

# Family Disaster Preparedness

## 3-Day Survival Supply

### 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 supply kit in small steps over a five-month period. Check off items you gather each week.

#### WEEK 1

- Grocery Store:**
- 1 Day supply of baby food
  - 1 Gallon of water\*
  - 1 Jar of peanut butter
  - Hand-operated can opener
  - 1 Day supply of pet food
  - 1 Large can of juice\*
  - 1 Can of meat\*

**To Do:**

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

#### WEEK 2

- Hardware Store:**
- 1 Roll of duct tape
  - 50' of ½" Twisted nylon rope
  - Leash or pet carrier for each pet
  - 2 Flashlights with batteries
  - Matches in a waterproof container

**To Do:**

- Complete a personal assessment of your needs and resources in a changed disaster environment. Encourage your neighbors to do the same.
- Locate a space in your home to locate emergency supplies. This space should be at least 3 feet off the ground.

- WEEK 3**
- Grocery Store:**
- State of NE map
  - Feminine hygiene supplies
  - 1 Gallon of water per pet
  - Aspirin or non-aspirin pain reliever
  - 1 Can of meat\*
  - 1 Can of fruit\*
  - Note pad and pencil
  - \$5.00\*

**To Do:**

- Be a part of a support network in your neighborhood to identify and obtain resources needed to cope effectively with disaster.

#### WEEK 4

- Hardware Store:**
- Compass
  - Patch kit and can of seal-in-air product for the tires of mobility aids
  - Signal flare
  - \$5.00\*

**To Do:**

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

#### WEEK 5

- Grocery Store:**
- 2 Rolls of toilet paper
  - Extra toothbrush\*
  - 1 Gallon of water\*
  - 1 Can of meat\*
  - 1 Can of fruit\*
  - 1 Can of vegetables\* if needed\*
  - \$5.00\*

**To Do:**

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

- WEEK 6**
- First Aid Supplies:**
- Sunscreen
  - Gauze pads
  - Roller bandages
  - Safety pins
  - Extra hearing aid batteries
  - Adhesive tape
  - Latex gloves

**To Do:**

- Check with child's daycare center or school to find out about their disaster plans.
- Ask your local emergency management office if emergency transportation services are available in case of evacuation.

#### WEEK 7

- Grocery Store:**
- Disinfectant bottles
  - Extra plastic baby bottles
  - 1 Gallon of water\*
  - 1 Can of soup\*
  - 1 Can of fruit\*
  - 1 Can of vegetables\*
  - Sewing kit
  - Child comfort (books, colors)
  - 1 Day supply of baby food
  - 1 Day supply of diapers
  - 1 Day supply of pet food
  - \$5.00\*

**To Do:**

- Encourage network to establish out-of-town contacts to call in case of emergency.
- Share this information within your network.
- Make arrangements for your network to check on each other immediately after an evacuation order or a disaster.

#### WEEK 8

- First Aid Supplies:**
- Petroleum jelly
  - Scissors
  - Tweezers
  - Thermometer
  - Liquid antibacterial hand soap
  - Disposable wipes
  - Needles
  - 2 Tongue blades
  - Extra eyeglasses if needed
  - Disposable lighter
  - 10 Assorted sizes of unscented candles
  - \$5.00\*

- To Do:**
- Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.
  - If Blind, mark your disaster supplies in Braille or with fluorescent tape.

#### WEEK 9

- Grocery Store:**
- 1 Day supply of diapers
  - 1 Day supply of pet food
  - Liquid dish soap
  - Household bleach
  - 1 bag of paper coffee filters
  - 1 box of heavy-duty garbage bags
  - Antacid
  - Saline solution and contact lens case if needed
  - \$5.00\*

**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:**
- Waterproof portable plastic container for important papers
  - Wrench(es) needed to turn off utilities
  - \$5.00\*

**To Do:**

- With your network, find the gas and water shutoffs of each home. Discuss when it is appropriate to turn these off.
- Attach a wrench next to the cutoff valve of each meter so it will be there when needed.
- Make photocopies of important papers and store safely.

#### WEEK 11

- Grocery Store:**
- 1 Large can of juice\*
  - 1 Large plastic food bags
  - 3 Rolls of paper towels
  - 1 Box of quick energy snacks
  - Medicine dropper
  - \$5.00\*

**REMEMBER TO ROTATE YOUR STOCK**

# Family Disaster Preparedness

## 3-Day Survival Supply

<p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Test your smoke detector(s). Replace the battery in each detector that does not work. Replace any detector over 10 years old.</li> </ul>
<p><b>WEEK 12</b></p> <p><b>Animal Care Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Gallon of water per pet</li> <li><input type="checkbox"/> \$5.00*</li> </ul> <p><b>Litter/pan</b></p>
<p><b>Veterinarian:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Obtain current vaccinations and medical records of your animal(s)</li> <li><input type="checkbox"/> Medications</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a pet care plan in case of disaster.</li> <li><input type="checkbox"/> Make photocopies of all vaccination records and put them in your disaster supply kit.</li> <li><input type="checkbox"/> Put extra animal harness, leash, and ID tag(s) in your disaster supply kit.</li> </ul>
<p><b>WEEK 13</b></p> <p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Screwdriver (sometimes called plumber's tape or strap iron)</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> \$5.00*</li> <li><input type="checkbox"/> Crow Bar</li> <li><input type="checkbox"/> 5 pound, ABC Fire Extinguisher</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a first aid and/or CPR class.</li> <li><input type="checkbox"/> Strap your water heater to wall studs using perforated metal tape.</li> </ul>
<p><b>WEEK 14</b></p> <p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 9 Packages of eating utensils*</li> <li><input type="checkbox"/> 1 Package of paper cups</li> <li><input type="checkbox"/> 1 Can of fruit*</li> <li><input type="checkbox"/> 1 Can of meat*</li> <li><input type="checkbox"/> 1 Can of vegetables*</li> <li><input type="checkbox"/> \$5.00*</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss with your network and neighbors what help you may need in an emergency and how best to assist them.</li> <li><input type="checkbox"/> Practice using alternate methods of evacuation with your network.</li> </ul>

<p><b>WEEK 15</b></p> <p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wood screws</li> <li><input type="checkbox"/> Labels for your equipment and supplies</li> <li><input type="checkbox"/> State of IA map</li> <li><input type="checkbox"/> \$5.00*</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make arrangements to bolt bookcases and cabinets to wall studs.</li> <li><input type="checkbox"/> Label equipment and attach instruction cards.</li> </ul>
<p><b>WEEK 16</b></p> <p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plastic containers with lids</li> <li><input type="checkbox"/> 1 Box of graham crackers</li> <li><input type="checkbox"/> \$5.00*</li> </ul> <p><b>Dry cereal</b></p> <p><b>First Aid Supplies:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Syrup of ipecac and activated charcoal</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.</li> </ul>
<p><b>WEEK 17</b></p> <p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Box of quick energy snacks</li> <li><input type="checkbox"/> 1 Can of meat*</li> <li><input type="checkbox"/> 1 Can of vegetables*</li> <li><input type="checkbox"/> 1 Box of facial Tissues</li> <li><input type="checkbox"/> \$5.00*</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a disaster supply kit for your vehicle(s).</li> </ul>
<p><b>WEEK 18</b></p> <p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Double-sided tape or Velcro® to secure moveable objects</li> <li><input type="checkbox"/> Plastic sheeting</li> <li><input type="checkbox"/> Plastic bucket with light lid</li> <li><input type="checkbox"/> \$5.00*</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install latches on cupboards and secure moveable objects.</li> <li><input type="checkbox"/> Put away a blanket or sleeping bag for each household member.</li> </ul>

<p><b>WEEK 19</b></p> <p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aluminum foil</li> <li><input type="checkbox"/> 1 Box of quick energy snacks</li> <li><input type="checkbox"/> \$5.00*</li> <li><input type="checkbox"/> Denture care items</li> <li><input type="checkbox"/> Comfort foods (such as cookies, candy bars)</li> <li><input type="checkbox"/> Plastic wrap</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><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.</li> <li><input type="checkbox"/> Purchase and have installed an emergency escape ladder for upper story windows, if needed.</li> </ul>
<p><b>WEEK 20</b></p> <p><b>Hardware Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Disposable dust mask*</li> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> 2 Blank videocassettes</li> <li><input type="checkbox"/> Work gloves</li> <li><input type="checkbox"/> Safety Goggles</li> <li><input type="checkbox"/> \$5.00*</li> </ul> <p><b>Specialty Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Get an extra battery for motorized mobility aids</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes.</li> <li><input type="checkbox"/> Make a copy of the videotape and send to an out-of-town friend or family member.</li> <li><input type="checkbox"/> Find out about your workplace disaster plan.</li> </ul>

<p><b>* An asterisk is per household member</b></p> <p><b>Meat Examples:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Raviolis</li> <li><input type="checkbox"/> Tuna</li> <li><input type="checkbox"/> Spam</li> <li><input type="checkbox"/> Chicken</li> </ul> <p><b>Vegetable Examples:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Beets</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Kidney beans</li> <li><input type="checkbox"/> Kernel corn</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Peas</li> </ul> <p><b>Fruit Examples:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mandarin oranges</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Applesauce</li> <li><input type="checkbox"/> Peaches</li> </ul> <p><b>Cereal Examples:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Kix</li> <li><input type="checkbox"/> Shredded Wheat</li> <li><input type="checkbox"/> Chex</li> </ul>
<p><b>NOTES:</b></p>

<p><b>Energy Snacks:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Granola bars</li> <li><input type="checkbox"/> Energy bars</li> <li><input type="checkbox"/> etc.</li> </ul>
<p><b>Juice Examples:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apple juice</li> <li><input type="checkbox"/> etc.</li> </ul>
<p><b>Baby Food Examples:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Gerber baby food</li> <li><input type="checkbox"/> Baby formula</li> <li><input type="checkbox"/> etc.</li> </ul>



# Archdiocese of Omaha

This calendar is provided to you as a service of the Office of Facilities Management for the Archdiocese of Omaha.

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