

<h2 style="text-align: center;">Disaster Supplies Calendar</h2> <h3 style="text-align: center;"><i>Disaster Preparedness for People with Disabilities</i></h3> <p style="text-align: center;">This Disaster Supplies Calendar is intended to help 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.</p> <p style="text-align: right;"><i>Source: American Red Cross</i></p> <p style="text-align: center;">http://www.redcross.org/services/disaster/beprepared/apendixb.html</p> <p style="text-align: right;">*Purchase one for each member of household.</p>		
<p>WEEK 1—GROCERY STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Permanent marking pen <input type="checkbox"/> Pet food, diapers, and baby food <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out what kinds of disasters can happen in your area. <input type="checkbox"/> Date each perishable food item using marking pen. 		
<p>WEEK 2—HARDWARE STORE</p> <ul style="list-style-type: none"> <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 <input type="checkbox"/> Leash or carrier for your pet <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment. 	<p>WEEK 3—GROCERY STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Paper and pencil <input type="checkbox"/> Map of the area <input type="checkbox"/> Aspirin or non-aspirin pain reliever <input type="checkbox"/> Laxative <input type="checkbox"/> 1 gallon of water for each pet <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster. 	<p>WEEK 4—HARDWARE STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids <input type="checkbox"/> Signal flare <input type="checkbox"/> Compass <input type="checkbox"/> Extra medications or prescriptions marked "emergency use" <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a personal disaster plan. <input type="checkbox"/> Give copies of the following lists to your network: emergency information list, medical information list, disability-related supplies and special equipment list, and personal disaster plan.
<p>WEEK 5—GROCERY STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can juice* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> Extra toothbrush/toothpaste <input type="checkbox"/> Special food for special diets <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a floor plan of your home including primary escape routes. <input type="checkbox"/> Identify safe places to go in case of fire or earthquake. <input type="checkbox"/> Practice a fire drill and earthquake drill with your network. 	<p>WEEK 6—FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sterile adhesive bandages in assorted sizes <input type="checkbox"/> Safety pins <input type="checkbox"/> Adhesive Tape <input type="checkbox"/> Latex gloves <input type="checkbox"/> Sunscreen <input type="checkbox"/> Gauze Pads <input type="checkbox"/> Sterile roller bandages <input type="checkbox"/> Extra hearing aid batteries <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your child's day care center or school to find out about their disaster plans. <input type="checkbox"/> Ask your local emergency management office if emergency transportation services are available in case of evacuation. 	<p>WEEK 7—GROCERY STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon water* <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 <input type="checkbox"/> Extra plastic baby bottles, formula, diapers <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Establish an out-of-town contact to call in case of emergency. <input type="checkbox"/> Share this information with your network so they know whom to call. <input type="checkbox"/> Make arrangements for your network to check on you immediately after an evacuation order or a disaster.
<p>WEEK 8—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"/> Needles <input type="checkbox"/> Petroleum jelly or other lubricant <input type="checkbox"/> 2 tongue blades <input type="checkbox"/> Extra eyeglasses (put in first aid kit) <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency. <input type="checkbox"/> If blind, store a talking clock and extra white canes. <input type="checkbox"/> If blind, mark your disaster supplies in Braille or with fluorescent tape. 	<p>WEEK 9—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 <input type="checkbox"/> 1 box heavy-duty garbage bags <input type="checkbox"/> Antacid (for stomach upset) <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Familiarize your network with any areas on your body where you have reduced sensation. <input type="checkbox"/> Choose a signal with your network that indicates you are okay and have left the disaster site. <input type="checkbox"/> If you have a communication disability, store a word or letter board in your disaster supplies kit. 	<p>WEEK 10—GROCERY STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container (with lid) for important papers <input type="checkbox"/> Battery-powered radio <input type="checkbox"/> Wrench(es) needed to turn off utilities <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities. <input type="checkbox"/> Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed. <input type="checkbox"/> Make photocopies of important papers and store safely.

<p>WEEK 11-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 quick energy snacks <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> Medicine dropper <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Store a roll of quarters for emergency phone calls. <input type="checkbox"/> Go on a hunt with your family to find a pay phone that is close to your home. <input type="checkbox"/> Test your smoke detector(s). Replace the battery in each detector that does not work. 	<h2 style="text-align: center;">Disaster Supplies Calendar</h2> <h3 style="text-align: center;"><i>Disaster Preparedness for People with Disabilities</i></h3> <p>This Disaster Supplies Calendar is intended to help 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.</p> <p style="text-align: right;"><i>Source: American Red Cross</i></p> <p style="text-align: center;">http://www.redcross.org/services/disaster/beprepared/apendixb.html</p> <p style="text-align: right;">*Purchase one for each member of household.</p>	
<p>WEEK 12-ANIMAL CARE STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra harness, leash, ID tags, and food for your service animal and/or pets <input type="checkbox"/> Litter/pan <input type="checkbox"/> Extra water <p>VETERINARIAN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain current vaccinations and medical records of your animal(s) <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a pet care plan in case of disaster. <input type="checkbox"/> Make photocopies of all vaccination records and put them in your disaster supplies kit. <input type="checkbox"/> Put extra animal harness, leash, and identification tag(s) in your kit. 	<p>WEEK 13-HARDWARE STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Perforated metal tape (sometimes called plumber's tape or strap iron) <input type="checkbox"/> Crow bar <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPR class from your local Red Cross. <input type="checkbox"/> Arrange to have your water heater strapped to wall studs using perforated metal tape. 	<p>WEEK 14-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* <input type="checkbox"/> 1 package eating utensils <input type="checkbox"/> 1 package paper <input type="checkbox"/> Cups <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure your network and neighbors know what help you may need in an emergency and how best to assist. <input type="checkbox"/> Practice using alternate methods of evacuation with your network.
<p>WEEK 15-HARDWARE STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra flashlight batteries <input type="checkbox"/> Extra battery for portable radio <input type="checkbox"/> Assorted nails <input type="checkbox"/> Wood screws <input type="checkbox"/> Labels for your equipment and supplies <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to bolt bookcases and cabinets to wall studs. <input type="checkbox"/> Label equipment and attach instruction cards. 	<p>WEEK 16-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 tissue <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruit/nuts <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out if you have a neighborhood safety organization and join it. <input type="checkbox"/> Develop a disaster supplies kit for your car or van. 	<p>WEEK 17-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>FIRST AID SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antiseptic <input type="checkbox"/> Syrup of ipecac and activated charcoal <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.
<p>WEEK 18-HARDWARE STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> "Child proof" latches or other fasteners for your cupboards <input type="checkbox"/> Double-sided tape or hook-and-loop fasteners (such as Velcro) to secure moveable objects <input type="checkbox"/> Plastic bucket with tight lid <input type="checkbox"/> Plastic sheeting <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for someone to install latches on cupboards and secure moveable objects. <input type="checkbox"/> Put away a blanket or sleeping bag for each household member. 	<p>WEEK 19-GROCERY STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 box quick-energy snacks <input type="checkbox"/> Comfort foods (cookies, candy bars) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <input type="checkbox"/> Denture care items <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Purchase and have installed an emergency escape ladder for upper story windows, if needed. 	<p>WEEK 20-HARDWARE STORE</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 masks <input type="checkbox"/> 2 blank videocassettes <p>SPECIALTY STORE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get an extra battery for motorized mobility aids <p>TO DO</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes. <input type="checkbox"/> Make a copy of the videotape and send to an out-of-town friend or family member. <input type="checkbox"/> Find out about your workplace disaster plan.