

# Indian River County *Disaster Supplies Calendar*

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items each week, as you gather them. Remember to change and replace perishable supplies (food and water) every six months by rotating them into your regular pantry.

## WEEK 1

### THINGS TO BUY:

- 1 Gallon Water\*
- 1 Jar Peanut Butter
- 1 Large Can Juice\*
- 1 Can Meat\*
- Manually-operated Can Opener
- Permanent Marker



### THINGS TO DO:

1. Familiarize yourself with the types of disasters that can happen in your area.
2. Familiarize yourself with evacuation routes and shelters in your area.
3. Date each perishable food item (use the permanent marker).
4. Register with the county Special Needs program, if eligible.

## WEEK 2

### THINGS TO BUY:

- Heavy Rope
- Duct Tape
- 2 Flashlights
- Matches in a Waterproof Container

### THINGS TO DO:

1. Complete a personal assessment of your needs and your resources in the event of a disaster.

### **WEEK 3**

#### **THINGS TO BUY:**

- 1 Gallon Water\*
- 1 Can Meat\*
- 1 Can Fruit\*
- Paper & Pencil
- Map of the Area
- Aspirin or Non-aspirin Pain Reliever (including infant Tylenol, if applicable)
- Package of Baby Diapers, if applicable
- Jars of Baby Food, if applicable

#### **THINGS TO DO:**

1. Create a personal support network of friends and relatives who will help you obtain the resources necessary to help you cope during a disaster.

### **WEEK 4**

#### **THINGS TO BUY:**

- Can of Seal-in-Air for your Automobile Tires
- Signal Flare
- Compass
- Extra Medications or Prescriptions (label "For Emergency Use Only")
- Baby Formula, if applicable
- Pedialite (or other infant rehydrating solution), if applicable

#### **THINGS TO DO:**

1. Compile a medical information list and provide to family member(s).
2. Make sure that your form of identification is current.

## **WEEK 5**

### **THINGS TO BUY:**

- 1 Gallon Water\*
- 1 Can Meat\*
- 1 Can Fruit\*
- 1 Can Vegetables\*
- 2 Rolls Toilet Paper
- Extra Toothbrush\*
- Travel Size Toothpaste

### **THINGS TO DO:**

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

## **WEEK 6**

### **THINGS TO BUY:**

#### First Aid Supplies

- Sterile Adhesive Bandages (in assorted sizes)
- Safety Pins
- Adhesive Tape
- Latex Gloves
- Sunscreen
- Gauze Pads
- Sterile Roller Bandages
- Extra Hearing Aid Batteries, if needed

### **THINGS TO DO:**

1. Make arrangements for your pets, if applicable.

## **WEEK 7**

### **THINGS TO BUY:**

- 1 Gallon Water\*
- 1 Can Ready-to-Eat (not concentrated) Soup\*
- 1 Can Fruit\*
- 1 Can Vegetables\*
- Sewing Kit
- Disinfectant

### **THINGS TO DO:**

1. Establish an out-of-town contact to call in case of an emergency.

## **WEEK 8**

### **THINGS TO BUY:**

#### First Aid Supplies

- Scissors
- Tweezers
- Thermometer
- Liquid Antibacterial Hand Soap
- Disposable Hand Wipes (including baby wipes, if applicable)
- Personal Hygiene Items (adult diapers, deodorant, etc.)

### **THINGS TO DO:**

1. Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.
2. Assemble a package of items to occupy your time (crossword puzzles, magazines, books, games, etc.).

## **WEEK 9**

### **THINGS TO BUY:**

- 1 Can Ready-to-Eat Soup\*
- Liquid Dish Soap
- Household Chlorine Bleach
- 1 box Heavy Duty Garbage Bags
- Antacid (for upset stomach)
- Extra Saline Solution and Contact Lens Case, if needed

## **WEEK 10**

### **THINGS TO BUY:**

- Waterproof Portable Plastic Container, with lid (for important papers)
- Battery Powered Radio, with extra batteries
- Basic Household Tools

### **THINGS TO DO:**

1. Make copies of important papers and store them in a safe place.

## **WEEK 11**

### **THINGS TO BUY:**

- 1 Large Can Juice\*
- Large Plastic Food Storage Bags
- 1 Box Quick Energy Snacks (granola, cheese & crackers, fruit snacks, etc.)
- 3 Rolls Paper Towels
- Medicine Dropper

### **THINGS TO DO:**

1. Store a roll of quarters for emergency phone calls.
2. Identify the location of a pay phone near your home.
3. Test your smoke detectors. Replace the battery in each detector that does not work.

## **WEEK 12**

### **THINGS TO BUY:**

- Whistle
- Perforated Metal Tape (plumber's tape)
- Crow Bar
- Insect Repellant

### **THINGS TO DO:**

1. Take a first aid/CPR class.

## **WEEK 13**

### **THINGS TO BUY:**

- 1 Can Fruit\*
- 1 Can Meat\*
- 1 Can Vegetables\*
- 1 Package Plastic Eating Utensils
- 1 Package Paper Cups
- 1 Package Paper Plates

## **WEEK 14**

### **THINGS TO BUY:**

- Extra Flashlight and Radio Batteries
- Assorted Nails and Screws
- Labels for your Equipment and Supplies

### **THINGS TO DO:**

1. Label equipment and attach instruction cards.

## **WEEK 15**

### **THINGS TO BUY:**

- 1 Can Meat\*
- 1 Can Vegetables\*
- 1 Box Facial Tissue
- 1 Box Quick Energy Snacks
- Dried Fruits/Nuts

### **THINGS TO DO:**

1. Develop a disaster supplies kit for your vehicle.

## **WEEK 16**

### **THINGS TO BUY:**

#### First Aid Supplies

- Anti-diarrheal Medication
- Rubbing Alcohol
- Antiseptic Cream
- Syrup of Ipecac

## **WEEK 17**

### **THINGS TO BUY:**

- 1 Box Graham Crackers
- Assorted Plastic Containers with Lids
- Dry Cereal

## **WEEK 18**

### **THINGS TO BUY:**

- Double-sided Tape or Hook-and-Loop Fasteners (Velcro)
- Plastic Bucket with Tight Fitting Lid
- Plastic Sheeting

### **THINGS TO DO:**

1. Put away a blanket or sleeping bag and pillow for each member of the household.

## **WEEK 19**

### **THINGS TO BUY:**

- 1 Box Quick Energy Snacks
- Comfort Foods (cookies, candy bars, hard candy, etc.)
- Plastic Wrap
- Aluminum Foil
- Denture Care Items, if needed

### **THINGS TO DO:**

1. 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.

## **WEEK 20**

### **THINGS TO BUY:**

- Camping or Utility Knife
- Work Gloves
- Disposable Dust Masks

### **THINGS TO DO:**

1. Take a household inventory, include pictures and/or video tape of contents, if possible. Place inventory in a safe place.  
  
\* Purchase one for each member of the household.