

PREPARATION IS KEY

Working at safeguarding our community, Tarrant County Public Health encourages our residents 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 US Homeland Security. 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 <http://health.tarrantcounty.com> 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 from Tarrant County Public Health, providing our community with the resources needed to make plans that will bring piece of mind.

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:

- 1 gallon water*
- 1 large can juice*
- 1 jar peanut butter
- 1 can meat*
- Hand-operated can opener
- Permanent marking pen
- Baby food, diapers, & pet 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:

- Heavy cotton or hemp rope
- Matches in water-proof container
- 2 flashlights with batteries
- 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:

- 1 gallon water*
- Feminine hygiene supplies
- 1 can meat*
- Aspirin/non-aspirin pain reliever
- 1 can fruit*
- Paper & pencils
- Map of the area
- Laxative

- 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.

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

WEEK 4

HARDWARE STORE:

- Patch kit and can of seal-in-air product for the tires of mobility aids
- Signal flares
- 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:

- 1 gallon water*
- 2 rolls of toilet paper
- 1 can meat*
- Extra toothbrush
- 1 can fruit*
- Travel-size toothpaste
- 1 can vegetables*
- Special foods for special diets, if needed

TO DO:

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

WEEK 6

FIRST AID SUPPLIES:

- Sterile adhesive bandages in assorted sizes
- Latex gloves
- Sunscreen
- Safety pins
- Gauze pads
- Adhesive tape
- 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 you local emergency management office if emergency transportation services are available in case of evacuation.

WEEK 7

GROCERY STORE:

- 1 gallon water*
- 1 can vegetables*
- 1 can soup*
- Sewing kit
- 1 can fruit*
- Disinfectant
- Baby food, diapers, & pet food, 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 AIDE SUPPLIES:

- Scissors
- Disposable wipes
- Tweezers
- Needles
- Thermometer
- Petroleum jelly
- Liquid antibacterial hand soap
- 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 white canes.
- If Blind, mark your disaster supplies in Braille or with fluorescent tape.

WEEK 9

GROCERY STORE:

- 1 can soup*
- 1 box heavy-duty garbage bags
- Liquid dish soap
- Household bleach
- Antacid
- 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:

- Battery-powered radio
- Waterproof plastic container to store important papers
- Wrench(es) needed to turn off utilities
- Cash for fees, etc.

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 nest to the shutoff 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*
- Large zip-lock bags
- 3 rolls toilet paper
- 1 box quick energy snacks
- Medicine dropper

TO DO:

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

WEEK 12

ANIMAL CARE STORE:

- Extra harness,
- Litter box/pan
- leash, ID tags, and
- Pet crate
- food for your pet(s)
- 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 harness, leash, and ID tags in your kit, also.

WEEK 13

HARDWARE STORE:

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

TO DO:

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

WEEK 14

GROCERY STORE:

- 1 can fruit*
- paper cups
- 1 can meat*
- plastic cups
- 1 can vegetables*
- 1 package eating utensils

TO DO:

- Discuss with your network and neighbors what help you may need in an emergency and how best to assist them.
- Practice using alternative methods of evacuation with your network.

WEEK 15

HARDWARE STORE:

- Extra flashlight
- Wood screws
- batteries
- Labels for your equipment & supplies
- Extra battery for portable radio

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

TO DO:

- Develop a disaster supplies kit for your automobile(s)

WEEK 17

GROCERY STORE:

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

FIRST AID SUPPLES:

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

TO DO:

- Arrange for a friend or neighbor to help your children if you are not able to respond or are away at work.

WEEK 18

HARDWARE STORE:

- "Child-proof" latches or other fasteners
- Double-sided tape or Velcro® to secure moveable objects
- Padlocks & keys
- Plastic bucket with tight lid
- 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
- Plastic wrap
- Comfort foods (such as cookies, candy bars, etc.)
- Aluminum foil
- Charcoal

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
- Disposable dust masks
- Work gloves
- 2 blank video cassettes or DVDs
- Safety goggles

SPECIALTY STORE:

- Get extra battery for motorized mobility units

TO DO:

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the video and store it with an out-of-town friend or family member
- Find out about your workplace disaster plan.

* Purchase one for each member of the household.



Tarrant County Public Health
1101 S. Main Street
Fort Worth, TX 76104

817-321-4700

<http://health.tarrantcounty.com>

Disaster Preparedness



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