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# JOHNSON COUNTY

## FAMILY DISASTER SUPPLIES CALENDAR

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The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six-month period. Check off each week as you gather the contents. Supplies may be stored all together in a large garbage can of food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

### To get started:

- Check you house for supplies that you already have.
- Decide where you will store supplies.
- Meet with your family to plan.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.

### Sponsored by:

- Johnson County Emergency Planning Committee
- Johnson County Public Health
- Johnson County Healthcare Center

<p style="text-align: center;"><b>Week 13</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> ABC fire extinguisher</li> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Vise grips</li> </ul> <p><input type="checkbox"/> Take a first aid or CPR class.</p>	<p style="text-align: center;"><b>Week 14</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Paper plates</li> <li><input type="checkbox"/> Eating utensils</li> <li><input type="checkbox"/> Paper cups</li> </ul> <p><input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency</p>	<p style="text-align: center;"><b>Week 19</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy duty garbage bags.</li> <li><input type="checkbox"/> Quick energy snacks (raisins, granola bars)</li> </ul> <p><input type="checkbox"/> Have a tornado/ earthquake drill at home</p>	<p style="text-align: center;"><b>Week 20</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Extra radio batteries</li> <li><input type="checkbox"/> Purchase an emergency escape ladder for second story bedroom, if needed.</li> </ul> <p><input type="checkbox"/> Find out about your workplace disaster plans.</p>
<p style="text-align: center;"><b>Week 15</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Masking tape</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> Assorted nails</li> <li><input type="checkbox"/> Wood screws</li> <li><input type="checkbox"/> "L" brackets to secure furniture to walls</li> </ul> <p><input type="checkbox"/> Brace shelves and cabinets.</p>	<p style="text-align: center;"><b>Week 16</b></p> <p><b>Grocery Store</b></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"/> Heavy duty garbage bags</li> <li><input type="checkbox"/> Kleenex</li> <li><input type="checkbox"/> Quick energy snacks (raisins, granola bars)</li> <li><input type="checkbox"/> Find out if you have a neighborhood safety organization and join it!</li> </ul>	<p style="text-align: center;"><b>Week 21</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy work gloves</li> <li><input type="checkbox"/> Disposable dust masks</li> <li><input type="checkbox"/> Screwdriver</li> <li><input type="checkbox"/> Plastic safety goggles</li> </ul>	<p style="text-align: center;"><b>Week 22</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra hand operated can opener</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul>
<p style="text-align: center;"><b>Week 17</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Graham crackers</li> <li><input type="checkbox"/> Assorted plastic containers with lids</li> <li><input type="checkbox"/> Dry cereal</li> <li><input type="checkbox"/> Safety pins</li> </ul> <p><input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work.</p>	<p style="text-align: center;"><b>Week 18</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> "Child-proof" latches for your cupboards</li> <li><input type="checkbox"/> Double sided tape or Velcro-type fasteners to secure moveable objects.</li> </ul> <p><input type="checkbox"/> Pack a "go-pack" in case you have to evacuate.</p>	<p style="text-align: center;"><b>Week 23</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Battery powered camping lantern with extra battery or extra flashlights.</li> </ul>	<p style="text-align: center;"><b>Week 24</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> Plastic wrap</li> <li><input type="checkbox"/> Aluminum foil</li> </ul>

**\*Select foods based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible. Canned meats include tuna, chicken, raviolis, chili, beef stew, Spam, corned beef, etc. Rotate supplies every six months.**

<p><b>Week 1</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 sm. jar peanut butter</li> <li><input type="checkbox"/> 1 lg. can juice*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> Hand-operated can opener</li> <li><input type="checkbox"/> Instant coffee, tea, powered soft drinks</li> <li><input type="checkbox"/> 1 gal. of water per pet</li> </ul> <p>Also: pet food, diapers and/or baby food if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a family plan</li> <li><input type="checkbox"/> Date each perishable food item using marking pen.</li> </ul>	<p><b>Week 2</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Crescent wrench</li> <li><input type="checkbox"/> Heavy rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> <li><input type="checkbox"/> "bungee" cords</li> </ul> <p>Also: a leash or pet carrier for your pet if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check your house for hazards. Secure loose objects that may fly.</li> <li><input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them for emergency use.</li> </ul>	<p><b>Week 5</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 2 rolls toilet paper*</li> <li><input type="checkbox"/> Extra toothbrush</li> <li><input type="checkbox"/> Travel size toothpaste</li> </ul> <p>Also: special food for special diets, if needed</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have a fire drill at home.</li> </ul>	<p><b>Week 6</b> <b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aspirin and/or acetaminophen</li> <li><input type="checkbox"/> Compresses</li> <li><input type="checkbox"/> Rolls of gauze of bandages</li> <li><input type="checkbox"/> First aid tape</li> <li><input type="checkbox"/> Adhesive bandages-assorted sizes</li> </ul> <p>Also: extra hearing aid batteries, if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans.</li> </ul>	<p><b>Week 9</b> <b>Grocery Store</b></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"/> Plain liquid bleach</li> <li><input type="checkbox"/> Heavy duty garbage bags.</li> </ul> <p>Also: saline solution and a contact lens case, if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Send some of your favorite family photos or copies to our of state family members for safekeeping.</li> </ul>	<p><b>Week 10</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable plastic container w/lid for important papers</li> <li><input type="checkbox"/> Portable an/fm radio w/batteries</li> </ul> <p>Also: blankets or sleeping bags for each family member.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make photocopies of important papers and store safely.</li> </ul>
<p><b>Week 3</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> Sanitary napkins</li> <li><input type="checkbox"/> Video tape</li> <li><input type="checkbox"/> 1 gal. of water per pet</li> </ul> <p>Also: pet food, diapers and/or baby food if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use video camera to inventory contents of home for insurance purposes.</li> <li><input type="checkbox"/> Store tape with friends</li> </ul>	<p><b>Week 4</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plumber's tape</li> <li><input type="checkbox"/> Crowbar</li> <li><input type="checkbox"/> Smoke detector with battery</li> </ul> <p>Also: extra medications</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install or test your smoke detector</li> <li><input type="checkbox"/> Tie water heater to wall studs using plumber's tape.</li> </ul>	<p><b>Week 7</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 can ready to eat soup*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables*</li> </ul> <p>Also: extra plastic baby bottles, formula and diapers, if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Establish an out-of-state contact to call in case of emergency.</li> </ul>	<p><b>Week 8</b> <b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid hand soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Sewing kit</li> </ul> <p>Also: extra eyeglasses, if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.</li> </ul>	<p><b>Week 11</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 lg. can juice*</li> <li><input type="checkbox"/> Large plastic bags</li> <li><input type="checkbox"/> 1 box quick energy snacks</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul> <p>Also: sunscreen if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store a roll of quarters for emergency phone calls.</li> <li><input type="checkbox"/> Go on a hunt with your family to find a pay phone near home.</li> </ul>	<p><b>Week 12</b> <b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Non-latex gloves</li> <li><input type="checkbox"/> Activated charcoal</li> <li><input type="checkbox"/> Vitamins</li> </ul> <p>Also: items for denture care, if needed.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency.</li> </ul>