

APPENDIX B: DISASTER SUPPLIES CALENDAR

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a 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 | WEEK 2 | WEEK 3 | WEEK 4 |
|---|---|--|--|
| Grocery Store <ul style="list-style-type: none"><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*<input type="checkbox"/> Hand-operated can opener<input type="checkbox"/> Permanent marking pen <p>Also, pet food, diapers, and baby food, if needed.</p> <hr/> To Do <ul style="list-style-type: none"><input type="checkbox"/> Find out what kinds of disasters can happen in your area.<input type="checkbox"/> Date each perishable food item using marking pen. | Hardware Store <ul style="list-style-type: none"><input type="checkbox"/> Heavy cotton or hemp rope<input type="checkbox"/> Duct tape<input type="checkbox"/> 2 flashlights with batteries<input type="checkbox"/> Matches in water-proof container <p>Also, a leash or carrier for your pet.</p> <hr/> To Do <ul style="list-style-type: none"><input type="checkbox"/> Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment. | Grocery Store <ul style="list-style-type: none"><input type="checkbox"/> 1 gallon water*<input type="checkbox"/> 1 can meat*<input type="checkbox"/> 1 can fruit*<input type="checkbox"/> Feminine hygiene supplies<input type="checkbox"/> Paper and pencil<input type="checkbox"/> Map of the area<input type="checkbox"/> Aspirin or nonaspirin pain reliever<input type="checkbox"/> Laxative <p>Also, 1 gallon of water for each pet.</p> <hr/> To Do <ul style="list-style-type: none"><input type="checkbox"/> Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster. | Hardware Store <ul style="list-style-type: none"><input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids<input type="checkbox"/> Signal flare<input type="checkbox"/> Compass <p>Also, extra medications or prescriptions marked "emergency use."</p> <hr/> To Do <ul style="list-style-type: none"><input type="checkbox"/> Develop a personal disaster plan.<input type="checkbox"/> Give copies of the following lists to your network: emergency information list, medical information list, disability-related supplies and special equipment list, and personal disaster plan. |

* Purchase one for each member of the household.

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WEEK 5

Grocery Store

- 1 gallon water*
- 1 can meat*
- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

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 to 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 bandages in assorted sizes
- Safety pins
- Adhesive tape
- Latex gloves
- Sunscreen
- Gauze pads
- Sterile roller 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 ready-to-eat soup (not concentrated)*
- 1 can fruit*
- 1 can vegetables*
- Sewing kit
- Disinfectant

Also, extra plastic baby bottles, formula, and diapers, if needed.

To Do

- Establish an out-of-town contact to call in case of emergency.
- Share this information with your network so they know whom to call.
- Make arrangements for your network to check on you immediately after an evacuation order or a disaster.

WEEK 8

First Aid Supplies

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand soap
- Disposable hand wipes
- Needles
- Petroleum jelly or other lubricant
- 2 tongue blades

Also, extra eyeglasses, if needed. Put in first aid kit.

To Do

- Place a pair of sturdy 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.

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WEEK 9

Grocery Store

- 1 can ready-to-eat soup*
- Liquid dish soap
- Household chlorine bleach
- 1 box heavy-duty garbage bags with ties
- Antacid (for stomach upset)

Also, saline solution and a contact lens case, if needed.

To Do

- Familiarize your network with any areas on your body where you have reduced sensation.
- Choose 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

- Waterproof portable plastic container (with lid) for important papers
- Battery-powered radio
- Wrench(es) needed to turn off utilities

To Do

- Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities.
- Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed.
- Make photocopies of important papers and store safely.

WEEK 11

Grocery Store

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

To Do

- Store a roll of quarters for emergency phone calls.
- Go on a hunt with your family to find a pay phone that is close to your home.
- Test your smoke detector(s). Replace the battery in each detector that does not work.

WEEK 12

Animal Care Store

- Extra harness, leash, ID tags, and food for your service animal and/or pets
- Litter/pan
- 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.
- Put extra animal harness, leash, and identification tag(s) in your disaster supplies kit.

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WEEK 13

Hardware Store

- Whistle
- Pliers
- Screwdriver
- Hammer
- Perforated metal tape (sometimes called plumber's tape or strap iron)
- Crow bar

To Do

- Take a first aid/CPR class from your local Red Cross.
- Arrange to have your water heater strapped to wall studs using perforated metal tape.

WEEK 14

Grocery Store

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

To Do

- Make sure your network and neighbors know what help you may need in an emergency and how best to assist.
- Practice using alternate methods of evacuation with your network.

WEEK 15

Hardware Store

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

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
- 1 box quick energy snacks
- Dried fruit/nuts

To Do

- Find out if you have a neighborhood safety organization and join it.
- Develop a disaster supplies kit for your car or van.

* Purchase one for each member of the household.

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WEEK 17

Grocery Store

- 1 box graham crackers
- Assorted plastic containers with lids
- Dry cereal

First Aid Supplies

- Antidiarrheal medication
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and 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

- "Child proof" latches or other fasteners for your cupboards
- Double-sided tape or hook-and-loop fasteners (such as Velcro®) to secure moveable objects
- Plastic bucket with tight lid
- Plastic sheeting

To Do

- Arrange for someone to 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)
- Plastic wrap
- Aluminum foil

Also denture care items, if needed.

To Do

- Review your insurance coverages 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 20

Hardware Store

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 2 blank videocassettes

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.

* Purchase one for each member of the household.