

Are you ready?

# DISASTER PREPAREDNESS

## Emergency Supply Kit 3-Month Calendar & Shopping List

Assemble everything you need for a robust emergency kit by purchasing or collecting a few items each week over the course of three months.

\*=Things to purchase or collect

Store your supplies so they are easy to access. Keep them in a backpack, duffle bag or even a (clean) garbage bin.

^=Things to do

These simple but critical preparedness activities will help you and your family stay safe and healthy.

Don't forget to mark your food with the purchase date or write it on the line next to each item below (especially for more perishable items). Take note of expiration dates of food and other items.

### Week 1: Grocery Store

- \* 1-gallon water per person \_\_\_\_\_
- \* 1 small jar peanut butter \_\_\_\_\_
- \* 1 large can juice \_\_\_\_\_
- \* 1 can protein (e.g. meat or beans) \_\_\_\_\_
- \* Hand can opener
- \* 1 permanent marker
- \* Diapers, baby food, bottles if applicable

- ^ Make a Family emergency plan
- ^ Date each food item you purchase

### Week 2: Hardware & Supplies

- \* Hammer, screwdriver, wrench and crowbar
- \* Rope, duct tape, plumber's tape, cords
- \* 2 crank or battery-powered flashlights

- ^ Check house for hazards; secure loose and heavy objects (e.g. TV, shelves) or anything that may tip over during an earthquake.
- ^ Locate gas and water shutoffs and your electrical panel. Make sure you know how to shut off all utilities; attach any necessary tools.

### Week 3: Grocery Store

- \* 1-gallon water per person \_\_\_\_\_
- \* 1 can fruit \_\_\_\_\_
- \* 2 cans protein (e.g. meat or beans) \_\_\_\_\_
- \* Personal hygiene products

- ^ Establish an out-of-state friend or family member to contact during an emergency.

### Week 4: Grocery Store

- \* 1-gallon water per person \_\_\_\_\_
- \* 2 cans fruit and 2 cans vegetables \_\_\_\_\_
- \* 2 cans protein (e.g. meat or beans) \_\_\_\_\_
- \* 2 rolls toilet paper
- \* Tooth brush, toothpaste and/or denture-care
- \* Any special foods (diabetic, etc.) \_\_\_\_\_

- ^ Film or photograph the contents of your home for insurance purposes. Send the film to a family member or friend out of town. Cloud services, such as Google Drive, Dropbox or Microsoft's One Drive and others that you trust can offer an alternative to storing important digitized photos and documents.

### Week 5: First Aid

- \* Aspirin or acetaminophen
- \* Hot and cold Compresses
- \* Bandages, gauze and first aid tape
- \* Hand and dish soap, hand sanitizer, etc.

- ^ check with your child's school about their emergency and disaster plans.

### Week 6: Grocery Store

- \* 1-gallon water per person \_\_\_\_\_
- \* 2 cans ready-to-eat soup \_\_\_\_\_
- \* 1 can fruit and 2 cans vegetables \_\_\_\_\_

- ^ Have a home fire drill
- ^ Take family pictures to put in emergency kit

### Week 7: First Aid

- \* Scissors, tweezers, sewing kit, thermometer
- \* Medical device batteries (e.g. hearing aids, etc.)
- \* Additional supply of medications (1-3 months)

- ^ Put shoes and a flashlight under your bed so they are on-hand during an emergency.

### Week 8: Hardware & Supplies

- \* Water purification (e.g. tablets, filters, bleach)
- \* Heavy-duty garbage bags
- \* Waterproof container for vital documents
- \* Portable radio with batteries

- ^ As applicable, store a spare

set of glasses or contacts and saline solution: make a copy of any prescriptions.

### Week 9: Grocery Store

- \* 1-gallon water per person \_\_\_\_\_
- \* 2 boxes of energy bars/snacks \_\_\_\_\_
- \* Plastic food bags and aluminum foil
- \* 3 rolls paper towels
- \* Paper plates, cups and utensils

- ^ Back-up/copy important computer files, photographs, documents, etc. Send a copy to a family member or friend out-of-state.

### Week 10: First Aid

- \* Diarrhea medication, allergy medications, pain relievers
- \* Vitamins
- \* Latex Gloves
- \* Rubbing alcohol

- ^ Speak to neighbors to find out who may need help during an emergency, such as the elderly or disabled. Discuss who can help your children if an emergency occurs when you are not at home.
- ^ Include extra clothes in your supply kit.

### Week 11: Hardware & Supplies

- \* Fire extinguisher
- \* Pliers and work gloves
- \* Extra batteries for flashlight and radio
- \* Extra nails and screws
- \* Emergency blankets, rain protection

- ^ Find out about your workplace's emergency preparedness planning
- ^ Include cash in the kit as you are able

### Week 12: Grocery Store

- Dry Cereal and crackers \_\_\_\_\_
- Quick snacks (e.g. raisins, etc.) \_\_\_\_\_
- Assorted plastic storage containers with lids Instant coffee, tea, drinks, etc. \_\_\_\_\_

- ^ Have an earthquake or severe weather drill at home.

### Remember to rotate your supplies!

Replace your emergency supply of water every 6 months. Don't forget to buy food that you enjoy eating. This will make it easy to rotate your supplies and keep them fresh. Find occasions to swap out your emergency food supplies such as a camping trip or food donations.

### A few more things to keep in mind.....

If you have pets...Remember that pets will need food and water during an emergency too. Be sure to store a few gallons of water for your cat or dog. Also be sure to have a pet carrier or leash available in case you need to leave your home.

If you have kids...Children are particularly vulnerable during an emergency so make sure you have plenty of supplies to keep them comfortable. Your kit should include their favorite snacks and some games or other activities to help keep them calm and happy if an emergency occurs.



## Thank you for your patience.

Severe winter storms knocked out power for thousands of our customers. We called in hundreds of crew members and contractors, who worked around the clock to get your power back on.

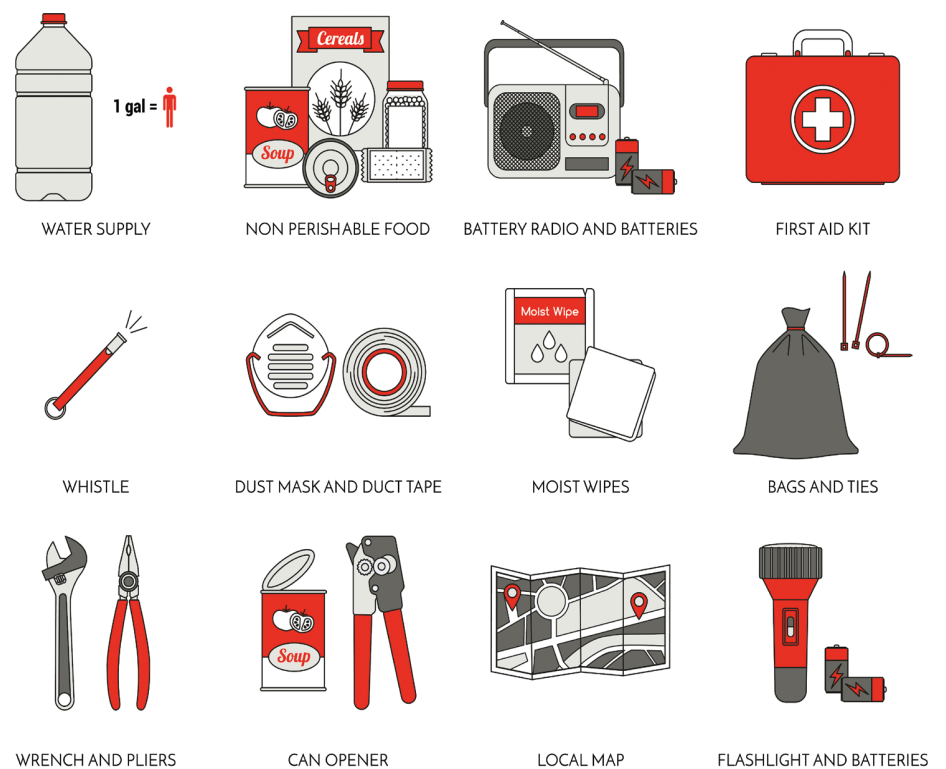
Getting through storms like these is a team effort and we thank you for your cooperation, patience, and understanding. And thanks to the first responders, neighboring utilities, and community warming shelters who stepped up to help too.



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## SURVIVAL KIT

BASIC EMERGENCY SUPPLY KIT



# PUT TOGETHER A PLAN

Make sure all the pieces are in place to render you and your family prepared in the event of a natural disaster.

- Listen to radio or television newscasts for the latest weather information, and follow all evacuation directions and suggestions.
- Keep a stock of non-perishable food items as well as bottled water on hand inside your home.
- Keep a 72 Hour Kit on hand inside your home that is easy to get to in the event of a disaster.

For more information and tips on disaster response and preparedness, contact your local emergency services center.

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