

WEEK 11

GROCERY STORE:

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

TO DO:

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

WEEK 12

ANIMAL CARE STORE:

- Extra harness, leash, ID tags, and food for your 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.

WEEK 13

HARDWARE STORE:

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

TO DO:

- Take a first aid/CPR class.
- Strap your water heater to wall studs using perforated metal tape.

WEEK 14

HARDWARE STORE:

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

TO DO:

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

- Develop a disaster supplies kit for your car or van.

WEEK 17

GROCERY STORE:

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

FIRST AID SUPPLIES:

- Antidiarrheal medicine
- 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
- Plastic bucket with tight lid
- Double-sided tape or Velcro® to secure moveable objects
- Plastic sheeting

TO DO:

- 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 coverage 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.

Disaster Preparedness 5 Month Calendar supplied by Chevron Real Estate Management Company© 1994. For more information about disaster preparedness, contact your local Red Cross chapter or Outreach Services of Columbus Community Hospital at 402-562-4499.

Disaster Preparedness

PREPARATION GUIDE FOR EMERGENCIES



DEVELOPED BY



COLUMBUS COMMUNITY HOSPITAL

PREPARATION IS KEY

As part of its successful Ready campaign, the U.S. Department of Homeland Security is encouraging Americans to be prepared for emergencies. This brochure includes a preparedness calendar that is intended to help you assemble a disaster supplies kit in small steps over a five-month period.* Please share this information with family and friends.

In a recent national survey conducted by The Ad Council, 80 percent of Americans agreed that taking some simple steps to prepare could help protect themselves and their families in the event of an emergency. However, only 58 percent had made an emergency supply kit, developed a family emergency plan or learned more about potential threats, the three steps recommended by the Ready campaign. A survey of small businesses found more than 90 percent recognized the importance of business emergency preparedness. But, less than 40 percent said their company had an emergency plan in place.

By visiting www.ready.gov, individuals and businesses can learn how to prepare their families and workplaces for emergencies including natural disasters and potential terrorist attacks. Materials, including family communication plan templates and sample business continuity plans, are available on the website providing Americans with the resources needed to make plans that will bring piece of mind.

It is up to you. Make it your plan to be prepared for tomorrow.

DISASTER SUPPLIES 5 MONTH 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

GROCERY STORE:

- | | |
|---|--|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> 1 large can juice* |
| <input type="checkbox"/> 1 jar peanut butter | <input type="checkbox"/> 1 can meat* |
| <input type="checkbox"/> Hand-operated can opener | <input type="checkbox"/> Permanent marking pen |

Also, pet food, diapers, and baby food, if needed.

TO DO:

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2

HARDWARE STORE:

- | | |
|---|---|
| <input type="checkbox"/> Heavy cotton or hemp rope | <input type="checkbox"/> Matches in water-tight container |
| <input type="checkbox"/> 2 flashlights with batteries | <input type="checkbox"/> Duct tape |

Also, a leash or carrier for your pet.

TO DO:

- Complete a personal assessment of your needs and resources in a changed disaster environment. Encourage your neighbors to do the same.

WEEK 3

GROCERY STORE:

- | | |
|---|---|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> Feminine hygiene supplies |
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> Aspirin or non-aspirin pain reliever |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Laxative |
| <input type="checkbox"/> Paper and pencil | |
| <input type="checkbox"/> Map of the area | |

Also, 1 gallon of water for each pet.

TO DO:

- Be a part of a support network in your area to identify and obtain resources needed to cope effectively with disaster.

WEEK 4

HARDWARE STORE:

- | | |
|--|---------------------------------------|
| <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 |

Also, extra medications or prescriptions marked "emergency use."

TO DO:

- Encourage the network to develop a personal disaster plan.
- Share copies of the following with network: emergency information list, medical information, disability-related supplies and special equipment list, and personal disaster plan.

WEEK 5

GROCERY STORE:

- | | |
|--|---|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> 2 rolls toilet paper |
| <input type="checkbox"/> 1 can meat* | <input type="checkbox"/> Extra toothbrush |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Travel size toothpaste |
| <input type="checkbox"/> 1 can vegetables* | |

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:

- | | |
|--|--|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Latex gloves |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Gauze pads |
| | <input type="checkbox"/> 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:

- | | |
|--|--|
| <input type="checkbox"/> 1 gallon water* | <input type="checkbox"/> 1 can vegetables* |
| <input type="checkbox"/> 1 can soup* | <input type="checkbox"/> Sewing kit |
| <input type="checkbox"/> 1 can fruit* | <input type="checkbox"/> Disinfectant |

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

TO DO:

- Encourage network to establish out-of-town contacts to call in case of emergency.
- Share this information within 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:

- | | |
|---|---|
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Disposable wipes |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Needles |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Liquid antibacterial hand soap | <input type="checkbox"/> 2 tongue blades |

Also, extra eyeglasses, if needed.

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:

- | | |
|---|--|
| <input type="checkbox"/> 1 can soup* | <input type="checkbox"/> 1 box heavy-duty garbage bags |
| <input type="checkbox"/> Liquid dish soap | |
| <input type="checkbox"/> Household bleach | <input type="checkbox"/> Antacid |

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

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:

- | | |
|--|---|
| <input type="checkbox"/> Battery-powered radio | <input type="checkbox"/> Waterproof portable plastic container for important papers |
| <input type="checkbox"/> Wrench(es) needed to turn off utilities | |

TO DO:

- With your network, find the gas and water meter shutoffs of each home. Discuss when it is appropriate to turn these 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.