

Disaster

Preparedness

PREPARATION GUIDE FOR EMERGENCIES



Panhandle

Public Health District

P O Box 337

808 Box Butte Avenue
Hemingford, NE 69348

308-487-3600

Toll free: 866-701-7173

www.pphd.org

WEEK 11

GROCERY STORE:

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

TO DO:

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

WEEK 12

ANIMAL CARE STORE:

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

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 supplies kit.
- Put extra animal harness, leash, and identification tag(s) in your disaster supplies kit.

WEEK 13

HARDWARE STORE:

- Perforated metal tape (plumber's tape)
- Whistle
- Pliers
- Crow bar
- 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 package paper cups, plates, and bowls
- 1 package eating utensils

TO DO:

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

WEEK 15

HARDWARE STORE:

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

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
- 1 box quick energy snacks
- Dried fruit/nuts

TO DO:

- Develop a disaster supplies kit for your vehicle.

WEEK 17

GROCERY STORE:

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

FIRST AID SUPPLIES:

- Antidiarrheal medicine
- Activated charcoal
- Rubbing alcohol
- Antiseptic

TO DO:

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

POISON CONTROL NUMBER: 800-955-9119

WEEK 18

HARDWARE STORE:

- "Child proof" latches or other fasteners for your cupboards
- Double-sided tape to secure movable objects
- Plastic sheeting
- Plastic bucket with tight lid
- Spare propane canister for outdoor grill

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:

- 1 box quick energy snacks
- Comfort foods (such as cookies, candy bars)
- Plastic wrap
- Aluminum foil

TO DO:

- Find out about your workplace disaster plan.
- 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
- 2 blank videocassettes
- Disposable dust masks
- Work gloves
- Safety goggles

SPECIALTY STORE:

- Get an extra battery for motorized mobility aids.

TO DO:

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send to an out-of-town friend or family member.

This is a suggested list. Please change to fit your needs.

*Purchase one for each member of the household.

Disaster Preparedness 5 Month Calendar supplied by Chevron Real Estate Management Company 1994. For more information about disaster preparedness, contact your local Red Cross chapter or Panhandle Public Health District at 308-487-3600.

PREPARATION IS KEY

As part of its successful Ready campaign, the U.S. Department of Homeland Security is encouraging Americans to be prepared for emergencies. This brochure includes a preparedness calendar that is intended to help you assemble a disaster supplies kit in small steps over a five-month period. Please share this information with family and friends.

In a recent national survey conducted by The Ad Council, 80 percent of Americans agreed that taking some simple steps to prepare could help protect themselves and their families in the event of an emergency. However, only 58 percent had made an emergency supply kit, developed a family emergency plan or learned more about potential threats, which are the three steps recommended by the Ready campaign. A survey of small businesses found more than 90 percent recognized the importance of business emergency preparedness. However, less than 40 percent said their company had an emergency plan in place.

By visiting www.ready.gov, individuals and businesses can learn how to prepare their families and workplaces for emergencies including natural disasters and potential terrorist attacks. Materials, including family communication plan templates and sample business continuity plans, are available on the website providing Americans with the resources needed to make plans that will bring piece of mind.

*It is up to you.
Make it your plan to be
prepared for tomorrow.*

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 supplies kit in small steps over a five-month period. Check off items you gather each week. **Remember to change and replace perishable supplies (such as food and water) every six months.**

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

Also, pet food, diapers, and baby food if needed.

TO DO:

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2

HARDWARE STORE:

- Heavy cotton rope
- Matches in water-tight container
- Duct tape
- 2 flashlights with batteries

TO DO:

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

WEEK 3

GROCERY STORE:

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

Also, 1 gallon of water for each pet.

TO DO:

- Be a part of a local 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 flare product for the tires of mobility aids, if needed
- Signal
- Compass
- Light sticks

Also, extra medications or prescriptions marked “emergency use.”

TO DO:

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

WEEK 5

GROCERY STORE:

- 1 gallon of water
- 2 rolls of toilet paper
- 1 can meat*
- Extra toothbrush
- 1 can fruit*
- Toothpaste or denture care items
- 1 can vegetables*

Also, special food for special diets, if needed.

TO DO:

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go to in case of fire, tornado, hurricane, and flood.
- Practice a fire or tornado drill with your local network.

WEEK 6

FIRST AID SUPPLIES:

- Sterile adhesive bandages
 - Safety pins
 - Gauze pads
 - Adhesive tape
 - Sunscreen
 - Roller bandages
 - Latex (or non latex) gloves
- Also, 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 about evacuation procedures.
- Make photocopies of important papers and store with an out-of-town friend or relative or other safe location.

WEEK 7

GROCERY STORE:

- Sewing kit
- 1 can soup*
- 1 can fruit*
- Disinfectant
- 1 gallon water*
- 1 can vegetables*

Also, 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 with your network.
- Make arrangements for your network to check on each other immediately after a disaster.

WEEK 8

FIRST AID SUPPLIES:

- Scissors
- Disposable wipes
- Thermometer
- Needles
- Liquid antibacterial hand soap
- Tweezers
- Petroleum jelly
- 2 tongue blades

Also, 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, one or more extra white canes, and mark your disaster supplies in Braille or with fluorescent tape.

WEEK 9

GROCERY STORE:

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

Also, contact 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 communications disability, store a word or letter board in your disaster supply kit.

WEEK 10

HARDWARE STORE:

- Battery-powered radio
- Wrenches to turn off utilities container

TO DO:

- With your network, find the gas and water meter shutoffs of each home and attach a wrench next to each cutoff valve.
- Discuss when they may need to be turned off.