

WEEK 15 _____

- _ Extra flashlight batteries
- _ Batteries for radio
- _ Wood screws
- _ Labels for equipment and supplies
- _ Assorted Nails

To Do: Label equipment and attach instructions.

WEEK 16 _____

- _ 1 Box graham crackers
- _ Dry cereal
- _ 1 Box crackers
- _ Anti-diarrhea medicine
- _ Plastic containers with lids
- _ Antiseptic
- _ Peroxide

To Do: Arrange for a neighbor to help with your children if you are not able to respond to them when you are at work.

WEEK 17 _____

- _ 1 Can meat/tuna*
- _ 1 Can vegetables
- _ 1 Box facial tissues
- _ 1 Jar peanut butter
- _ 1 Box quick energy snack
- _ Dried fruits/nuts

To Do: Develop disaster kit for your vehicle.

* Purchase one for each member of your household

WEEK 18 _____

- _ Plastic bucket with tight lid
- _ Plastic sheeting
- _ Double sided Velcro tape to secure objects

To Do: Put away blanket or sleeping bag for each member of the family

WEEK 19 _____

- _ 1 Box quick energy snacks
- _ Comfort food (cookies, candy)
- _ Plastic wrap
- _ Aluminum foil
- _ Larger watertight containers
- _ Denture care items if needed

To Do: Assemble all your emergency supplies in one location, pack them in water tight containers and label them. Store them near the door.

WEEK 20 _____

- _ Camping or utility knife
- _ Work gloves
- _ 2 blank video cassettes
- _ Disposable N95 Masks
- _ Safety goggles

To Do: Use the video camera to tape the contents of your home for insurance purposes.

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Emergency Preparedness Guide

It is up to each of us to be prepared for any type of disaster, tornado, flood, ice storm, blizzard or pandemic flu. It is recommended that you assemble supplies and a food supply in case of emergency and do some simple planning. Here is a five month plan to prepare your family to survive an emergency.



This Emergency Preparedness Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble disaster supplies and complete tasks in small steps over a five month period. Check off items you gather and complete each week. Remember to rotate your food and water every six months.

WEEK 1 _____

- _ 1 Gallon water*
- _ 1 Jar peanut butter
- _ Hand-operated can opener
- _ 1 Large can juice*
- _ 1 Can meat*
- _ Permanent marker
- _ Pet food, diapers, and baby food, if needed

To Do: Date each of the perishable food items using the marking pen.

WEEK 2 _____

- _ Heavy cotton or hemp rope
- _ 2 Flashlights with batteries
- _ Matches in watertight container
- _ Duct tape
- _ Leash or carrier for your pet if needed

To Do: Complete a personal assessment of your needs and resources in a changed disaster environment.

WEEK 3 _____

- _ 1 Gallon water*
- _ 1 Can meat *
- _ 1 Can fruit*
- _ Paper and Pencil
- _ Map of the area
- _ Feminine Hygiene Products
- _ Aspirin or Non- Aspirin Pain Reliever
- _ 1 Gallon water for each pet

To Do: Find information on emergency Preparedness groups in your area.

WEEK 4 _____

- _ Patch kit and can of seal-in-air product for vehicle tires
- _ Signal
- _ Compass
- _ Extra medication or prescriptions marked 'emergency use only' (Make sure to date and recycle every 6 months)

To Do: Share copies of emergency information lists, supplies and plans with friends and family.

WEEK 5 _____

- _ 1 Gallon water*
- _ Extra toothbrush*
- _ 1 Can meat/tuna*
- _ 1 Can vegetables*
- _ 1 Can fruit*
- _ 2 Rolls of toilet paper
- _ Travel size toothpaste
- _ Food for special diets if needed

To Do: Make a floor plan of your home including all primary escape routes. Identify safe places to go in case of tornado, flood, etc. Practice a fire drill and tornado drill with your family.

WEEK 6 _____

- _ Sterile adhesive bandages in assorted sizes
- _ Sunscreen
- _ Safety pins
- _ Adhesive tape
- _ Elastic bandages
- _ Latex gloves
- _ Antibacterial cream
- _ Gauze pads
- _ Laxative
- _ Extra hearing aid batteries, if needed

To Do: Check with child's daycare center or school to find out about their disaster plans and evacuation plan. Ask local emergency management office about emergency transportation information in case of an evacuation. Learn how to shut off the electricity, gas and water at the main switches in your home. Ask the utilities when it is appropriate to turn them off.

WEEK 7 _____

- _ 1 gallon water*
- _ 1 can soup/beef stew*
- _ 1 can fruit*
- _ 1 can vegetable*
- _ Sewing kit
- _ Extra plastic baby bottles, formula and diapers, if needed

To Do: Choose a place away from your neighborhood where family members can meet if they are separated. Identify a friend or relative who lives out of the area to contact if you are separated.

WEEK 8 _____

- _ Scissors
- _ Tweezers
- _ Thermometer
- _ Antibacterial soap and hand wash
- _ Disposable wipes
- _ Lip balm
- _ Antacid
- _ Extra eye glasses, if needed

To Do: Check to be sure insurance policies are up to date.

WEEK 9 _____

- _ 1 Can soup/beef stew
- _ 1 Box heavy garbage bags
- _ Liquid dish soap
- _ Household bleach
- _ Saline solution and contact lens case, if needed

To Do: Meet your neighborhood and share your emergency plans. Agree on a sign to let your neighbors know that you are okay and have left the disaster area.

WEEK 10 _____

- _ Battery powered radio
- _ Wrenches needed to turn off utilizes
- _ Waterproof plastic container for important papers

To Do: Attach a wrench to the shutoff valve for each meter. Make photocopies of important papers (personal IDs, birth and marriage certificates, inventory of household goods, bank accounts numbers, insurance policy information, etc) and place in waterproof container.

WEEK 11 _____

- _ 1 Large can/bottle juice*
- _ Large plastic food bags
- _ 3 Rolls paper towels
- _ 1 Box energy snacks

To Do: Test your smoke detectors and replace old batteries. Replace any smoke detector over 10 years old. Plan how to help elderly or disabled neighbors in a disaster.

WEEK 12 _____

- _ Extra leash, ID tags for pets
- _ Litter/pan
- _ Obtain current vaccination for pets and medical records of your animals
- _ Extra food for pets
- _ Medication

To Do: Make photocopies of your pet's records and place in waterproof container. Place extra leash, collar, etc, and ID tags in disaster supply kit.

WEEK 13 _____

- _ Whistle
- _ Pliers
- _ Crowbar
- _ Screwdriver
- _ Hammer
- _ Candles

To Do: Take a first aid and CPR class.

WEEK 14 _____

- _ 1 Can fruit*
- _ 1 Can meat*
- _ 1 Can vegetables*
- _ 1 Package plastic eating utensils
- _ 1 Package paper plates
- _ 1 Package plastic/paper cups

Also, small toys, games, and books for children if needed.

To Do: Discuss with your neighbors, friends and family what help you may need in an emergency and how to best assist them.

* Purchase one for each member of your household.