

## DISASTER SUPPLIES CALENDAR WEEKS 12-14

### WEEK 12

#### ANIMAL CARE STORE:

- LITTER/PAN
- EXTRA WATER
- EXTRA HARNESS, LEASH, ID TAGS AND FOOD FOR YOUR PETS

#### VETERINARIAN:

- OBTAIN CURRENT VACCINATIONS AND MEDICAL RECORDS OF YOUR ANIMAL(S).
- MEDICATIONS

#### To Do:

- DEVELOP A PET CARE PLAN IN CASE OF DISASTER.
- MAKE PHOTOCOPIES OF ALL VACCINATION RECORDS AND PUT THEM IN YOUR DISASTER SUPPLIES KIT.
- PUT EXTRA ANIMAL HARNESS, LEASH AND IDENTIFICATION TAG(S) IN YOUR DISASTER SUPPLIES KIT.

### WEEK 13

#### HARDWARE STORE:

- WHISTLE
- PLIERS
- SCREWDRIVER
- HAMMER
- CROW BAR
- PERFORATED METAL TAPE

#### To Do:

- TAKE A FIRST AID/ CPR CLASS.
- STRAP YOUR WATER HEATER TO WALL STUDS USING PERPRATED METAL TAPE.

### WEEK 14

#### GROCERY STORE:

- 1 CAN FRUIT
- 1 CAN MEAT
- 1 CAN VEGETABLES
- 1 PACKAGE PAPER CUPS
- 1 PACKAGE EATING UTENSILS

#### To Do:

- DISCUSS WITH YOUR NETWORK AND NEIGHBORS WHAT HELP YOU MAY NEED IN AN EMERGENCY AND HOW BEST TO ASSIST THEM.
- PRACTICE USING ALTERNATE METHODS OF EVACUATION WITH YOUR NETWORK.

### WEEK 15

#### HARDWARE STORE:

- WOOD SCREWS
- ASSORTED NAILS
- EXTRA FLASH LIGHT BATTERIES
- EXTRA BATTERY FOR PORTABLE RADIO
- LABELS FOR YOUR EQUIPMENT AND SUPPLIES

#### To Do:

- MAKE ARRANGEMENTS TO BOLT BOOKCASES AND CABINETS TO WALL STUDS.
- LABEL EQUIPMENT AND ATTACH INSTRUCTION CARDS.

## DISASTER SUPPLIES CALENDAR WEEKS 16-19

### WEEK 16

#### GROCERY STORE:

- 1 CAN MEAT
- 1 CAN VEGETABLES
- DRIED FRUITS/ NUTS
- 1 BOX FACIAL TISSUES
- 1 BOX QUICK ENERGY SNACKS

#### To Do:

- DEVELOP A DISASTER SUPPLIES KIT FOR YOUR CAR OR VAN.

### WEEK 17

#### GROCERY STORE:

- 1 BOX GRAHAM CRACKERS
- DRY CEREAL
- PLASTIC CONTAINERS WITH LIDS

#### FIRST AID SUPPLIES:

- ANTISEPTIC
- RUBBING ALCOHOL
- ANTIDIARRHEAL MEDICINE

#### To Do:

- ARRANGE FOR A FRIEND OR NEIGHBOR TO HELP YOUR CHILDREN IF YOU ARE NOT ABLE TO RESPOND OR ARE AT WORK.

### WEEK 18

#### HARDWARE STORE:

- PLASTIC SHEETING
- PLASTIC BUCKET WITH TIGHT LID
- "CHILD PROOF" LATCHES OR OTHER FASTENERS FOR YOUR CUPBOARDS
- DOUBLE-SIDED TAPE OR VELCRO TO SECURE MOVABLE OBJECTS

#### To Do:

- INSTALL LATCHES ON CUPBOARDS AND SECURE MOVABLE OBJECTS.
- PUT ASIDE A BLANKET FOR EACH HOUSEHOLD MEMBER.

### WEEK 19

#### GROCERY STORE:

- PLASTIC WRAP
- ALUMINUM FOIL
- 1 BOX QUICK ENERGY SNACKS
- COMFORT FOODS (SUCH AS COOKIES AND CANDY BARS)

ALSO, DENTURE CARE ITEMS, IF NEEDED.

#### To Do:

- 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.
- PURCHASE AND HAVE INSTALLED AN EMERGENCY ESCAPE LADDER FOR UPPER STORY WINDOWS, IF NEEDED.

## DISASTER SUPPLIES CALENDAR WEEK 20

### WEEK 20

#### HARDWARE STORE:

- WORK GLOVES
- SAFETY GOGGLES
- CAMPING/UTILITY KNIFE
- DISPOSABLE DUST MASKS
- 2 BLANK VIDEOCASSETTES

#### SPECIALTY STORE:

- GET AN EXTRA BATTERY FOR MOTORIZED MOBILITY AIDS.

#### To Do:

- USE A VIDEO CAMERA TO TAPE THE CONTENTS OF YOUR HOME FOR INSURANCE PURPOSES.
- MAKE A COPY OF THE VIDEOTAPE AND SEND TO AN OUT-OF-TOWN FRIEND OR FAMILY MEMBER.

## CAYUGA COUNTY

### DEPARTMENT OF HEALTH & HUMAN SERVICES

#### MISSION STATEMENT

"WE PROMOTE AND PROTECT THE HEALTH AND WELL-BEING OF THE INDIVIDUALS, FAMILIES AND THE COMMUNITY WE SERVE."

#### VISION STATEMENT

"OUR TEAM OF CARING, COMMITTED PROFESSIONALS WILL IMPROVE HEALTH, PREVENT DISEASE AND PROVIDE ESSENTIAL HEALTH SERVICES WITH THE COMMUNITY AS OUR PARTNER."

DEPARTMENT OF HEALTH & HUMAN SERVICES

DIVISION OF HEALTH

**160 Genesee Street  
Auburn, New York 13021**

TEL: (315) 253-1560 FAX: (315) 253-1156

WWW.CAYUGACOUNTY.US/HHS/DOH

# CAYUGA COUNTY

## Department of Health & Human Services



**Public Health**  
Prevent. Promote. Protect.

## EMERGENCY PREPAREDENESS \* PREPARATION IS KEY \*

### Emergency Supply List



Cayuga County  
Department of Health & Human Services  
Division of Health  
160 Genesee Street  
Auburn, NY 13021

Tel:(315) 253-1560 Fax: (315) 253-1156

## DISASTER SUPPLIES CALENDAR

*THE U.S. DEPARTMENT OF HOMELAND SECURITY IS ENCOURAGING AMERICANS TO BE PREPARED FOR EMERGENCIES. THIS BROCHURE INCLUDES A PREPAREDNESS CALENDAR THAT IS INTENDED TO HELP YOU ASSEMBLE A DISASTER SUPPLIES KIT IN SMALL STEPS OVER A FIVE-MONTH PERIOD.*

## DISASTER SUPPLIES CALENDAR WEEKS 1-2

### WEEK 1

#### GROCERY STORE:

- 1 GALLON WATER
- 1 LARJE CAN JUICE
- HAND-OPERATED CAN OPENER
- 1 JAR PEANUT BUTTER
- 1 CAN MEAT
- PERMANENT MARKING PEN

ALSO, PET FOOD, DIAPERS AND BABY FOOD IF NEEDED.

#### To Do:

- FIND OUT WHAT KIND OF DISATERS CAN HAPPEN IN YOUR AREA.
- DATE EACH PERISHABLE FOOD ITEM USING MARKING PEN.

### WEEK 2

#### HARDWARE STORE:

- HEAVY COTTON OR HEMP ROPE
- 2 FLASHLIGHTS WITH BATTERIES
- DUCT TAPE
- MATCHES IN WATER-PROOF CONTAINER

ALSO, A LEASH OR CARRIER FOR YOUR PET.

#### To Do:

- COMPLETE A PERSONAL ASSESSMENT OF YOUR NEEDS AND RESOURCES IN A CHANGES DISASTER ENVIRONMENT. ENCOURAGE YOUR NEIGHBORS TO DO THE SAME.

## DISASTER SUPPLIES CALENDAR WEEKS 3-5

### WEEK 3

#### GROCERY STORE:

- 1 GALLON WATER
- 1 CAN FRUIT
- MAP OF THE AREA
- ASPIRIN OR NON-ASPIRIN PAIN RELIEVER
- 1 CAN MEAT
- PAPER AND PENCIL
- FEMININE HYGIENE SUPPLIES
- LAXATIVE

ALSO, 1 GALLON OF WATER FOR EACH PET.

#### To Do:

- BE A PART OF A SUPPORT NETWORK IN YOUR AREA TO IDENTIFY AND OBTAIN RESOURCES NEEDED TO COPE EFFECTIVELY WITH DISASTER.

### WEEK 4

#### HARDWARE STORE:

- SIGNAL FLARE
- PATCH KIT AND CAN OF SEAL-IN-AIR FOR THE TIRES OF MOBILITY AIDS.
- COMPASS

ALSO, EXTRA MEDICATIONS OR PRESCRIPTIONS MARKED "EMERGENCY USE".

#### To Do:

- ENCOURAGE THE NETWORK TO DEVELOP A PERSONAL DISASTER PLAN
- SHARE COPIES OF THE FOLLOWING WITH NETWORK: EMERGENCY INFORMATION LIST, MEDICAL INFORMATION, DISABILITY-RELATED SUPPLIES AND SPECIAL EQUIPMENT LIST
- PERSONAL DISASTER PLAN.

### WEEK 5

#### GROCERY STORE:

- 1 GALLON WATER
- 1 CAN MEAT
- 1 CAN FRUIT
- 1 CAN VEGETABLES
- 2 ROLLS TOILET PAPER
- EXTRA TOOTHBRUSH
- TRAVEL SIZE TOOTHPASTE

ALSO, SPECIAL FOOD FOR SPECIAL DIETS, IF NEEDED

#### To Do:

- MAKE A FLOOR PLAN OF YOUR HOME INCLUDING PRIMARY ESCAPE ROUTES.
- IDENTIFY SAFE PLACES TO GO IN CASE OF FIRE, EARTHQUAKE, TORNADO, HURRICANE AND FLOOD.
- PRACTICE A FIRE DRILL, TORANDO DRILL AND EARTHQUAKE DRILL WITH YOUR NETWORK.

## DISASTER SUPPLIES CALENDAR WEEKS 6-8

### WEEK 6

#### FIRST AID SUPPLIES:

- LATEX GLOVES
- ADHESIVE TAPE
- SUNSCREEN
- STERILE ADHESIVE BANDAGES IN ASSORTED SIZES
- GAUZE PADS
- ROLLER BANDAGES
- SAFETY PINS

ALSO, EXTRA HEARING AID BATTERIES, IF NEEDED.

#### To Do:

- CHECK WITH CHILD'S DAY CARE CENTER OR SCHOOL TO FIND OUT ABOUT THEIR DISASTER PLANS.
- ASK YOUR LOCAL EMERGENCY MANAGEMENT OFFICE IF EMERGENCY TRANSPORTATION SERVICES ARE AVAILABLE IN CASE OF EVACUATION.

### WEEK 7

#### GROCERY STORE:

- 1 GALLON WATER
- 1 CAN SOUP
- SEWING KIT
- 1 CAN VEGETABLES
- 1 CAN FRUIT
- DISINFECTANT

ALSO, EXTRA PLASTIC BABY BOTTLES, FORMULA, AND DIAPERS, IF NEEDED.

#### To Do:

- ENCOURAGE NETWORK TO ESTABLISH OUT-OF-TOWN CONTACTS TO CALL IN CASE OF EMERGENCY.
- SHARE THIS INFORMATION WITHIN YOUR NETWORK.
- MAKE ARRANGEMENTS FOR YOUR NETWORK TO CHECK ON EACH OTHER IMMEDIATELY AFTER AN EVACUATION ORDER OR A DISASTER.

### WEEK 8

#### FIRST AID SUPPLIES:

- SCISSORS
- TWEEZERS
- THERMOMETER
- 2 TONGUE BLADES
- DISPOSABLE WIPES
- NEEDLES
- PETROLEUM JELLY
- LIQUID ANTIBACTERIAL HAND SOAP

ALSO, EXTRA EYEGLASSES, IF NEEDED.

#### To Do:

- PLACE A PAIR OF SHOES AND A FLASHLIGHT BY YOUR BED SO THEY ARE HANDY IN AN EMERGENCY.
- IF BLIND, STORE A TALKING CLOCK AND ONE OR MORE EXTRA WHITE CANES.
- IF BLIND, MARK YOUR DISASTER SUPPLIES IN BRAILLE WITH FLUROSCENT TAPE.

## DISASTER SUPPLIES CALENDAR WEEKS 9-11

### WEEK 9

#### GROCERY STORE:

- 1 CAN SOUP
- LIQUID DISH SOAP
- 1 BOX HEAVY-DUTY GARBAGE BAGS
- ANTACID
- HOUSEHOLD BLEACH

ALSO, SALINE SOLUTION AND A CONTACT LENS CASE, IF NEEDED.

#### To Do:

- AGREE ON A SIGNAL WITH YOUR NETWORK THAT INDICATES YOU ARE OKAY AND HAVE LEFT THE DISASTER SITE.
- IF YOU HAVE A COMMUNICATION DISABILITY, STORE A WORD OR LETTER BOARD IN YOUR DISASTER SUPPLIES KIT.

### WEEK 10

#### HARDWARE STORE:

- BATTERY-POWERED RADIO
- WRENCH(ES) NEEDED TO TURN OFF UTILITIES
- WATERPROOF PORTABLE PLASTIC CONTAINER

#### To Do:

- WITH YOUR NETWORK, FIND THE GAS AND WATER METER SHUTOFFS OF EACH HOME. DISCUSS WHEN IT IS APPROPRIATE TO TURN THESE OFF.
- ATTACH A WRENCH NEXT TO THE CUTOFF VALVE IF EACH METER SO IT WILL BE THERE WHEN NEEDED.
- MAKE PHOTOCOPIES OF IMPORTANT PAPERS AND STORE SAFELY.

### WEEK 11

#### GROCERY STORE:

- 1 LARGE CAN JUICE
- 1 BOX QUICK ENERGY SNAKCS
- LARGE PLASTIC FOOD BAGS
- MEDICINE DROPPERS
- 3 ROLLS PAPER TOWELS

#### To Do:

- TEST YOUR SMOKE DETECTOR(S). REPLACE THE BATTERY IN EACH DETECTOR THAT DOES NOT WORK. REPLACE ANY DETECTOR OVER 10 YEARS OLD.