 <b>MONTH 4</b>	
<b>Purchase or have on hand:</b> ___ 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)	<b>Activities:</b> ___ 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)



February 2003

 <b>MONTH 1</b>	
<b>Purchase or have on hand:</b> <input type="checkbox"/> Water (1 gallon per day per person) <input type="checkbox"/> Flashlight and Batteries <input type="checkbox"/> First aid kit <input type="checkbox"/> Additional items you may need that are not in your first aid kit <input type="checkbox"/> Fire extinguisher <input type="checkbox"/> Battery-powered radio <input type="checkbox"/> Basic food, canned, no-cook, packaged snacks <input type="checkbox"/> Manual can opener <input type="checkbox"/> Duct tape <input type="checkbox"/> Heavy-duty tarps or sheets of plastic <input type="checkbox"/> Utility knife <input type="checkbox"/> Pen/pencil and paper <input type="checkbox"/> Extra set of keys <input type="checkbox"/> Compass <input type="checkbox"/> Waterproof pouches <input type="checkbox"/> Ziplock bags	<b>Activities:</b> <input type="checkbox"/> Make your family disaster preparedness plan <input type="checkbox"/> Make arrangements to have someone help your children if you are at work or away when an emergency occurs <input type="checkbox"/> Make a list of emergency telephone numbers and keep at home and work <input type="checkbox"/> Establish a local and an out-of-state contact to call <input type="checkbox"/> Date water and food containers if they are not dated <input type="checkbox"/> Make list of items needed and specific needs for persons with special needs (complete items on list) <input type="checkbox"/> Have cash, change and/or travelers checks <input type="checkbox"/> Discuss disaster planning with family members

 <b>MONTH 2</b>	
<b>Purchase or have on hand:</b> <input type="checkbox"/> Whistle <input type="checkbox"/> Any foods or medications for special needs -- enough for 3 days <input type="checkbox"/> Adult and children's vitamins <input type="checkbox"/> Extra pair of glasses <input type="checkbox"/> Large plastic bags <input type="checkbox"/> Toilet paper and paper towels <input type="checkbox"/> Personal items <input type="checkbox"/> Disposable dust masks <input type="checkbox"/> Safety goggles <input type="checkbox"/> Waterproof matches in sealed container <input type="checkbox"/> Candles <input type="checkbox"/> Paper plates/bowls and plastic utensils <input type="checkbox"/> Rain gear <input type="checkbox"/> Cell phone and charger <input type="checkbox"/> Folding shovel	<b>Activities:</b> <input type="checkbox"/> Check for disaster supplies already on hand (camping gear) <input type="checkbox"/> Make a family and pet emergency supply kit <input type="checkbox"/> Place a sturdy pair of shoes and a flashlight by your bed and at work so that they are handy during an emergency <input type="checkbox"/> Check smoke detectors and discuss how to get out of smoke filled room <input type="checkbox"/> Know evacuation location of school children <input type="checkbox"/> If your child is on medication, provide 3-day supply to school nurse <input type="checkbox"/> Locate safe places in your home

 <b>MONTH 3</b>	
<b>Purchase or have on hand:</b> <input type="checkbox"/> Dental needs <input type="checkbox"/> Freeze-dried foods <input type="checkbox"/> Prepackaged beverages <input type="checkbox"/> Trail mix <input type="checkbox"/> Beef jerky <input type="checkbox"/> Applesauce <input type="checkbox"/> Beans (great source of protein) <input type="checkbox"/> Baking soda (can be used as deodorant, mouthwash, coolant for skin, fire extinguisher) <input type="checkbox"/> Corn starch (cooking, diaper rash and other rashes) <input type="checkbox"/> Plastic bucket with lid <input type="checkbox"/> Map of area <input type="checkbox"/> Sunglasses <input type="checkbox"/> Blankets, sleeping bag, rain gear, seasonal change of clothing	<b>Activities:</b> <input type="checkbox"/> Make arrangements to have someone take care of your pets if you are at work or away when an emergency occurs <input type="checkbox"/> Make a preparedness kit for your car <input type="checkbox"/> Practice family disaster preparedness plan <input type="checkbox"/> Make copies of important papers (social security numbers, credit card numbers, birth and marriage certificates, insurance policies, medial cards) <input type="checkbox"/> Make sure children know how and when to call 9-1-1 <input type="checkbox"/> Locate shelters in the area <input type="checkbox"/> Learn how to read a compass <input type="checkbox"/> Learn evacuation routes (if possible take only one car when evacuating)