



**20 Weeks to Preparedness**  
**Be Prepared! Develop An Emergency Kit.**

This Emergency Supplies Calendar is intended to help you prepare for emergencies before they happen. Using the calendar, 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 by the expiration date. Purchasing the food suggested here would last approximately 3-5 days.

\*Purchase one for each member of the household.  
\*\*Per person / per day

(Adopted from NE Nebraska Public Health Dept.  
Preparation Guide for Emergencies – Be Prepared!)

**WEEK 1**

**Grocery Store:**

- 1 gallon water \*\*
- 1 jar peanut butter
- Hand-operated can Opener
- Pet food, diapers, and baby food if needed.
- 1 lg can juice\*
- Permanent marker

**To Do:**

- Complete a personal assessment of your needs and resources in a disaster environment.
- Date each perishable food item using marking pen.



**WEEK 2**

**Hardware Store:**

- 2 flashlights with batteries
- Duct tape
- Matches in water proof container

**WEEK 3**

**Grocery Store:**

- 1 gallon water\*\*
- Paper and pencil
- Feminine hygiene products
- Map of area / old phone book
- 1 gallon of water for each pet, if needed.
- 1 can meat\*
- Pain reliever
- Laxative
- Aspirin/non-aspirin

**To Do:**

- Date each perishable food item using marker.

**WEEK 4**

**Hardware Store:**

- Signal Flare
- Also, extra medications, prescriptions or vitamins marked “emergency use.”
- Compass

**To Do:**

- Develop a family communication & disaster plan.
- Share copies of your disaster plan & emergency information list with family.



**WEEK 5**

**Grocery Store:**

- 1 can vegetables\*
- 1 can meat\*
- Travel size toothpaste
- Food for special diets, if needed.
- 1 can fruit\*
- 2 rolls toilet paper
- Extra tooth brush

**To Do:**

- Date each perishable food item using marker.

**WEEK 6**

**First Aid Supplies & Other Supplies:**

- Latex Gloves
- Gauze Pads
- Safety pins
- Sterile adhesive bandages in assorted sizes.
- Extra hearing aid batteries, if needed.
- Sunscreen
- Roller bandages
- Adhesive tape

**WEEK 7**

**Grocery Store:**

- 1 gallon water\*\*
- 1 can soup\*
- Disinfectant
- Baby bottles, formula and diapers, if needed.
- 1 can fruit\*
- Sewing kit

**To Do:**

- Establish out-of-town contacts to call in case of emergency.
- Share this information with your family/friends.
- Make arrangements to check on each other immediately after an emergency.



**WEEK 8**

**First Aid Supplies:**

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand soap
- Disposable wipes
- Needles
- Petroleum jelly
- Antibiotic ointment

**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
- Saline solution and a contact lens case, if needed.
- 1 box heavy-duty garbage bags
- Antacid

**To Do:**

- Agree on a signal, with family/friends, that indicates you are okay and have left the disaster.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.

## WEEK 10

### Hardware Store:

- Battery-powered radio
- Wrench(es) needed to turn off utilities



### To Do:

- Find your gas and water meter shutoffs at your home. Discuss when it is appropriate to turn these off.
- Attach a wrench to the cutoff valve of each meter so it will be there when needed.
- Read instructions for radio and keep them with it.

## WEEK 11

### Grocery Store:

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

### To Do:

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

## WEEK 12

### Animal Care Store:

- Litter/pan       Extra water
- Extra harness, leash, ID tags, & pet food

### Veterinarian:

- Obtain current vaccinations and medical records of your animal(s).
- Medications

### To Do:

- Develop a pet care plan.
- Make photocopies of all vaccination records and put in plastic baggie in disaster supply kit.

## WEEK 13

### Hardware Store:

- Crow bar       Whistle
- Pliers       Hammer       Screwdriver

### To Do:

- Take a first aid/CPR Class

## WEEK 14

### Grocery Store:

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

### To Do:

- Practice using alternate methods of evacuation.

## WEEK 15

### Hardware Store:

- Extra flashlight batteries       Assorted nails
- Extra battery for portable radio
- Air tight plastic baggie for important papers

### To Do:

- Make photocopies of important papers and store in air tight baggie.



## WEEK 16

### Grocery Store:

- 1 can vegetables\*       1 box quick energy snacks
- 1 can meat\*       1 box facial tissue
- Dried fruits/nuts

### To Do:

- Develop a disaster supplies kit for your vehicle.

## WEEK 17

### Grocery Store:

- 1 box graham crackers       Dry cereal
- Plastic container(s) with lids for supplies.

## WEEK 17 (Cont)

### First Aid Supplies:

- Antidiarrheal medicine       Antiseptic
- Rubbing alcohol

### To Do:

- Arrange for a friend 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



### To Do:

- Put away a blanket or sleeping bag for each household member.

## WEEK 19

### Grocery Store:

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

### To Do:

- Review your insurance coverage.
- Purchase and install an emergency escape ladder for upper story windows, if needed.

## WEEK 20

### Hardware Store:

- Work gloves       Safety goggles
- Disposable dust mask       Camping/utility knife
- 2 blank videocassettes

### To Do:

- Get an extra battery for motorized mobility aids.
- Tape the contents of your home with video.
- Copy and send to out-of-town family/friend.



# Ready

# Family Communications Plan

Prepare. Plan. Stay Informed.

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-Town Contact Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_  
 Email: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Fill out the following information for each family member and keep it up to date.

Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
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Where to go in an emergency. Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans.

### Home

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Neighborhood Meeting Place: \_\_\_\_\_  
 Regional Meeting Place: \_\_\_\_\_

### Work

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

### School

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

### Work

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

### School

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

### Other place you frequent:

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

### School

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

### Other place you frequent:

Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Evacuation Location: \_\_\_\_\_

Important Information	Name	Telephone #	Policy #
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Other useful phone numbers: 9-1-1 for emergencies.

Police Non-Emergency Phone #: \_\_\_\_\_



# Ready

Prepare. Plan. Stay Informed.

# Family Communications Plan

Every family member should carry a copy of this important information:

Other Important Phone Numbers & Information:

 **Family Communications Plan**

Contact Name: \_\_\_\_\_  
 Telephone: \_\_\_\_\_

Out-of-Town Contact Name: \_\_\_\_\_  
 Telephone: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_  
 Meeting Place Telephone: \_\_\_\_\_

**Dial 911 for Emergencies!**

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Other Important Phone Numbers & Information:

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