



Disaster Supply Calendar

A guide to purchasing disaster survival supplies over a 5-month (20-week) period.

Putnam County Health Department, 256 Williamstown Road, Ottawa, OH 45875
Phone: 419-523-5608 Fax: 419-523-4171

This checklist is designed to provide enough food and water for two people for three days. It is recommended to have one gallon of water per person per day. If you have a larger family you will need to add more water and food to your supply.

*Items will have an expiration date, and will need to be rotated out of the disaster kit.

WEEK 1 (GROCERY STORE)

- 1 gallon water*
- 1 large can juice*
- 1 jar peanut butter
- 1 can meat*
- Hand-operated can opener
- Permanent marker
- 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 a permanent marker.

WEEK 2 (HARDWARE STORE)

- Duct tape
- 2 flashlights with batteries
- Matches in water-proof container
- Heavy cotton or hemp rope
- A leash or carrier for your pet, if needed

TO DO:

- Complete a personal assessment of your needs and resources for a variety of disasters.
- Encourage your neighbors to do the same.

WEEK 3 (GROCERY STORE)

- 1 gallon water*
- 1 can meat*
- 1 can fruit*

- Aspirin/non-aspirin pain reliever
- Laxative
- Feminine hygiene supplies
- Paper & pencils
- Map of the area
- 1 gallon water for each pet*, if needed

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, if needed
- Extra medications/prescriptions marked "emergency use", if needed

TO DO:

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

WEEK 5 (GROCERY STORE)

- 1 gallon water*
- 1 can meat*

- 1 can fruit*
- 1 can vegetables*
- 2 rolls toilet paper
- Extra toothbrush
- Travel-size toothpaste
- 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)

- Safety pins
- Adhesive tape
- Latex gloves
- Sunscreen
- Gauze pads
- Roller bandages
- Sterile adhesive band-aids in assorted sizes
- Extra hearing aid batteries, if needed

TO DO:

- Check with your 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.

WEEK 7 (GROCERY STORE)

- 1 gallon water*
- 1 can soup*
- 1 can fruit*
- 1 can vegetables*
- Sewing kit
- Disinfectant (ex. Alcohol wipes)
- Baby food, diapers, and pet food, if needed*

TO DO:

- Encourage your 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
- 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

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 next 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*
- 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 any that do not work.
- Replace any smoke detector that does not work.

WEEK 12 (ANIMAL CARE STORE) - Skip if you have no pets

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

(VETERINARIAN)

- Obtain current vaccination and medical records for your animal(s)
- Medications, if needed

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 too.

WEEK 13 (HARDWARE STORE)

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

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*
- 1 can fruit*
- 1 can vegetables*
- Plastic cups
- Paper plates
- 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)

- 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 SUPPLES)**
- Anti-diarrheal 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 and 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
- Charcoal
- 1 box quick energy snacks
- 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, if needed

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.

Congratulations! You have just prepared your entire family for a disaster!