

Disaster Preparedness Week-by-Week Plan

W E E K 1

GROCERY STORE:

- 1 gallon water*
- 1 can meat*
- hand-operated can opener
- Also, pet food, diapers, and baby food, if needed.
- 1 large can juice*
- 1 jar peanut butter
- permanent marking pen

TO DO:

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

W E E K 2

HARDWARE STORE:

- Heavy cotton or hemp rope
- Matches in waterproof container
- 2 flashlights with batteries or 2 wind-up/shake flashlights
- Duct tape
- Also, a leash or carrier for your pet(s).

TO DO:

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

W E E K 3

GROCERY STORE:

- 1 gallon water*
- 1 can meat*
- Map of the area
- Aspirin or non-aspirin pain reliever
- 1 gallon of water for each pet.
- 1 can fruit*
- Paper and pencil
- Feminine hygiene supplies
- Laxative

TO DO:

- Be a leader for your family and friends. Encourage them to participate in obtaining supplies. Give them information needed to cope effectively with a disaster.

W E E K 4

HARDWARE STORE:

- Patch kit and can of seal-in air product for the tires of
- Signal flare

mobility aids

Compass

Also, extra medications or prescriptions marked “emergency use”.

TO DO:

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

W E E K 5

GROCERY STORE:

- 1 gallon water*
- 1 can fruit*
- 1 can meat*
- 1 can vegetables*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

Also, special foods for special diets, if needed.

TO DO:

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go in case of fire, earthquake, tornado, hurricane, and flood.
- Practice a fire drill, tornado drill, and earthquake drill with your family and friends.

W E E K 6

FIRST AID SUPPLIES:

- Sterile adhesive bandages
in assorted sizes.
- Latex gloves
- Safety pins
- Sunscreen
- Adhesive tape
- Gauze pads
- Rolled 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.

W E E K 7

GROCERY STORE:

- 1 gallon water*
- 1 can fruit*
- 1 can soup*
- 1 can vegetables*
- Sewing kit
- Disinfectant

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

TO DO:

- Encourage family and friends to establish out-of-town contacts to call in case of emergency.
- Share this information with your family and friends.
- Make arrangements for your family and friends to check on each other immediately after an evacuation or a disaster.

W E E K 8

FIRST AID SUPPLIES:

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

W E E K 9

GROCERY STORE:

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

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

TO DO:

- Agree on a signal with your family and friends 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.

W E E K 10

HARDWARE STORE:

- Battery-powered radio
- Wrench(es) needed to turn off utilities.
- Waterproof portable plastic container for important papers.

TO DO:

- With your family and friends, 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.

W E E K 11

GROCERY STORE:

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

TO DO:

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

W E E K 12

ANIMAL CARE STORE:

- Extra harness, leash, ID tags, and food for your pet.
- Litter/pan
- Extra water

VETERINARIAN:

- Obtain current vaccinations and medical records for 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 tag(s) in you disaster supply kit.

W E E K 13

HARDWARE STORE:

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

TO DO:

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

W E E K 14

GROCERY STORE:

- 1 can fruit*
- 1 package paper

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

TO DO:

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

W E E K 15

HARDWARE STORE:

- Extra flashlight batteries
- Wood screws
- Extra battery for portable radio
- Assorted nails
- Labels for your equipment and supplies

TO DO:

- Make arrangements to bolt bookcases and cabinets to wall studs.
- Label equipment and attach instruction cards.

W E E K 16

GROCERY STORE:

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

TO DO:

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

W E E K 17

GROCERY STORE:

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

FIRST AID SUPPLIES:

- Anti-diarrhea medicine
- Antiseptic
- Rubbing alcohol

TO DO:

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

W E E K 18

HARDWARE STORE:

- Plastic bucket with tight lid
- Plastic sheeting
- "Child Proof" latches or other
- Double-sided tape or Velcro to

fasteners for your cupboards secure moveable objects
TO DO:

- Install latches on cupboards and secure movable 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 candy bars, cookies)
- Aluminum foil

Also denture care items, if needed.

TO DO:

- Review your insurance coverage with you 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 videocassettes
- Safety goggles

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