

Breaking Down the Tasks to Building an Emergency Supply Kit (Or how to eat an elephant)

Week 1	Week2	Week3	Week 4	Week 5	Week 6
<ul style="list-style-type: none"> ○ 1 Gal. of water* ○ 1 jar peanut butter ○ 2 lg. cans juice* ○ 2 cans meat* ○ 1 manual can opener ○ 1 permanent marker <u>If Needed</u> ○ Pet food ○ Diapers ○ Baby food <u>Things to Do</u> ○ Date perishable items w/ marker ○ Choose and notify out-of-town contact who can coordinate info for scattered family members <p style="text-align: center;">* Per Person</p>	<ul style="list-style-type: none"> ○ Heavy cotton or hemp rope ○ Duct tape ○ 2 flashlights and batteries ○ Waterproof matches for outside use only w/ appropriate stove or grill <u>If Needed</u> ○ Leash or pet carrier ○ Extra set of pet ID tags <u>Things to Do</u> ○ Sign up for First-aid and CPR classes at your local Red Cross location 	<ul style="list-style-type: none"> ○ 1 gal. of water* ○ 2 cans of meat* ○ 2 cans of fruit* ○ Paper + pen ○ Local maps ○ Pain reliever ○ Laxative <u>If Needed</u> ○ Sanitary napkins ○ 1 gal. water for each pet <u>Things to Do</u> ○ Find out what kinds of disasters can happen in your area. ○ Encourage your neighbors to develop their own plans <p style="text-align: center;">*Per Person</p>	<ul style="list-style-type: none"> ○ Flashing safety light or light stick ○ Compass ○ Medicines/pre-scriptions marked "For emergency use" <u>If Needed</u> ○ Contact Lens supplies <u>Things to Do</u> ○ Develop a family disaster plan including where to meet if separated, name and phone# of out-of-town contact, and the information to give that contact in an emergency 	<ul style="list-style-type: none"> ○ 1 gal. of water* ○ 2 cans of fruit* ○ 2 cans vegetables* ○ 2 cans meat* ○ 4 rolls toilet paper ○ Extra toothbrushes* ○ Sm tube toothpaste ○ Foods for special dietary needs (Emerg.diet) <u>Things to Do</u> ○ Identify escape routes for all family members from house and neighborhood. ○ Identify possible safe places to go in case of fire, flood, earthquake, etc. <p style="text-align: center;">*Per Person</p>	<ul style="list-style-type: none"> ○ Deluxe first aid kit ○ Safety pins ○ Sunscreen <u>Things to do</u> ○ Practice a drill for each of the routes out of the house and neighborhood. ○ Identify a storage area for your supplies, like a closet along in inside wall or several heavy-duty watertight plastic garbage cans that can be stored in the garage
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<ul style="list-style-type: none"> ○ 2 cans ready to eat soup/spaghetti* ○ 2 cans fruit* ○ 2 cans vegetables* ○ Sewing kit ○ Disinfectant ○ 1 gallon water <u>If Needed</u> Extra baby supplies all kinds <u>Things to Do</u> ○ Place a pair of sturdy shoes, a flashlight, whistle + work gloves in a plastic bag under your bed and tie to your bed frame <p style="text-align: center;">*Per Person</p>	<ul style="list-style-type: none"> ○ Scissors ○ Tweezers ○ Oral thermometer ○ Liquid anti-bacterial hand soap ○ Disposable hand wipes ○ 2 tongue depressors ○ Extra eyeglasses ○ Petroleum jelly or some other lubricating cream 	<ul style="list-style-type: none"> ○ 2 cans ready to eat soup or spaghetti* ○ Liquid dish soap ○ Household chlorine bleach w/no fragrance + eye dropper for H2O treatment. ○ 1 box heavy garbage bags + ties ○ 1 bottle antacid tablets ○ 1 gal. water* <u>Things to Do</u> ○ Test smoke detectors + replace batteries <p style="text-align: center;">*Per Person</p>	<ul style="list-style-type: none"> ○ Waterproof container for important papers ○ Battery powered radio + batteries ○ Wrench to turn off utility <u>Things to Do</u> ○ Be sure everyone can locate + knows how to turn off valves for water, gas + electric ○ If possible attach a wrench near each shut-off valve so it can be found when needed 	<ul style="list-style-type: none"> ○ 2 lg cans juice* ○ Plastic food storage bags ○ 2 boxes high energy snack bars ○ 3 rolls paper towels ○ 2 more rolls toilet paper <u>Things to Do</u> ○ Keep extra cell phone battery or change for pay phone in disaster kit ○ Locate several phones near your house <p style="text-align: center;">*Per Person</p>	<ul style="list-style-type: none"> <u>If needed</u> ○ Pet litter and box ○ Pet first aid kit ○ Extra water for pet <u>Things to Do</u> ○ Make sure all pet vaccinations are current ○ Obtain medical records for your pet ○ Keep emergency supply of any special pet meds ○ Photocopy vital papers and store them safely

This list taken from the State of Alaska Homeland Security & Emergency Management Division website.

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Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
<p>Things to Do</p> <ul style="list-style-type: none"> ○ Add a change of clothes+ pair of shoes for each household member ○ Put together packets of your favorite herbs, spices, sugar,etc ○ Set aside utensils, plates, cups, bowls for each person ○ Check that all perishables are dated. ○ 1 gal. of water* <p>*Per Person</p>	<ul style="list-style-type: none"> ○ A whistle ○ Extra batteries for flashlights + radio ○ Pry bar <p>Things to Do</p> <ul style="list-style-type: none"> ○ Check with your dialysis facility about what their disaster plan is. ○ Check with your child's daycare or school about their disaster plan and how parents will be notified if a disaster happens during business hours. 	<ul style="list-style-type: none"> ○ Pliers ○ Screwdrivers- (Phillips + slotted) ○ Metal strapping and fasteners for water heater, bookcases + computers <p>Things to Do</p> <ul style="list-style-type: none"> ○ Secure water heater, bookcases, computers + other heavy items that could fall over in an earthquake. 	<ul style="list-style-type: none"> ○ 2 cans of fruit* ○ 2 cans of meat* ○ 2 cans vegetables* <p>Things to Do</p> <ul style="list-style-type: none"> ○ Develop a disaster supply kit for your vehicle or buy ready- made kit from automotive store ○ Find out if you have a neighborhood safety group and become involved <p>*Per Person</p>	<ul style="list-style-type: none"> ○ Childproof latches or fasteners for cup-boards. ○ Quakehold museum putty to secure moveable items on your shelves. <p>Things to Do</p> <ul style="list-style-type: none"> ○ Secure cup-board doors/drawers and moveable objects on shelves. 	<ul style="list-style-type: none"> ○ 2 boxes graham crackers ○ 2 boxes dry cereal ○ Assorted plastic containers w/ lids ○ Special equipment: hearing aids, glucometers, etc + their batteries. <p>Things to Do</p> <ul style="list-style-type: none"> ○ Arrange for someone to help your children or perhaps a disabled family member if you aren't home during a disaster.
Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
<ul style="list-style-type: none"> ○ Rubbing alcohol ○ Anti-diarrhea medicine ○ Bottle of hydrogen peroxide ○ Antiseptic ointment <p>Things to Do</p> <ul style="list-style-type: none"> ○ Make sure you have a sleeping bag and a blanket for each household member 	<ul style="list-style-type: none"> ○ 2 cans meat* ○ 2 cans vegetables* ○ 2 boxes facial tissues ○ 2 boxes quick energy snacks ○ Dried fruits and nuts <p>Things to Do</p> <ul style="list-style-type: none"> ○ Assemble an activity box w/ playing cards, games + favorite toys. <p>*Per Person</p>	<ul style="list-style-type: none"> ○ Plastic bucket w/ tight fitting lid for toileting needs* ○ Plastic sheeting ○ Any denture care supplies <p>Things to Do</p> <ul style="list-style-type: none"> ○ Review your insurance coverage w/ your insurance agent to be sure you are covered for whatever disasters may occur in your area <p>*Per Person</p>	<ul style="list-style-type: none"> ○ 2 boxes quick energy snacks ○ Comfort food: Individually wrapped candy, cookies, etc. ○ Plastic wrap ○ Aluminum foil <p>Things to Do</p> <ul style="list-style-type: none"> ○ Purchase and install emergency escape ladders for the upper floor windows 	<ul style="list-style-type: none"> ○ Camping or utility knife ○ Work gloves ○ Safety goggles ○ Disposable dust masks* <p>Things to Do</p> <ul style="list-style-type: none"> ○ Photograph or video tape the contents of your home and send them to an out of town friend or relative to store. <p>*Per Person</p>	<p>Things to Do</p> <ul style="list-style-type: none"> ○ Begin rotating water and food supplies, replacing those purchased during Week One. Check that storage area is safe and dry. Continue rotation each month so that fresh supplies are always on hand.

Please refer back to the publication: *Preparing for Emergencies: A Guide for People on Dialysis*, from CMS for a more complete look at the Emergency Diet. This *Guide* can be found on the Medicare website at- <http://www.medicare.gov/publications/pubs/pdf/10150.pdf> .