

Month 6

Purchase:

- ❑ Quick-energy snacks (granola bars, raisins, peanut butter)
- ❑ 6 rolls of paper towels
- ❑ 3 boxes of facial tissue
- ❑ Sunscreen
- ❑ Anti-diarrhea medicine
- ❑ Latex gloves, 6 pairs,

Activities:

- ❑ Check stored food & water for expired dates. (Replace water every 6 months if you filled your own containers. Store bought supplies will have an expiration date on the container)
- ❑ Put an extra pair of eyeglasses in the supply container.
- ❑ Add a roll of quarters to the emergency supplies and locate the pay phone nearest to your home.
- ❑ Find out about your workplace disaster plans.

Month 7

Purchase:

- ❑ Whistle
- ❑ ABC fire extinguisher
- ❑ 1 Large can of juice per person
- ❑ Adult and children vitamins
- ❑ A pair of pliers and/or vise grips

Activities:

- ❑ Take a first aid/CPR class.
- ❑ Learn how to use a fire extinguisher.
- ❑ Conduct a home hazard search.
- ❑ If you have access to the internet, go to www.ready.gov for more information on how to prepare your family.

Month 8

Purchase:

- ❑ Box of crackers or graham crackers
- ❑ Dry cereal
- ❑ "Child proof" latches or other fasteners for cabinet doors and drawers
- ❑ 1 Box of large, heavy-duty garbage bags
- ❑ Camping or utility knife

Activities:

- ❑ Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes.
- ❑ Meet with neighbors to inventory equipment that could be used after an emergency. (chain saws, utility trailers, 4-wheel drive vehicles, etc.)

Month 9

Purchase:

- ❑ Extra batteries for flashlights, radio, and hearing aids (if needed)
- ❑ Heavy rope
- ❑ Duct tape
- ❑ Crowbar

Activities:

- ❑ Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, quarters for pay phones.
- ❑ Secure water heater to wall studs. (if not already done)

Month 10

Purchase:

- ❑ Hammer, screw drivers and assorted nails and wood screws
- ❑ Heavy duty plastic tarps
- ❑ Extra toothbrush per person and tooth paste

Activities:

- ❑ Make arrangements to have someone help your children if you are at work when an emergency occurs.
- ❑ Conduct an earthquake drill at home.
- ❑ Replace prescription medicines as required by expiration dates.

Month 11

Purchase:

- ❑ Package of paper plates
- ❑ Package of napkins
- ❑ Package of eating utensils
- ❑ Package of paper cups
- ❑ Masking tape
- ❑ Kitchen-size garbage bags (1 box)

Activities:

- ❑ Make arrangements to have someone take care of your pets.
- ❑ Exchange work, home, and emergency contact phone numbers with neighbors.
- ❑ Start a Neighborhood Watch Program if none exists.

Month 12

Purchase:

- ❑ Heavy work gloves
- ❑ Box of disposable dust masks
- ❑ Safety goggles Antiseptic
- ❑ Sewing kit

Activities:

- ❑ Check stored food & water for expired dates. (Replace water every 6 months if you filled your own containers. Store bought supplies will have an expiration date on the container)
- ❑ Check the dates on stored food and replace/rotate as needed.

PREPARING YOUR FAMILY FOR AN EMERGENCY



Home Preparedness Made Easy Monthly Activity Plan

*Green River District
Health Department
Emergency Planning*

For more information on
emergency planning
please contact:

Green River District
Health Department
Emergency Planning
270-686-7747

IT'S UP TO YOU

Wherever you live, disaster can strike without warning. Kentucky is prone to many kinds of disasters. It's hard to imagine that our world could be turned upside down without a moments notice.

Preparation and Planning can greatly reduce the impact of disasters or smaller emergencies. It could even save a life.

If a small emergency should occur in your community we all know to dial 911. We expect the dispatcher to send the appropriate assistance, police, fire, or ambulance. However, in a disaster situation, local responders may not be able to reach you immediately. They will need to focus their efforts in more populated areas. During a wide spread disaster, hospitals, nursing homes and schools will be more important than individual residence. First responders will be where they can do the most good in the shortest amount of time. It could be days, or weeks before they will be able to reach you, depending on the severity of the event.

The fact is, You are your own first responder, weather it be a small emergency, or a large scale disaster.

Why Prepare... Because You Care

Have a **Grab-N-Go** back pack for each member of the family, containing basic survival essentials. (water, flashlight, radio, etc.) You will be ready to go if you should have to leave your home in a hurry. Children enjoy family projects so be sure to involve them in the assembling of their kits. Allow them to personalize the contents of their bags with their favorite snacks, drinks and entertainment items.

This monthly preparedness plan is intended to help you prepare your family for a disaster before it happen. Using this plan, you can assemble a disaster supplies kit in small steps. Check off items you gather each week. Remember to rotate perishable supplies before they become out dated. This will eliminate waste by using older supplies and replacing them with fresh.

The items listed in this plan are intended as suggestions only. Please assemble your kit based on your family's personal taste and needs.

Month 1

Purchase:

- Water, 3 gallons per person and pets
- Hand-operated can opener
- Instant drinks (coffee, powdered milk)
- 2 flashlights with batteries

Activities:

- Make your "Family Disaster Plan"
- Inventory disaster supplies already on hand, especially camping gear
- Establish an out-of-state contact person to call in case of emergency

Month 2

Purchase:

- Canned meat, stew, or pasta meal (5 per person)
- Sanitary napkins
- Videotape
- Family size first aid kit

Activities:

- Change batteries in smoke detectors.
- Videotape your home and contents, store the tape with a trusted out-of-town friends or relative.

Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones

Month 3

Purchase:

- Canned fruit, 3 cans per person
- 3 days supply of special dietary food
- 2 rolls of toilet paper per person
- Crescent wrench or utility shutoff tools

Activities:

- Conduct a home fire drill
- Contact your child's day care or school to find out about their disaster plans.
- Locate shutoff valve for utilities. Teach all responsible family members how to shutoff utilities, and where shutoff tools are stored.
- Make sure all perishable items are dated.

Month 4

Purchase:

- Canned vegetables 4 per person
- Extra baby bottles, formula, and diapers, if needed
- Extra pet supplies, food, collar, leash
- Large storage containers(s) for supplies (preferably with wheels)

Activities:

- Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency.
- Add prescription medicine(s) to your kit and date if not already date labeled.
- Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member.

Month 5

Purchase:

- Canned soup, 2 per person
- Liquid dish soap
- Plain liquid bleach
- Portable am/fm radio (extra batteries)
- Antibacterial liquid hand soap
- Disposable hand wipes

Activities:

- Make copies of important papers put one copy of each in the storage container, send the second copy to a trusted out-of-town friend or relative.
- Talk with neighbors to find out who may have skills or training that may be beneficial after a disaster (i.e., first aid, amateur radio, wilderness survival, light rescue, carpentry.
- Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone.

*All foods purchased for storage should be ready to eat with little or no cooking.
Examples of Food Items:*

- Base selection on family preferences
- Pick low-salt, water-packed varieties when possible
- Canned meat ~ tuna, chicken raviolis, Spam, corned beef, etc.
- Vegetables ~ green beans, corn, peas, beets, baked beans, carrots, etc.
- Fruit ~ pears, applesauce, mandarin oranges, pineapple, etc.