



20 Weeks to Preparedness

Be Prepared! Develop An Emergency Kit.

This Emergency Supplies Calendar is intended to help you prepare for emergencies before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies by the expiration date. Purchasing the food suggested here would last approximately 3-5 days.

*Purchase one for each member of the household.

**Per person / per day

(Adopted from NE Nebraska Public Health Dept.
Preparation Guide for Emergencies – Be Prepared!
Promoted through Siouxland District Health)

WEEK 1

Grocery Store:

- ☐ 1 gallon water **
- ☐ 1 jar peanut butter
- ☐ Hand-operated can Opener
- ☐ Pet food, diapers, and baby food if needed.
- ☐ 1 lg can juice*
- ☐ Permanent marker

To Do:

- ☐ Complete a personal assessment of your needs and resources in a disaster environment.
- ☐ Date each perishable food item using marking pen.



WEEK 2

Hardware Store:

- ☐ 2 flashlights with batteries
- ☐ Duct tape
- ☐ Matches in water proof container

WEEK 3

Grocery Store:

- ☐ 1 gallon water**
- ☐ Paper and pencil
- ☐ Feminine hygiene products
- ☐ Map of area / old phone book
- ☐ 1 gallon of water for each pet, if needed.
- ☐ 1 can meat*
- ☐ Pain reliever
- ☐ Laxative
- ☐ Aspirin/non-aspirin

To Do:

- ☐ Date each perishable food item using marker.

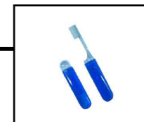
WEEK 4

Hardware Store:

- ☐ Signal Flare
- ☐ Also, extra medications, prescriptions or vitamins marked "emergency use."
- ☐ Compass

To Do:

- ☐ Develop a family communication & disaster plan.
- ☐ Share copies of your disaster plan & emergency information list with family.



WEEK 5

Grocery Store:

- ☐ 1 can vegetables*
- ☐ 1 can meat*
- ☐ Travel size toothpaste
- ☐ Food for special diets, if needed.
- ☐ 1 can fruit*
- ☐ 2 rolls toilet paper
- ☐ Extra tooth brush

To Do:

- ☐ Date each perishable food item using marker.

WEEK 6

First Aid Supplies & Other Supplies:

- ☐ Latex Gloves
- ☐ Gauze Pads
- ☐ Safety pins
- ☐ Sterile adhesive bandages in assorted sizes.
- ☐ Extra hearing aid batteries, if needed.
- ☐ Sunscreen
- ☐ Roller bandages
- ☐ Adhesive tape

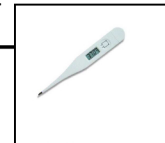
WEEK 7

Grocery Store:

- ☐ 1 gallon water**
- ☐ 1 can soup*
- ☐ Disinfectant
- ☐ Baby bottles, formula and diapers, if needed.
- ☐ 1 can fruit*
- ☐ Sewing kit

To Do:

- ☐ Establish out-of-town contacts to call in case of emergency.
- ☐ Share this information with your family/friends.
- ☐ Make arrangements to check on each other immediately after an emergency.



WEEK 8

First Aid Supplies:

- ☐ Scissors
- ☐ Tweezers
- ☐ Thermometer
- ☐ Liquid antibacterial hand soap
- ☐ Disposable wipes
- ☐ Needles
- ☐ Petroleum jelly
- ☐ Antibiotic ointment

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.

WEEK 9

Grocery Store:

- ☐ 1 can soup*
- ☐ Liquid dish soap
- ☐ Household bleach
- ☐ Saline solution and a contact lens case, if needed.
- ☐ 1 box heavy-duty garbage bags
- ☐ Antacid

To Do:

- ☐ Agree on a signal, with family/friends, that indicates you are okay and have left the disaster.
- ☐ 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



To Do:

- ☐ Find your gas and water meter shutoffs at your home. Discuss when it is appropriate to turn these off.
- ☐ Attach a wrench to the cutoff valve of each meter so it will be there when needed.
- ☐ Read instructions for radio and keep them with it.

WEEK 11

Grocery Store:

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

To Do:

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

WEEK 12

Animal Care Store:

- ☐ Litter/pan
- ☐ Extra water
- ☐ Extra harness, leash, ID tags, & pet food

Veterinarian:

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

To Do:

- ☐ Develop a pet care plan.
- ☐ Make photocopies of all vaccination records and put in plastic baggie in disaster supply kit.

WEEK 13

Hardware Store:

- ☐ Crow bar
- ☐ Whistle
- ☐ Pliers
- ☐ Hammer
- ☐ Screwdriver

To Do:

- ☐ Take a first aid/CPR Class

WEEK 14

Grocery Store:

- ☐ 1 can vegetables*
- ☐ 1 can fruit*
- ☐ 1 can meat*
- ☐ Cups
- ☐ 1 package eating utensils
- ☐ 1 package paper

To Do:

- ☐ Practice using alternate methods of evacuation.

WEEK 15

Hardware Store:

- ☐ Extra flashlight batteries
- ☐ Assorted nails
- ☐ Extra battery for portable radio
- ☐ Air tight plastic baggie for important papers

To Do:

- ☐ Make photocopies of important papers and store in air tight baggie.



WEEK 16

Grocery Store:

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

To Do:

- ☐ Develop a disaster supplies kit for your vehicle.

WEEK 17

Grocery Store:

- ☐ 1 box graham crackers
- ☐ Dry cereal
- ☐ Plastic container(s) with lids for supplies.

WEEK 17 (Cont)

First Aid Supplies:

- ☐ Antidiarrheal medicine
- ☐ Antiseptic
- ☐ Rubbing alcohol

To Do:

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

WEEK 18

Hardware Store:

- ☐ Plastic bucket with tight lid
- ☐ Plastic sheeting



To Do:

- ☐ Put away a blanket or sleeping bag for each household member.

WEEK 19

Grocery Store:

- ☐ Plastic wrap
- ☐ 1 box quick energy snacks
- ☐ Aluminum foil
- ☐ Comfort foods (cookies, candy bars)
- ☐ Denture care items, if needed.

To Do:

- ☐ Review your insurance coverage.
- ☐ Purchase and install an emergency escape ladder for upper story windows, if needed.

WEEK 20

Hardware Store:

- ☐ Work gloves
- ☐ Safety goggles
- ☐ Disposable dust mask
- ☐ Camping/utility knife
- ☐ 2 blank videocassettes

To Do:

- ☐ Get an extra battery for motorized mobility aids.
- ☐ Tape the contents of your home with video.
- ☐ Copy and send to out-of-town family/friend.