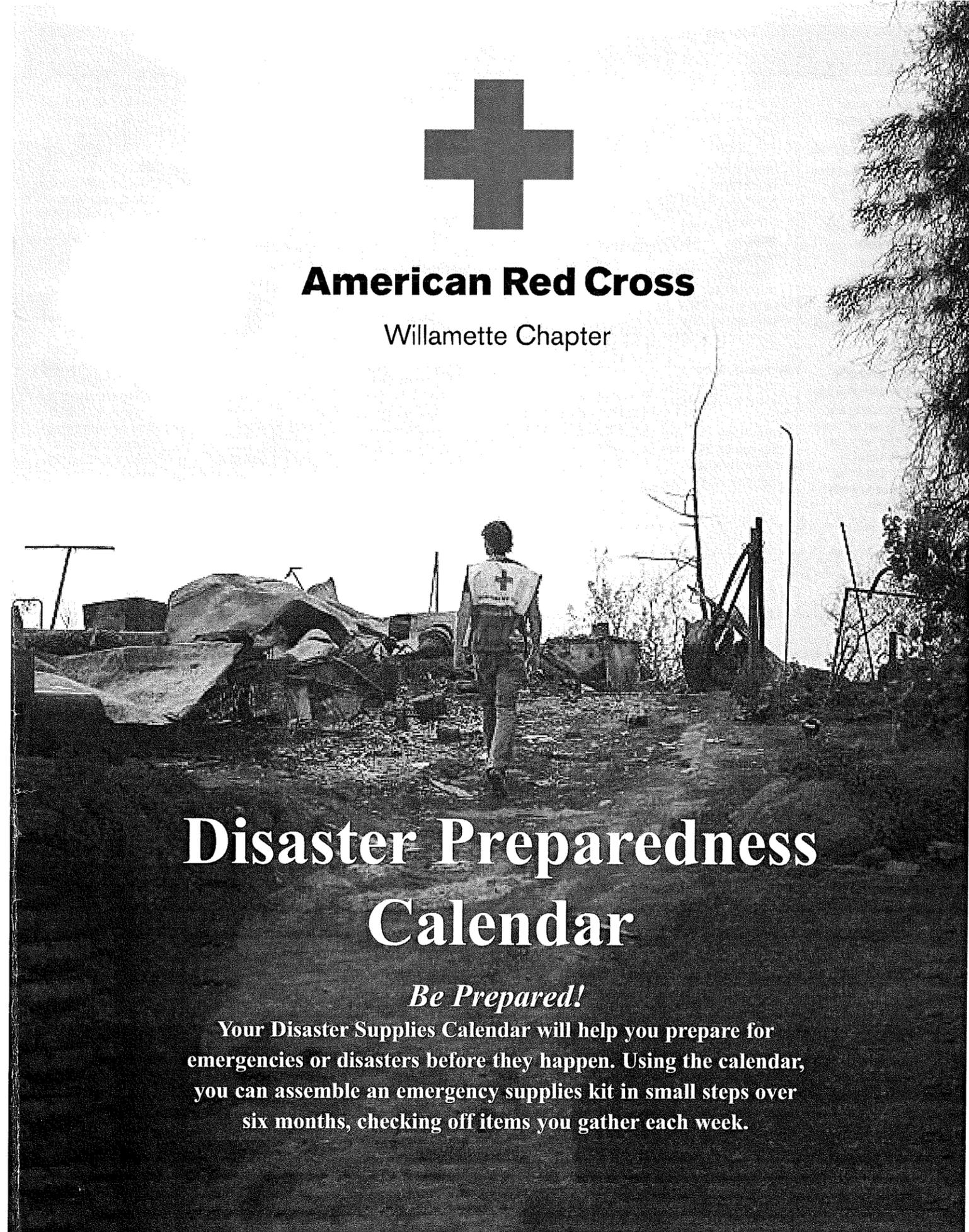


**American Red Cross**

Willamette Chapter

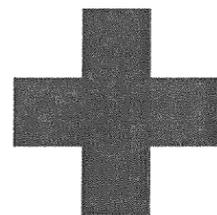


# Disaster Preparedness Calendar

*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.

The production and distribution of this preparedness calendar has been made possible by generous donations made to Willamette Chapter of the American Red Cross.



**American Red Cross**

Willamette Chapter

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water* or 5-year water pouches from American Red Cross</li> <li><input type="checkbox"/> 1 jar peanut butter</li> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 hand-operated can opener</li> <li><input type="checkbox"/> Permanent marking pen</li> </ul> <p>Additional: pet food, diapers, baby food</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Date perishable items with marker</li> <li><input type="checkbox"/> Decide upon and notify out-of-state contact who can coordinate information for scattered family members</li> </ul> <p>* One per person</p>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2 or 4-person Disaster Kit from American Red Cross OR</li> <li><input type="checkbox"/> Heavy cotton or hemp rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> <li><input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ</li> </ul> <p>Additional: Leash or carrier for your pet, extra set of ID tags</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sign up for First Aid/CPR class at local American Red Cross</li> </ul>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water* or 5-year water pouches from American Red Cross</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> Paper and pen</li> <li><input type="checkbox"/> Local map</li> <li><input type="checkbox"/> Pain reliever</li> <li><input type="checkbox"/> Laxative</li> </ul> <p>Additional: 1 gallon of water for each pet</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about what kinds of disasters can happen in your area</li> <li><input type="checkbox"/> Encourage neighbors to develop their own plans</li> </ul>	<p>HARDWARE Store or AMERICAN RED CROSS</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 6-way laser flashing safety light or light wand from American Red Cross</li> <li><input type="checkbox"/> Compass</li> </ul> <p>Additional: Medicines/prescriptions marked "for emergency use," contact lens supplies</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><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</li> </ul>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water* or 5-year water pouches from American Red Cross</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 2 rolls of toilet paper</li> <li><input type="checkbox"/> Extra toothbrush</li> <li><input type="checkbox"/> Travel-size toothpaste</li> </ul> <p>Additional: Special foods for special dietary needs</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify escape routes from house for all family members</li> <li><input type="checkbox"/> Identify safe places to go in case of fire, earthquake, or other local disasters</li> <li><input type="checkbox"/> Practice a drill for each of your plans</li> </ul>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <li><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</li> <li><input type="checkbox"/> Safety pins</li> <li><input type="checkbox"/> Sunscreen</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><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</li> </ul>

WEEK 7	WEEK 8	WEEK 8	WEEK 10	WEEK 11	WEEK 12
<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup (not concentrated)*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Sewing kit</li> <li><input type="checkbox"/> Disinfectant</li> </ul> <p>Additional: Extra baby supplies (bottles, formula, diapers)</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><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</li> </ul> <p>* One per person</p>	<p>FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid antibacterial hand soap</li> <li><input type="checkbox"/> Disposable handwipes</li> <li><input type="checkbox"/> Sewing needles</li> <li><input type="checkbox"/> Petroleum jelly or other lubricating cream</li> <li><input type="checkbox"/> 2 tongue blades (Check your American Red Cross First Aid Kit before shopping to avoid duplication)</li> </ul> <p>Additional: Put extra eyeglasses in First Aid Kit</p>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready-to-eat soup*</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment</li> <li><input type="checkbox"/> 1 box heavy duty garbage bags with ties</li> <li><input type="checkbox"/> Antacid tablets</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Test smoke detectors and replace batteries</li> </ul>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable container for important papers</li> <li><input type="checkbox"/> American Red Cross battery-powered radio</li> <li><input type="checkbox"/> Wrench to turn off household utilities</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure everyone in the house knows where to find gas and water meter shutoff valves and how to turn them off</li> <li><input type="checkbox"/> Attach a wrench near each shutoff valve so it is there when needed</li> </ul>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> 1 box high-energy snacks</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul> <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"> <li><input type="checkbox"/> Located pay phones closest to your home</li> </ul>	<p>GROCERY or PET CARE Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Litter and box</li> <li><input type="checkbox"/> Extra water</li> <li><input type="checkbox"/> Pet First Aid Kit from American Red Cross</li> </ul> <p>Additional:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Photocopy important papers and store safely</li> </ul>

WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18
<p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Add to emergency supplies a change of clothing and pair of shoes for each person in the family</li> <li><input type="checkbox"/> Put together a selection of favorite and most used spices: salt, pepper, sugar, in small packets</li> <li><input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person</li> <li><input type="checkbox"/> Check to be sure all perishables have been dated</li> </ul> <p>* One per person</p>	<p>CHECK YOUR AMERICAN RED CROSS DISASTER KIT OR BUY:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Extra batteries for flashlights and radio</li> <li><input type="checkbox"/> Pry bar</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts</li> </ul>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Screwdriver</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer (see American Red Cross for "quakehold" supplies)</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Secure water heater, bookcases, computer and other heavy items that could fall in an earthquake</li> </ul>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can of fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a disaster supply kit for your vehicles or purchase a ready-made kit from the American Red Cross</li> <li><input type="checkbox"/> Find out if you have a neighborhood safety group and become involved</li> </ul>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> "Child-proof" latches or fasteners for cupboards</li> <li><input type="checkbox"/> Quakehold museum putty from American Red Cross to secure moveable items on shelves</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Secure doors and moveable items</li> </ul>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box of graham crackers</li> <li><input type="checkbox"/> Assorted plastic containers with lids</li> <li><input type="checkbox"/> Dry cereal</li> </ul> <p>Additional: Special equipment such as hearing aid batteries</p> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work</li> </ul>

WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
<p>FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Antidiarrheal medication</li> <li><input type="checkbox"/> Antiseptic</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Secure sleeping bag or blanket for each family member</li> </ul> <p>* One per person</p>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 1 box facial tissues</li> <li><input type="checkbox"/> 1 box quick-energy snacks</li> <li><input type="checkbox"/> Dried fruits/nuts</li> </ul> <p>Action steps: Assemble an activity box of cards, games, toys</p>	<p>HARDWARE Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plastic bucket with tight lid for toileting needs</li> <li><input type="checkbox"/> Plastic sheeting</li> </ul> <p>Additional: Denture care supplies</p> <p>Action steps: Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area</p>	<p>GROCERY Store</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box quick-energy snacks</li> <li><input type="checkbox"/> Comfort foods (candy bars, cookies, etc.)</li> <li><input type="checkbox"/> Plastic wrap</li> <li><input type="checkbox"/> Aluminum foil</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Purchase and install emergency escape ladder for upper floors</li> </ul>	<p>HARDWARE Store</p> <p>Check your American Red Cross Disaster Kit OR Buy:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Work gloves</li> <li><input type="checkbox"/> Safety goggles</li> <li><input type="checkbox"/> Disposable dust mask*</li> </ul> <p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Photograph or videotape the contents of your home and send to an out-of-town friend to store</li> </ul>	<p>Action Steps:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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</li> </ul>