

WEEK 10

HARDWARE STORE:

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

TO DO:

- With your network, find the gas and water meter shutoffs of each home. Discuss when it is appropriate to turn them off.
- Attach a wrench next to the cutoff valve of each meter so it is there when needed.
- Make photocopies of important papers and store safely.

WEEK 11

GROCERY STORE:

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

TO DO:

- Test your smoke detector(s). Replace all batteries and any detector that is over 10 years old.

WEEK 12

PET SUPPLY STORE:

- Litter/pan Extra water
- Extra harness, leash, ID tags and food for pets

VETERINARIAN:

- Obtain current vaccinations and medical records of 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 supply kit.
- Put extra animal harness, leash and identification tag(s) in your disaster supply kit.

WEEK 13

HARDWARE STORE:

- Perforated metal tape Crow bar
- Whistle Pliers
- Screwdriver Hammer

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 fruit* 1 can meat*
- 1 can vegetables* Paper plates
- Cups
- 1 package eating utensils

TO DO:

- Discuss with your network and neighbors what help may be needed in an emergency and how best to assist each other.
- Practice using alternate methods of evacuation with your network.

WEEK 15

HARDWARE STORE:

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

TO DO:

- Make arrangements to bolt bookcases and cabinets to wall studs.

WEEK 16

GROCERY STORE:

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

TO DO:

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

WEEK 17

GROCERY STORE:

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

FIRST AID SUPPLIES:

- Rubbing alcohol Antiseptic
- Antidiarrheal medicine

TO DO:

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

WEEK 18

HARDWARE STORE:

- "Child proof" latches or other fasteners for cupboards
- Plastic bucket with tight lid
- Double-sided tape or Velcro® to secure moveable objects
- Plastic sheeting

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:

- Comfort foods Plastic wrap
- Aluminum foil
- 1 box quick energy snacks
- Denture care items if needed

TO DO:

- Review your insurance coverage to ensure you are covered for disasters that may occur in your area.
- Purchase and install an emergency escape ladder for upper story windows if needed.

WEEK 20

HARDWARE STORE:

- Work gloves Safety goggles
- Camping or utility knife
- Disposable dust masks
- 2 blank videotapes or disks

SPECIALTY STORE:

- Purchase an extra battery for motorized mobility aids

TO DO:

- Use camcorder to record the contents of your home for insurance purposes.
- Make a copy of the recording and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

Disaster Preparedness Five Month Calendar
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Disaster Preparedness

PREPARATION GUIDE FOR EMERGENCIES



 THE NEBRASKA
MEDICAL CENTER™

 UNIVERSITY OF
Nebraska
Medical Center  UNMC
PHYSICIANS

Preparation is Key

It might be a natural disaster like a tornado, flood or blizzard; an outbreak of disease; or a terrorist attack. Whatever the cause, our families will be best protected if we take steps now to prepare as much as we can.

Most of us have heard this urging before and we know it is important. Yet in our busy day-to-day lives it is difficult to find time for the “what ifs.” This brochure contains a preparedness calendar intended to help American households assemble a comprehensive disaster supply kit. It is a gradual process, timed to fit a five-month time span.

The creation of an emergency kit is one of three main recommendations in the “Ready Campaign” (www.ready.gov) introduced by the U.S. Department of Homeland Security. We should also develop a family emergency plan and educate ourselves about potential threats.

The Nebraska Medical Center, the University of Nebraska Medical Center and the UNMC Physicians are vigorous participants in disaster preparedness. We encourage our visitors and employees to take an active role in preparing their families as well.

For more information and additional resources visit:
unmc.edu/avianflu
intranet.nebraskamed.com
intranet.unmcphysicians.com

Disaster Supplies 5 Month Calendar

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supply kit in small steps over a five-month period. Check off items you gather each week and remember to replace perishable items (such as food and water) every six months. This plan will provide you with 12 weeks of supplies.

** Purchase one for each member of the household.*

WEEK 1

GROCERY STORE:

- 1 gallon water*
- 1 large can juice*
- 1 jar peanut butter
- 1 can meat*
- Hand-operated can opener
- Permanent marking pen
- Pet food, diapers and baby food if needed

TO DO:

- Find out what kind of disasters can happen in your area.
- Date perishable food items using marking pen.

WEEK 2

HARDWARE STORE:

- Heavy cotton rope
- Duct tape
- 2 flashlights with batteries
- Matches in waterproof container
- A leash or carrier for your pet

TO DO:

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

WEEK 3

GROCERY STORE:

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

TO DO:

- Be part of a support network in your area to identify and obtain resources needed to cope effectively with disaster.

WEEK 4

HARDWARE STORE:

- Patch kit and can of seal-in air product for the tires of mobility aids
- Signal flare
- Compass
- Extra medications or prescriptions marked “emergency use”

TO DO:

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

WEEK 5

GROCERY STORE:

- 1 gallon water*
- 1 can meat*
- 1 can vegetables*
- 1 can fruit*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste
- Food 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, tornado, flood, earthquake or hurricane.
- Practice a fire drill, tornado drill and earthquake drill (where appropriate) with your network.

WEEK 6

FIRST AID SUPPLIES:

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

WEEK 7

GROCERY STORE:

- 1 gallon water*
- 1 can soup*
- 1 can vegetables*
- 1 can fruit*
- Sewing kit
- Disinfectant
- Extra plastic baby bottles, formula and diapers if needed

TO DO:

- Encourage 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 members immediately after an evacuation order or a disaster.

WEEK 8

FIRST AID SUPPLIES:

- Scissors
- Tweezers
- Thermometer
- Needles
- Disposable wipes
- Petroleum jelly
- 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 blind, store a talking clock and one or more extra white canes.
- If blind, mark disaster supplies in Braille or with fluorescent tape.

WEEK 9

GROCERY STORE:

- 1 can soup*
- Liquid dish soap
- Household bleach
- Antacid
- 1 box heavy-duty garbage bags
- 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 supply kit.

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