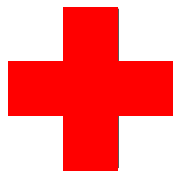


Disaster Preparedness Calendar



Be Prepared

Your Disaster Supplies Calendar will help you prepare for emergencies or disasters before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over six months, checking off items you gather each week.



**American
Red Cross**

Together, we can save a life.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water * or 5-year water pouches from American Red Cross <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 hand-operated can opener <input type="checkbox"/> Permanent marking pen <p>Additional: pet food, diapers, baby food</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date perishable items with marker <input type="checkbox"/> Decide upon & notify out-of-area contact who can coordinate information for scattered family members <p>*One per person</p>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 or 4-person Disaster Kit from American Red Cross OR <input type="checkbox"/> Heavy cotton or hemp rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ <p>Additional: leash or carrier for your pet, extra set of I.D. tags</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sign up for First Aid/CPR class at local American Red Cross 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water * or 5-year water pouches from American Red Cross <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Paper & pen <input type="checkbox"/> Local map <input type="checkbox"/> Pain reliever <input type="checkbox"/> Laxative <p>Additional: 1 gallon water for each pet</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about what kinds of disasters can happen in your area <input type="checkbox"/> Encourage neighbors to develop their own plans <p>*One per person</p>	<p>HARDWARE Store or AMERICAN RED CROSS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 6-way Lazer flashing safety light or Light wand from American Red Cross <input type="checkbox"/> Compass <p>Additional: Medicines/prescriptions marked "for emergency use", contact-lens supplies</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* or 5-year water pouches from American Red Cross <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> Extra toothbrush <input type="checkbox"/> Travel-size toothpaste <p>Additional: Special foods for special dietary needs</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify escape routes from house for all family members <input type="checkbox"/> Identify safe places to go in case of fire, flood, earthquake, or other local disasters <input type="checkbox"/> Practice a drill for each of your plans 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> American Red Cross First Aid kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen <p>Action Step:</p> <p><input type="checkbox"/> Identify storage area for your supplies such as closet along an inside retaining wall, or several heavy-duty, watertight plastic garbage cans that can be stored outside . If using outside storage—ensure container is weather and animal proof.</p>
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant <p>Additional: Extra baby supplies (bottles, formula, diapers)</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame <p>*One per person</p>	<p>FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid antibacterial hand soap <input type="checkbox"/> Disposable hand-wipes <input type="checkbox"/> Sewing needles <input type="checkbox"/> Petroleum jelly or other lubricating cream <input type="checkbox"/> 2 tongue blades (Check your American Red Cross First Aid Kit before shopping to avoid duplication) <p>Additional: Put extra eyeglasses in First aid kit</p>	<p>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"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> 1 box heavy-duty garbage bags with ties <input type="checkbox"/> Antacid (upset stomach) <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Test smoke detectors and replace batteries <p>*One per person</p>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> American Red Cross battery-powered radio <input type="checkbox"/> Wrench to turn off utilities <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off <input type="checkbox"/> Attach a wrench near each shutoff valve so it is there when needed 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box high-energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Additional: Keep extra battery for cell phone or change for pay phone usage in disaster supplies</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Locate pay phones closest to your home <p>*One per person</p>	<p>GROCERY or PET CARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Litter and box <input type="checkbox"/> Extra water <input type="checkbox"/> Pet First Aid Kit from American Red Cross <p>Additional: Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Photocopy important papers and store safely

WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18
<p>Action Steps</p> <ul style="list-style-type: none"> <input type="checkbox"/> Add to emergency supplies a change of clothing and pair of shoes for each person in the family <input type="checkbox"/> Put together a selection of favorite and most-used spices—salt, pepper, sugar—in small packets <input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person <input type="checkbox"/> Check to be sure all perishables have been dated 	<p>Check your American Red Cross Disaster Kit</p> <p style="text-align: center;">OR Buy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry Bar <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts 	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer (see American Red Cross for Quakehold supplies) <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure water heater, bookcases, computer, and other heavy items that could fall in an earthquake 	<p>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* <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a disaster supply kit for your vehicles or purchase a ready-made kit from the American Red Cross <input type="checkbox"/> Find out if you have a neighborhood safety group and become involved <p style="text-align: center;">*One per person</p>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> "Child-proof" latches or fasteners for cupboards <input type="checkbox"/> Quakehold museum putty from American Red Cross to secure moveable items on shelves <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure doors and moveable items 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work <p>Additional: Special equipment such as hearing aid batteries</p>
WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
<p>FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic <p>Action Step</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure sleeping bag or blanket for each family member 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assemble an activity box of cards, games, toy <p style="text-align: center;">*One per persons</p>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheeting <p>Additional: Denture care supplies</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area 	<p>GROCERY Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 box quick-energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors (available from American Red Cross) 	<p>HARDWARE Store</p> <p>Check your American Red Cross Disaster kit</p> <p style="text-align: center;">OR Buy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* <p>Action Steps:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store <p style="text-align: center;">*One per person</p>	<p>Action Steps:</p> <ul style="list-style-type: none"> Begin rotating water and food stores, replacing those purchased in Week One. Check that storage area is safe and dry. Continue rotation each month so that fresh stores are always on hand.

Be Prepared for the Unthinkable...always, with Disaster Kits from the American Red Cross

One Person Deluxe Kit All contents of this 72-hour disaster kit come in a sturdy bag with carrying handle and shoulder strap. \$51.00

Contents: 10 Datrex Emergency Drinking Water Pouches (5-year shelf life, approved by U.S. Coast Guard); 2 Two Gallon Collapsible Water Containers; 2 Datrex Food Bar Packets (2,400 calories each 5-year shelf life); 1 Thermal Blanket – Full Size 84" x 52" reflects up to 90% of body heat; 2 Body/Hand Warmers (12 hours of warmth each); 1 Lightweight Poncho with Hood; 1 Flashlight w/ "D" Cell Batteries; 2 12-hour light sticks; 1 Deck Playing Cards; 1 Medication Storage Cylinder; 1 Dust Mask; 1 Whistle **Hygiene Supplies:** Pocket Tissues, Wet Wipes, Biohazard Waste Bag, 3 Plastic Waste Bags, 2 Sanitary Napkins. **First Aid Supplies:** Assorted Gauze Pads, Conform Gauze Roll Abdominal Pad, Telfa Pads, Plastic Strips, Antiseptic Wipes, Antibiotic Ointments, Latex Gloves



Heavy Duty Deluxe Two-Person Backpack 72-hour two-person disaster supply kit is ideal for car, camper, trailer, airplane or boat. \$160.00

Contents:20-Datrex Emergency Drinking Water Pouches (5-year shelf life, approved by U.S. Coast Guard); 4-Datrex Food Packets – 2 Packets of 12 food bars with 200 calories per bar (5-year shelf life, all natural ingredients, approved by U.S.C.G.); 2-Emergency Survival Blankets (Full size 84" x 52", reflects up to 90% of body heat);4-Body/Hand Warmers (air activated for 12-hours of warmth each); 2-Poncho - Lightweight weather protection with hood.; 4-Light Sticks – safe, glowing light lasts up to 12 hours each.; 2-Flashlights – with "D" Cell batteries & extra batteries; 1-AM/FM Radio-w/2-AA batteries; 2-Storage Cylinders; 2-Whistles; 1-Multi-function Knife; 1-Box of Waterproof Matches; 3 - 2-Gallon Collapsible Water Jug;1- Deck Playing Cards; 2-Dust Masks ; 2-Leather Palm Gloves. **Hygiene Pack:** 2 Hygiene Packs, 2 Pocket Tissue Packets, 6 Wet Towelettes Wipes, 2 Bio-hazard Waste Bags, 4 Sanitary Pads, 6 Plastic Bags, 1 Toothpaste, 2 Toothbrushes. **First Aid Pack:**1-First Aid Pack, 1- 6"x9" Instant Compress, 1- 5" x 9"Trauma Pad, 3-Sting Relief Pads, 2–Burn Relief Pads, 1- 72pg First Aid Guide, 25 – ¾" x 3" Adhesive bandages, 2 -pair of FDA Approved latex barrier gloves, 1-Pair of scissors, 1 Pair of Tweezers, 1–Sterile Eye Pad, 1– 2" x 4.1 yds. Conform Roll Bandage, 6-Aspirin Tablets, 2-Triple Antibiotic Ointment Packs, 1-½" x 5 yds. First Aid Tape Roll, 8- 2" x 2" Sponge Dressing Pads, 2 - Finger Splints, 9 – Antiseptic Cleansing Pads, 10 – Children's Bandages, 1- Emergency Ph# Reference



Relief Pads, 2–Burn Relief Pads, 1- 72pg First Aid Guide, 25 – ¾" x 3" Adhesive bandages, 2 -pair of FDA Approved latex barrier gloves, 1-Pair of scissors, 1 Pair of Tweezers, 1–Sterile Eye Pad, 1– 2" x 4.1 yds. Conform Roll Bandage, 6-Aspirin Tablets, 2-Triple Antibiotic Ointment Packs, 1-½" x 5 yds. First Aid Tape Roll, 8- 2" x 2" Sponge Dressing Pads, 2 - Finger Splints, 9 – Antiseptic Cleansing Pads, 10 – Children's Bandages, 1- Emergency Ph# Reference



Deluxe Four-Person Disaster Supplies Starter Backpack Four person/family 72-hour "ready to go" disaster supply kit packed in a sturdy canvas backpack. \$199.00

Contents: Same as Deluxe Two-Person Kit with additional Food and Water Supplies for four people.

Go to www.seattlredcross.org or your local Red Cross chapter for information on purchasing these kits and other first aid and disaster supplies for your work or home preparedness. Most supplies recommended within this calendar are available at the local American Red Cross chapter, any of the 21 Lowe's Home Improvement Warehouses or 83 Albertsons Stores in your community throughout Washington State.

Consult your yellow pages for a convenient location in your community.

The production and distribution of this preparedness calendar by the American Red Cross Chapters of Washington State has been made possible through the support of **Lowe's Home Improvement Stores** and **Albertsons Stores**. We have joined together to provide the cities and communities throughout Washington with a blueprint of products you should obtain and actions to pursue to maintain a level of emergency and disaster preparedness. Additional copies of this calendar are available at all Washington State American Red Cross Chapters, and all Washington **Lowe's Home Improvement Stores** and **Albertsons** locations. We want to help you and your family to be ready for the unthinkable.

The Disaster Preparedness Calendar is a program of the Washington State Chapters of The American Red Cross



American Red Cross

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