

<p align="center">Week 1 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 sm jar peanut butter* <input type="checkbox"/> 1 lrg can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> hand-operated can opener <input type="checkbox"/> instant coffee, tea, powdered soft drinks <input type="checkbox"/> permanent marking pen <input type="checkbox"/> 1 gal of water per pet <p>Also: pet food, diapers and/ or baby food if needed.</p>	<p align="center">Week 2 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> “bungee” cords <p>Also: a leash or carrier for your pet, if needed.</p>	<p align="center">Week 3 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> sanitary napkins <input type="checkbox"/> video tape <input type="checkbox"/> 1 gal of water per pet <p>Also: pet food, diapers and/ or baby food if needed.</p>	<p align="center">Week 4 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber’s tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detector with battery <p>Also: extra medications or a prescription marked “emergency use” if needed</p>	<p align="center">Week 5 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> extra tooth brush* <input type="checkbox"/> travel size toothpaste <p>Also: special food for special diets, if needed</p>	<p align="center">Week 6 First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> aspirin and/ or acetaminophen <input type="checkbox"/> compresses <input type="checkbox"/> rolls of gauze or bandages <input type="checkbox"/> first aid tape <input type="checkbox"/> adhesive bandages – assorted sizes <p>Also: extra hearig aid batteries, if needed</p>
<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a family plan <input type="checkbox"/> Date each perishable food item using marking pen 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your house for hazards. Secure loose objects that may fly. <input type="checkbox"/> Locate your gas meter and water shut offs and attach a wrench near them for emergency use 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes <input type="checkbox"/> Store tape with friend/ family member who lives out of town 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Install or test your smoke detector <input type="checkbox"/> Tie water heater to wall studs using plumber’s tape 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire drill at home 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your child’s day care or school to find out about their disaster plans
<p align="center">Week 7 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetable* <p>Also: extra plastic baby bottles, formula and diapers, if needed</p>	<p align="center">Week 8 First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> scissors <input type="checkbox"/> tweezers <input type="checkbox"/> antiseptic <input type="checkbox"/> thermometer <input type="checkbox"/> liquid hand soap <input type="checkbox"/> disposable hand wipes <input type="checkbox"/> sewing kit <p>Also: extra eye glasses, if needed</p>	<p align="center">Week 9 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> liquid dish soap <input type="checkbox"/> plain liquid bleach <input type="checkbox"/> heavy duty garbage bags <p>Also: saline solution and a contact lens case if needed</p>	<p align="center">Week 10 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> waterproof portable plastic container (with lid) for important papers <input type="checkbox"/> portable am/ fm radio (with batteries) <p>Also: blankets or sleeping bag for each family member</p>	<p align="center">Week 11 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lrg can juice* <input type="checkbox"/> large plastic food bags <input type="checkbox"/> 1 bx quick energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Also: extra plastic baby bottles, formula and diapers, if needed</p>	<p align="center">Week 12 First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> anti-diarrhea medicine <input type="checkbox"/> rubbing alcohol <input type="checkbox"/> latex gloves <input type="checkbox"/> ipecac syrup and activated charcoal <input type="checkbox"/> vitamins <p>Also: items for denture care, if needed</p>
<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Send your favorite family photos (or copies) to family members out of state for safe keeping 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and store safely 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Store a roll of quarters for emergency phone calls <input type="checkbox"/> Go on a hunt with your family to find a pay phone near home 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency

Items marked with should be purchased for each member of the household*

<p>Week 13 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> pliers <input type="checkbox"/> vise grips <input type="checkbox"/> 1 gal of water per pet 	<p>Week 14 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> paper plates <input type="checkbox"/> eating utensils <input type="checkbox"/> paper cups 	<p>Week 15 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> extra batteries <input type="checkbox"/> masking tape <input type="checkbox"/> hammer <input type="checkbox"/> assorted nails <input type="checkbox"/> wood screws <input type="checkbox"/> "L" brackets to secure furniture to walls 	<p>Week 16 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> heavy duty garbage bags <input type="checkbox"/> Kleenex <input type="checkbox"/> quick energy snacks (raisins, granola bars) 	<p>Week 17 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> graham crackers <input type="checkbox"/> assorted plastic containers with lids <input type="checkbox"/> dry cereal <input type="checkbox"/> safety pins 	<p>Week 18 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> "Child-proof" latches for your cupboard <input type="checkbox"/> double sided tape or Velcro-type fasteners to secure objects <input type="checkbox"/> NOAA All Hazard radio (with batteries)
<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/ CPR class 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brace shelves and cabinets 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out if you have a neighborhood safety organization and join it! 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pack a "go-pack" in case you have to evacuate
<p>Week 19 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> heavy duty garbage bags <input type="checkbox"/> quick energy snacks (raisins, granola bars) 	<p>Week 20 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> camping or utility knife <input type="checkbox"/> extra radio batteries <p>Also: purchase an emergency escape ladder for second story bedrooms, if needed</p>	<p>Week 21 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> heavy work gloves <input type="checkbox"/> disposable dust masks <input type="checkbox"/> screw drivers <input type="checkbox"/> plastic safety goggles 	<p>Week 22 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> extra hand operated can opener <input type="checkbox"/> 3 rolls paper towels 	<p>Week 23 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> battery powered camping lantern with extra battery or extra flashlights 	<p>Week 24 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> large plastic food bags <input type="checkbox"/> plastic wrap <input type="checkbox"/> aluminum foil
<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire or tornado drill at home 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about your workplace disaster plans 				

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in the small steps over a six-month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

To get started:

- Check your house for supplies that you already have on hand
- Decide where you will store supplies
- Meet with your family to plan
- Explain how to prepare; explain when and how to respond
- Discuss what to do if you need to evacuate
- Practice your plan

Select foods based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible. Canned meats may include tuna, chicken, raviolis, chili, beef stew, Spam, corned beef, etc.

Information provided free by Athens County Emergency Management Agency
<http://www.athenscountyema.org> - Email: athenssema@athenscountygovernment.com
 Telephone: (740) 594-2261

Feel free to copy this for your friends and family

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