



**Public Health**  
Prevent. Promote. Protect.

## Knox County Health Department Disaster Supplies & Preparedness Calendar



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This calendar will help you, in small steps, create a 3-7 day emergency supply kit for a family of four over a 6-month period. You can accelerate the schedule as much as you want. Supplies can be stored in a large plastic garbage can with wheels. Remember to rotate water and perishable supplies every six months.

**Each week buy 1 gallon water, 1 can meat, 1 can fruit/vegetables and 1 box crackers; set aside extra cash.**  
In addition, during the following weeks gather or buy:

### Week 1

Manual can opener, safety pins, 2 pairs latex gloves, permanent marking pen  
*To do:* Make a family emergency plan, including two places to meet in an emergency.



### Week 2

Sunscreen, anti-diarrhea medicine, waterproof plastic container/Ziploc bag for first aid supplies  
*To do:* Identify one person out of the area who can be the emergency contact for all family members to check in with if local phone lines are down.  
Prepare a list of important phone numbers: Doctors, vet, insurance, creditors, etc. Keep them by the phone.



### Week 3

Acetaminophen/aspirin; baby food, if needed; adhesive bandages; hand sanitizer  
*To do:* Teach children how and when to call 9-1-1 for emergency help.



### Week 4

Hardware store: Crescent wrench, plastic safety goggles, waterproof matches, heavy work gloves; pen and paper  
*To do:* Pack a "To-Go Bag" in case you need to leave your home.  
Include a change of clothes and personal item kit (deodorant, toothbrush, toothpaste, comb, etc.) for each member of the family.

### Week 5

Diapers, if needed; extra medicines or prescriptions, including pets; roller gauze bandage  
*To do:* Make a family escape plan for your home. Find two ways out of each room.  
Locate areas in your home where your family can shelter in place (i.e., if your family has to stay home for a prolonged period of time due to weather, disease outbreak or other emergency). Determine best escape routes from your city.



### Week 6

Cooking oil; salt; pet food, if needed; first aid tape; sterile gauze pads in various sizes; antiseptic wipes  
*To do:* Use a camera or video recorder to take pictures of your home for insurance purposes.  
Place pictures or tapes in a safe deposit box or fireproof safe/cabinet.



### Week 7

Rolls of gauze or bandages; saline solution for contacts, if needed; battery powered cell phone charger  
*To do:* Make photocopies of important papers and store in a safe deposit box or fireproof safe/cabinet.  
Scan your favorite family and pet photos and burn to a CD.

### Week 8

Hardware store: Whistle, flashlight, camping/utility knife, tarp, heavy rope  
*To do:* Contact utility company for directions on how to shut off power. Store extra credit cards.



### Week 9

Jar of peanut butter, can of ready-to-eat soup for each person; feminine supplies if needed; scissors, blankets  
*To do:* Check your house for hazards; test smoke/fire/carbon monoxide detectors. Replace batteries. Have a fire drill.

### Week 10

1 can of juice and can of ready-to-eat soup for each person; baby food; thermometer; sleeping bags

*To do:* Update animal vaccination records and put with important papers.

Ask vet about a travel crate for your pet in case you have to evacuate your home. Get a collar tag or microchip for your pet's identification.

### Week 11

1 box graham crackers, 1 box granola bars, dry cereal; diapers, vitamins

*To do:* Brace shelves and cabinets to wall studs. Secure fish tanks, bird houses, and reptile cages.



### Week 12

Hardware store: Duct tape, masking tape, plumber's tape, double sided tape

*To do:* Tie water heater to wall studs. Take a first aid/CPR class. Continue storing extra cash.



### Week 13

Instant coffee, tea, cocoa; box quick energy snacks, special food for special diets; pet food, if needed; tweezers

*To do:* Gather extra clothing for each member of family. Place a pair of hard sole shoes and a flashlight under each bed so they are handy during an emergency.



### Week 14

1 box quick energy snacks; 1 gallon water per pet; 1 package paper cups; sewing kit; denture supplies if needed

*To do:* Gather jackets for each member of family. Date cans of food and water containers.

### Week 15

1 gallon water per pet; 1 box heavy-duty garbage bags; 1 package paper plates per person; hearing aid batteries, if needed

*To do:* Store rolls of quarters and dimes for emergency phone calls. Locate a pay phone near your home and work.

### Week 16

Hardware: pliers, screwdriver, crowbar, vise grips



### Week 17

1 box heavy-duty garbage bags; 1 gallon liquid bleach; 2 rolls toilet paper per person; disposable hand wipes.

*To do:* Gather towels for family. Check with your child's day care or school to find out about their disaster plans.

Find out about your workplace disaster plans.

### Week 18

1 box large, heavy-duty garbage bags; 3 rolls paper towels; aluminum foil; Ipecac syrup and activated charcoal

*To do:* Arrange for a friend or neighbor to help your children or watch your pets if you are at work when an emergency strikes. Make a plan to check in on a neighbor who might need help in an emergency.

### Week 19

Plastic eating utensils; extra toothbrush for each person; rubbing alcohol

*To do:* Find out if you have a neighborhood safety organization and join it. Develop a neighborhood pet care plan.



### Week 20

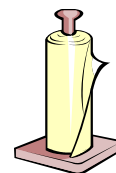
Hardware: 1 box disposable dust masks; ABC fire extinguisher, local area map; battery powered camping lantern with extra batteries; waterproof portable plastic container with lid for important papers.



### Week 21

3 rolls paper towels; Kleenex; large plastic food bags

*To do:* Leashes for pets. Large ground screw to secure animals if fences fall.



### Weeks 22-24

Liquid dish soap; plastic wrap; plastic containers with lids; antiseptic

Large plastic food bags; toothpaste; cold packs; gallon bleach

Hardware: Extra batteries, bungee cords, child-proof cupboard/drawer latches, camp stove and fuel

**Congratulations! You now have the basics in place to take care of your family in an emergency!**

Special thanks to Southern Nevada Health District