle
- Screwdriver
- Perforated metal tape

TO DO:

- Take a first aid/CPR class.

WEEK 14

GROCERY STORE:

- 1 can fruit*
- 1 can meat*
- 1 can vegetables*
- 1 package paper
- Cups, eating utensils

TO DO:

- Practice using alternate methods of evacuation with your network.

WEEK 15

HARDWARE STORE:

- Extra flashlight
- Extra radio battery
- Labels for your equipment/supplies
- Assorted nails/screws

TO DO:

- Label required equipment and attach instruction cards.

WEEK 16

GROCERY STORE:

- 1 can meat*
- 1 box facial tissues
- 1 box quick energy snacks
- 1 can vegetables*
- Dried fruit/nuts

TO DO:

- Develop a disaster supplies kit for your vehicle.

WEEK 17

GROCERY STORE:

- 1 box graham crackers
- Dry cereal
- Plastic containers with lids

FIRST AID SUPPLIES:

- Antidiarrheal medicine
- Antiseptic
- Rubbing alcohol
- Syrup of ipecac or activated charcoal

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:

- Plastic bucket with tight lid
- Plastic sheeting
- Double-sided tape/Velcro to secure objects
- Child proof latches

TO DO:

- Put away a blanket or sleeping bag for each household member.
- Install cupboard latches and secure objects.

WEEK 19

GROCERY STORE:

- Plastic wrap
- 1 box quick energy snacks
- Comfort foods (such as cookies, candy bars)
- Also denture care items, if needed.
- Aluminum foil

TO DO:

- Review your insurance coverage with your agent to be sure that you are covered for the disaster that may occur in your area. Obtain additional coverage if needed.
- Purchase and have installed an emergency ladder for upper story windows, if needed.

WEEK 20

HARDWARE STORE:

- Camp/utility knife
- Safety goggles
- Disposable dust masks
- Work gloves
- 2 blank videotapes

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 tape and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

FEEDBACK

If this information has been helpful, please let us know. We are also available to speak to groups.

Emergency Preparedness
5 Month Calendar supplied by
Chevron Real Estate
Management Company.

For more information,
please contact your local
Red Cross Chapter or
North Central District
Health Department.



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