

 MONTH 4	
Purchase or have on hand: ___ A pair of pliers and/or vise grips ___ Anti-bacterial liquid hand soap ___ Disposable hand wipes ___ Household bleach (According to the manufacturer, it takes four (4) drops of "Regular" Bleach and thirty minutes to purify 1 quart of "clear water") ___ Entertainment for family members (games, playing cards, books, puzzles) ___ Matches ___ Clothesline and clothespins ___ Bullion cubes ___ Safety pins ___ Sewing kit ___ Flint (will work when wet and will work if you are out of matches)	Activities: ___ Check to see if your stored water has expired and needs replacing (replace every 6 months). If you purchased water it should have an expiration date on the container) ___ Check the dates on stored food and replace as needed ___ Check batteries ___ Make plans to check on neighbors who may need assistance ___ Check with pharmacist about storing prescription medications ___ Cell phones may not work – learn how to use text messaging features or two-way pager

Prior to a Disaster

- ✓ Find out about the different types of disasters
- ✓ Discuss how to respond to different disasters
- ✓ Consider your family's specific concerns
- ✓ Know how you would be warned of emergencies
- ✓ Learn your work and community's evacuation routes
- ✓ Learn about emergency plans for your children's school or day care center
- ✓ Know your workplace emergency plans
- ✓ Draw a floor plan of your home and office and make escape routes
- ✓ Take a basic first aid and CPR class
- ✓ Make preparations for persons with special needs

During a Disaster

- ✓ Stay calm, think before you act
- ✓ Remember what you have practiced
- ✓ Assemble family
- ✓ Determine and take appropriate actions
- ✓ Listen to radio
- ✓ Keep flashlights handy
- ✓ Use phone only for emergency purposes
- ✓ Do not enter blocked off areas



Preparedness, when properly pursued, is a way of life, not a sudden, spectacular program.

-- Author Unknown

YOU CAN PREPARE FOR DISASTERS

A disaster is more than a common emergency, in scale, consequences, and the resources needed to cope with it. Disaster can strike quickly and without warning. You can cope with disasters by preparing in advance. This brochure provides suggestions for introducing you and your family to disaster preparedness as a part of daily life.

The 4-month schedule introduces you to some basic items to purchase or have on hand, along with preparedness activities you may want to take. At the end of each month, space has been left for you to add items or information that would apply to you and your family.

Department of Veterans Affairs
 Veterans Health Administration
 Office of Public Health and Environmental Hazards (13)



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MONTH 1

Purchase or have on hand:

- ___ Water (1 gallon per day per person)
- ___ Flashlight and Batteries
- ___ First aid kit
- ___ Additional items you may need that are not in your first aid kit
- ___ Fire extinguisher
- ___ Battery-powered radio
- ___ Basic food, canned, no-cook, packaged snacks
- ___ Manual can opener
- ___ Duct tape
- ___ Heavy-duty tarps or sheets of plastic
- ___ Utility knife
- ___ Pen/pencil and paper
- ___ Extra set of keys
- ___ Compass
- ___ Waterproof pouches
- ___ Ziplock bags

Activities:

- ___ Make your family disaster preparedness plan
- ___ Make arrangements to have someone help your children if you are at work or away when an emergency occurs
- ___ Make a list of emergency telephone numbers and keep at home and work
- ___ Establish a local and an out-of-state contact to call
- ___ Date water and food containers if they are not dated
- ___ Make list of items needed and specific needs for persons with special needs (complete items on list)
- ___ Have cash, change and/or travelers checks
- ___ Discuss disaster planning with family members



MONTH 2

Purchase or have on hand:

- ___ Whistle
- ___ Any foods or medications for special needs -- enough for 3 days
- ___ Adult and children's vitamins
- ___ Extra pair of glasses
- ___ Large plastic bags
- ___ Toilet paper and paper towels
- ___ Personal items
- ___ Disposable dust masks
- ___ Safety goggles
- ___ Waterproof matches in sealed container
- ___ Candles
- ___ Paper plates/bowls and plastic utensils
- ___ Rain gear
- ___ Cell phone and charger
- ___ Folding shovel

Activities:

- ___ Check for disaster supplies already on hand (camping gear)
- ___ Make a family and pet emergency supply kit
- ___ Place a sturdy pair of shoes and a flashlight by your bed and at work so that they are handy during an emergency
- ___ Check smoke detectors and discuss how to get out of smoke filled room
- ___ Know evacuation location of school children
- ___ If your child is on medication, provide 3-day supply to school nurse
- ___ Locate safe places in your home



MONTH 3

Purchase or have on hand:

- ___ Dental needs
- ___ Freeze-dried foods
- ___ Prepackaged beverages
- ___ Trail mix
- ___ Beef jerky
- ___ Applesauce
- ___ Beans (great source of protein)
- ___ Baking soda (can be used as deodorant, mouthwash, coolant for skin, fire extinguisher)
- ___ Corn starch (cooking, diaper rash and other rashes)
- ___ Plastic bucket with lid
- ___ Map of area
- ___ Sunglasses
- ___ Blankets, sleeping bag, rain gear, seasonal change of clothing

Activities:

- ___ Make arrangements to have someone take care of your pets if you are at work or away when an emergency occurs
- ___ Make a preparedness kit for your car
- ___ Practice family disaster preparedness plan
- ___ Make copies of important papers (social security numbers, credit card numbers, birth and marriage certificates, insurance policies, medial cards)
- ___ Make sure children know how and when to call 9-1-1
- ___ Locate shelters in the area
- ___ Learn how to read a compass
- ___ Learn evacuation routes (if possible take only one car when evacuating)