

# PREPARATION CALENDAR



## San Juan County / Friday Harbor Department of Emergency Management

Individual preparedness is the first step to being ready for a natural disaster. If you're doing nothing to prepare, it means you're counting on others to take care of you.

Getting ready can seem overwhelming at first. Like most big projects, it makes sense to break your preparations up into smaller, more manageable tasks.

This calendar is designed to guide you through twelve months of preparations. Hopefully no one month's work will be too difficult, and at the end of the year, you and your family will be prepared. Remember, it doesn't need to be difficult. The hardest part is starting. Keep it simple, begin today.

If you, your family, your business, or your neighborhood need help preparing: call us at 360-370-7612 or visit [www.sanjuandem.net](http://www.sanjuandem.net)

### MONTH 1

#### PURCHASE:

- Water-10 gallons per person and each pet. Purchased water has very long shelf life.
- Hand-operated can opener
- Canned meat, stew, or pasta meals. 10 per person
- 2 flashlights with batteries

#### ACTIVITY:

- Inventory disaster supplies already on hand, especially camping gear.
- If you fill your own water containers, mark them with the date filled.
- Date water/food containers if they are not dated

### MONTH 2

#### PURCHASE:

- Canned vegetables - 8 per person
- Sanitary napkins - 2 months supply. Toilet paper for 1 month.
- Instant drinks (coffee, tea, powdered soft drinks)
- Family size first aid kit

#### ACTIVITY:

- Change battery and test smoke detector (purchase and install detector if you don't have one)
- Make an inventory of home contents for insurance purposes. Take photographs (digital are easiest) of your house and contents. Store away from home.

### MONTH 3

#### PURCHASE:

- Canned fruits -8 cans per person
- Any foods for special dietary needs (enough for 10 days)
- A large plastic tub or bin for storage of food and other emergency supplies. New garbage cans work well.

#### ACTIVITY:

- Conduct a home fire drill
- Locate gas and water shutoff points and store wrench or shutoff tool nearby
- Establish and out-of-state contact to call in case of an emergency
- Identify a location for storage of plastic bin or tub.

### MONTH 4

#### PURCHASE:

- Extra baby bottles, formula and diapers if needed
- Extra pet supplies; food, collar, leash, etc
- A stash of at least \$200 in small bills
- Begin to stockpile extra supplies of critical prescription medications. Talk to your pharmacist for help.

#### ACTIVITY:

- Place a supply of prescription medicine(s) in a storage container and date the medicine(s) if not already indicated on its label
- Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member

### MONTH 5

#### PURCHASE:

- Canned, ready-to-eat soup - 6 per person
- Liquid dish soap
- Plain liquid bleach
- Portable am/fm radio with batteries
- Anti-bacterial liquid hand soap
- Disposable hand wipes

#### ACTIVITY:

- Make two photocopies of important papers and put one in the storage container, and one away from your home.
- Talk with neighbors about organizing a neighborhood preparedness group.

### MONTH 6

#### PURCHASE:

- Box of granola or power bars - 1 per person
- 6 rolls of paper towels
- Box of N-95 face masks - 1 per person. Talk to your pharmacist for assistance.

#### ACTIVITY:

- Check to see if stored water has expired and needs to be replaced
- Put an extra pair of eyeglasses in the supply container
- Find out about your workplace disaster plans

### MONTH 7

#### PURCHASE:

- NOAA Alert Weather Radio
- ABC fire extinguisher
- Jug of juice - 1 per person
- Adult and children's vitamins
- A pair of pliers and/or vise grip

#### ACTIVITY:

- Take a first aid/CPR class
- Show family members where and how to shut off utilities

### MONTH 8

#### PURCHASE:

- Box of crackers or graham crackers - 5 per person
- Dry cereal or instant oatmeal - 2 week's worth per person
- 2 boxes of large, heavy-duty garbage bags

#### ACTIVITY:

- Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers
- Secure water heaters to wall studs (if not already done)

### MONTH 9

#### PURCHASE:

- Extra batteries for flashlights, radio and hearing aids (if needed)
- Duct tape
- Add an additional 3 days of water to your supply per person and pet
- Large bag of rice (10lb+). Check periodically for spoilage.

#### ACTIVITY:

- Follow up on efforts to organize your neighborhood
- Conduct an earthquake drill at home: stop drop and hold, then go outside. Think tsunami.
- Replace prescription medicines as required by expiration dates

### MONTH 10

#### PURCHASE:

- Take the month off from purchases

#### ACTIVITY:

- Secure shelves, cabinets and drawers to prevent them from falling and/or opening during earthquakes
- Imagine your house with no electricity. What more do you need?

### MONTH 11

#### PURCHASE:

- Package of paper plates
- Package of napkins
- Package of eating utensils
- Package of paper cups

#### ACTIVITY:

- Exchange work, home and emergency contact phone numbers with neighbors for use during an emergency

### MONTH 12

#### PURCHASE:

- Heavy work gloves
- Begin to try to expand your food supply to twice of what you have on hand right now. Continue with this effort into coming 12 months.

#### ACTIVITY:

- Check to see if your stored food and water needs to be replaced.