

Preparedness Calendar

Family Disaster Supplies and Preparedness Activities

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This calendar is intended as 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.

Every year, thereafter, replace, refill, double check.

Month 1	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Water- 3 gallons per person and pets <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Instant drinks (coffee, tea, powdered soft drinks) <input type="checkbox"/> 2 flashlights with extra batteries 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make your family disaster preparedness plan. <input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear. <input type="checkbox"/> If you fill your own water containers, mark them with the date filled. <input type="checkbox"/> Date water / food containers if they are not dated. <input type="checkbox"/> Conduct a home hazard hunt.
Month 2	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned meat, stew, or pasta meal - 5 per person <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Videotape <input type="checkbox"/> Family-size first aid kit 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Change battery / test smoke detector (purchase and install a detector if you don't have one). <input type="checkbox"/> Videotape your home, including drawer contents, for insurance. Store tape with friends or family who live out of town.
Month 3	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned fruit - 3 cans per person <input type="checkbox"/> Any foods for special dietary needs (enough for 3 days) <input type="checkbox"/> 2 rolls of toilet paper per person <input type="checkbox"/> Crescent wrench(es) (or utility shutoff tools) 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Conduct a home fire drill. <input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans. <input type="checkbox"/> Locate gas meter and water shutoff points and attach / store wrench or shutoff tool near them. <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency.
Month 4	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned vegetables - 4 cans per person <input type="checkbox"/> Extra baby bottles, formula, and diapers if needed <input type="checkbox"/> Extra pet supplies: food, collar, leash <input type="checkbox"/> Large storage container(s) for preparedness supplies 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a sturdy pair of shoes, socks, and a flashlight with batteries under your bed so it is handy during emergency. <input type="checkbox"/> Place a supply of necessary medicine(s) in storage container, date the medicine(s) if not indicated on label. <input type="checkbox"/> Start putting supplies in storage container(s), include blankets or sleeping bags for each family member.
Month 5	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned, ready-to-eat soup - 2 per person <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Portable am/fm radio (extra batteries) <input type="checkbox"/> Anti-bacterial liquid hand soap <input type="checkbox"/> Disposable hand wipes 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and put in the storage container <input type="checkbox"/> Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (ex- first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry).

Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items could be kept on a specific shelf in the pantry.

Month 6	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter) <input type="checkbox"/> 6 rolls of paper towels <input type="checkbox"/> 3 boxes of facial tissues <input type="checkbox"/> Sunscreen <input type="checkbox"/> Anti-diarrheal medicine <input type="checkbox"/> Latex gloves, 6 pair, (to be put in with the first aid kit) 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced. Replace every 6 months if you filled your own containers. Store bought: check expiration date. <input type="checkbox"/> Put an extra pair of eyeglasses in the supply container. <input type="checkbox"/> Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home. <input type="checkbox"/> Find out about your workplace disaster plans.
Month 7	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> 1 large can of juice per person <input type="checkbox"/> Adult and children vitamins <input type="checkbox"/> A pair of pliers and/or vise grips 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid / CPR class. <input type="checkbox"/> Identify neighbors who might need help in an emergency, including those with limited mobility, health problems and children who may be alone. <input type="checkbox"/> Show family members where, when and how to shut off the utilities.
Month 8	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Box of crackers or graham crackers <input type="checkbox"/> Dry cereal <input type="checkbox"/> 1 box of large, heavy-duty garbage bags <input type="checkbox"/> Camping or utility knife 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saw, chippers/shredders, utility trailers, snow blowers, 4 wheel drive vehicles, and generators..
Month 9	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids (if needed) <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Crowbar 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 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 phone.
Month 10	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Hammer and assorted nails <input type="checkbox"/> Screwdrivers and assorted wood screws <input type="checkbox"/> Heavy duty plastic tarps or sheets of visquine <input type="checkbox"/> Extra toothbrush & tootpaste per person 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone help your children if you're at work when an emergency occurs. <input type="checkbox"/> Replace necessary medicines by expiration dates.
Month 11	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Package of paper plates <input type="checkbox"/> Package of napkins <input type="checkbox"/> Package of eating utensils <input type="checkbox"/> Package of paper cups <input type="checkbox"/> Masking tape <input type="checkbox"/> Kitchen-size garbage bags (1 box) 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone take care of your pets if you are at work when an emergency occurs. <input type="checkbox"/> Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency. <input type="checkbox"/> Start a Neighborhood Watch Program if none exists.
Month 12	<p><u>Purchase:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Box of disposable dust masks <input type="checkbox"/> Safety goggles <input type="checkbox"/> Antiseptic <input type="checkbox"/> Sewing kit 	<p><u>Activities:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store bought - check expiration date). <input type="checkbox"/> Check the dates on stored food and replace as needed.