

### WEEK 11 (GROCERY STORE)

- 1 large can juice\*     1 box quick energy snacks
- Large zip-lock bags     3 rolls toilet paper
- 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)

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

#### VETERINARIAN:

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

#### TO DO:

- Medications
- 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 too.

### WEEK 13 (HARDWARE STORE)

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

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

#### TO GO:

- 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)

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

#### TO DO:

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

### WEEK 17 (GROCERY STORE)

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

#### FIRST AID SUPPLIES:

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

#### 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)

- Padlocks & keys     Plastic sheeting
- Plastic bucket with tight lid
- "Child-proof" latches or other fasteners
- Double-sided tape or Velcro® to secure moveable objects.

#### 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)

- Plastic wrap     Aluminum foil
- 1 box quick energy snacks     Charcoal
- Comfort foods (cookies, candy bars, etc.)

#### 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 video cassettes or DVDs

#### 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-own friend or family member.
- Find out about your workplace disaster plan.

# Disaster Preparedness



## Disaster Supply Calendar

A guide to purchasing disaster survival supplies over a 5-month period



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# PREPARATION IS KEY

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.

Individuals and businesses can learn more about how to prepare their families and workplaces for emergencies, including natural disasters and potential terrorist attacks, at the Tarrant County Public Health Web site: <http://health.tarrantcounty.com>. Materials, including family communication plan templates and sample business continuity plans, also are available from Tarrant County Public Health.

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.

# DISASTER SUPPLIES 5-MONTH CALENDAR

## 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)

- Duct tape  2 flashlights with batteries
- Matches in water-proof container
- Heavy cotton or hemp rope
- 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\*  Laxative
- 1 can meat\*  Aspirin/non-aspirin pain reliever
- 1 can fruit\*  Feminine hygiene supplies
- Paper & pencils  Map of the area
- 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)

- Signal flares  Compass
- Patch kit & can of seal-in-air product for the tires of mobility aids.
- Also, extra medications/prescriptions marked "emergency use"

\* Purchase one for each member of the household.

### 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\*  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 & flood plans with your network.

## WEEK 6 (FIRST AID SUPPLIES)

- Safety pins  Adhesive tape
- Latex gloves  Sunscreen
- Gauze pads  Roller bandages
- Sterile adhesive band-aids in assorted sizes
- 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 soup\*
- 1 can fruit\*  1 can vegetables\*
- Sewing kit  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 AID SUPPLIES)

- Scissors  Tweezers
- Thermometer  Needles
- Disposable wipes  Petroleum jelly
- 2 tongue blades
- Liquid antibacterial hand soap
- 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 visually impaired, store a talking clock and one or more white canes.
- If visually impaired, mark your disaster supplies in Braille or with fluorescent tape.

## WEEK 9 (GROCERY STORE)

- 1 can soup\*  Liquid dish soap
- Household bleach
- 1 box heavy-duty garbage bags
- 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
- Wrench(es) needed to turn off utilities
- Waterproof plastic container to store important papers
- 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.