

From the Parish Disaster Readiness Team: build a 72 hour emergency kit over 24 weeks:

- **Week One**-Grocery Store: 1 gallon of water, 1 jar of peanut/almond butter, 1 large can of juice, hand-operated can opener, instant coffee and tea, permanent marker to mark dates on cans and water, 1 gallon of water for each pet, diapers and baby food, pet food. Actions-To Do: establish an out-of state contact to call in case of disaster, prepare a list of important phone numbers; out-of-state contacts, physicians, insurance etc., make a family plan.

- **Week Two**-Hardware Store: crescent wrench, heavy rope, duct tape, 2 flashlights with batteries, bungee cords, water proof matches. To Do: Check your house for hazards, Identify which hazards you will reduce first, Locate your gas meter and water shutoffs and attach the proper tool near each, Obtain a collar-tag or microchip for your pet for emergency identification.

- **Week Three**-Grocery Store: 1 gallon of water per person, 1 can of meat per person, 1 can of fruit per person, sanitary napkins, 1 gallon of water for each pet, pet food, diapers, baby food. To Do: Take photos of contents of your home for insurance purposes. Store photos with friend/family member who lives out of town. Investigate home/rental insurance. Date each can of food using marking pen. Create a Family Disaster Supplies Kit.

- **Week Four**-Hardware Store: plumber's tape, crow bar, smoke detector with battery, tarp, extra medications or prescriptions marked "emergency use". To Do: Install or test smoke/fire/carbon monoxide detectors. Replace batteries. Tie water heater to wall studs. To Get Started – Check your house for supplies that you already have on hand; decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation). Choose low-salt, water-packed varieties when possible.

- **Week Five**-Grocery Store: 1 gallon of water per person, 1 can of meat per person, 1 can of fruit per person, 1 can of vegetables per person, 2 rolls toilet paper per person, extra toothbrush per person, personal hygiene items: toothbrush, comb, etc., travel size tooth paste, special food for special diets. To Do: Have a fire drill at home. For pets, ask veterinarian about appropriate size container for evacuating (ask about used containers). Meet with Your Family to Plan – Discuss the types that could occur; explain how to prepare, explain when and how to respond; discuss what to do if you need to evacuate; practice your plan.

- **Week Six**-First Aid Supplies: aspirin and/or acetaminophen, compresses, rolls of gauze and bandages, first aid tape, adhesive bandages in assorted sizes, colts packs, extra hearing aid batteries. To Do: Check your child's day care or school to find out about disaster plans. Take first aid/CPR class. Purchase a camp stove and fuel to boil water. Create a Family Disaster Supplies Kit.

- **Week Seven**-Grocery Store: 1 gallon of water per person, 1 can ready-to-eat soup per person, 1 can fruit per person, 1 can vegetables per person, extra plastic baby bottles, formula, diapers. To Do: Research how to become a licensed ham radio operator (or get to know Gerald Daily). To Get Started – Check your house for supplies that you already have on hand; decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation). Choose low-salt, water-packed varieties when possible.

- **Week Eight**-First Aid Supplies: scissors, tweezers, antiseptic, thermometer, disposable hand wipes, sewing kit, waterproof plastic container for first aid supplies. To Do: Send some of your favorite family and pet photos (or copies) to family members out of state for safe keeping. Meet with Your Family to Plan – Discuss the types that could occur; explain how to prepare, explain when and how to respond; discuss what to do if you need to evacuate; practice your plan.

- **Week Nine**-Grocery Store: 1 gallon of water per person, 1 can ready-to-eat soup, liquid dish soap, 1 quart plain liquid bleach, 1 box heavy-duty garbage bags, saline solution and a contact lens case. To Do: Place a pair of hard sole shoes and a flashlight under your bed so that they are handy during an earthquake. Create a Family Disaster Supplies Kit.

- **Week Ten**-Hardware Store: waterproof portable plastic container (with lid) for important papers, portable AM/FM radio (with batteries, 1 flashlight (with batteries), space blankets, blankets or sleeping bag for each family member and pet. To Do: Make photocopies of important papers and store safely in container. Update animal vaccinations records. Put with important papers. To Get Started – Check your house for supplies that you already have on hand; decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation). Choose low-salt, water-packed varieties when possible.

- **Week Eleven**-1 gallon of water per person, 1 large can of juice per person, large plastic food bags, 1 box quick energy snacks, 3 rolls paper towels, ¼ teaspoon measuring spoon (for use with bleach to treat water), sunscreen. To Do: Store extra cash and credit cards. Meet with Your Family to Plan – Discuss the types that could occur; explain how to prepare, explain when and how to respond; discuss what to do if you need to evacuate; practice your plan.

- **Week Twelve**-First Aid Supplies: anti-diarrhea medicine, rubbing alcohol, 2 pair latex gloves, ipecac syrup and activated charcoal (for accidental poisoning), items for denture care. To Do: Take your family on a field trip to main electrical panel, gas meter and water shutoff. Demonstrate how to turn them off. If the valves don't move, contact the utility for repair. Create a Family Disaster Supplies Kit.

- **Week Thirteen**-Hardware Store: whistle, ABC Fire extinguisher, pliers, vise grips, local area map, hand warmers, extra batteries for radio and flashlight. To Do: Find out if you have a neighborhood safety organization and join it! To Get Started – Check your house for supplies that you already have on hand; decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation). Choose low-salt, water-packed varieties when possible.

- **Week Fourteen**- Grocery Store: 1 can of fruit per person, 1 can of meat per person, 1 can of vegetables per person, 1 package paper plates, eating utensils, package paper cups, adult vitamins. To Do: Develop a neighborhood pet care plan. Meet with Your Family to Plan – Discuss the types that could occur; explain how to prepare, explain when and how to respond; discuss what to do if you need to evacuate; practice your plan.

- **Week Fifteen**-Hardware Store: extra flashlight batteries, masking tape, hammer, "L" brackets of flexible straps to secure tall furniture and bookcases to studs. To Do: Brace shelves and cabinets. Secure fish tanks, bird houses, etc. Create a Family Disaster Supplies Kit.

- **Week Sixteen**-Grocery Store: 1 can meat per person, 1 can vegetables per person, 1 box heavy duty garbage bags, Kleenex, 1 box energy snacks (granola bars or raisins). To Do: Make a plan to check on a neighbor who might need help in an emergency. To Get Started – Check your house for supplies that you already have on hand; decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation). Choose low-salt, water-packed varieties when possible.

- **Week Seventeen**-Grocery Store: 1 box graham crackers, assorted plastic containers with lids, assorted safety pins, dry cereal, extra clothing like jacket, towels, hat, umbrella, gloves, shoes, etc. To Do: Arrange for a friend or neighbor to help your children or watch your pets if you are at work. Meet with Your Family to Plan – Discuss the types that could occur; explain how to prepare, explain when and how to respond; discuss what to do if you need to evacuate; practice your plan.

- **Week Eighteen**-Hardware Store: "child-proof" latches or other fasteners for your cabinets, double sided tape or Velcro-type fasteners to secure moveable objects, extra rope or leash for pet. To Do: Pack a "go-pack" in case you need to evacuate. Create a Family Disaster Supplies Kit.

- **Week Nineteen**-Grocery Store: 1 box heavy duty garbage bags, 1 box quick energy snacks, pen and paper. To Do: Have an earthquake drill at home; if you are a licensed ham radio operator, contact a local emergency agency to volunteer for emergency service. To Get Started – Check your house for supplies that you already have on hand;

decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation). Choose low-salt, water-packed varieties when possible.

- **Week Twenty**-Grocery Store: camping or utility knife, extra radio batteries, also for each pet, extra medications or prescription marked "emergency use". To Do: Find out about your workplace disaster plans. Meet with Your Family to Plan – Discuss the types that could occur; explain how to prepare, explain when and how to respond; discuss what to do if you need to evacuate; practice your plan.

- **Week Twenty One**-Hardware Store: heavy work gloves, 1 box disposable dust masks, screw driver, plastic safety goggles. Create a Family Disaster Supplies Kit.

- **Week Twenty Two**-Grocery Store: extra hand-operated can opener, 3 rolls toilet paper. To Get Started – Check your house for supplies that you already have on hand; decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation). Choose low-salt, water-packed varieties when possible.

- **Week Twenty Three**-Hardware Store: battery powered camping lantern with extra batteries or extra flashlights, for pets, a large ground screw to tie animal to when fences fall. Meet with Your Family to Plan – Discuss the types that could occur; explain how to prepare, explain when and how to respond; discuss what to do if you need to evacuate; practice your plan.

- **Week Twenty Four**-Grocery Store: large plastic food bags, plastic wrap, aluminum foil. Create a Family Disaster Supplies Kit.