



TETON COUNTY EMERGENCY MANAGEMENT

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Your Family Disaster Supplies Calendar

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble a complete emergency kit in small steps over a six-month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change sealed water every year, self-filled water bottles every six months.

To get started:

- Get a preparedness reference guide, such as FEMA's "Are You Ready?" manual (www.fema.gov/areyouready) or a commercially available manual like InforMed's "Home Emergency Pocket Guide".
- Check your house for supplies that you already have on hand.
- Decide where you will store supplies.
- Meet with your family to plan.
- Explain how to prepare; explain when and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.

<p>Week 13 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips <input type="checkbox"/> Instant hand warmers <input type="checkbox"/> Take a first aid or CPR class. 	<p>Week 14 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Paper plates <input type="checkbox"/> Eating utensils <input type="checkbox"/> Paper cups <input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency. 	<p>Week 19 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Quick energy snacks (raisins, granola bars) <input type="checkbox"/> Have an earthquake drill at home. 	<p>Week 20 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra radio batteries <input type="checkbox"/> Purchase an emergency escape ladder for second story bedrooms, if needed. <input type="checkbox"/> Find out about your workplace disaster plans.
<p>Week 15 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries <input type="checkbox"/> Masking tape <input type="checkbox"/> Hammer <input type="checkbox"/> Assorted nails <input type="checkbox"/> Wood screws <input type="checkbox"/> "L" brackets to secure furniture to walls. <input type="checkbox"/> Brace shelves and cabinets. 	<p>Week 16 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Kleenex <input type="checkbox"/> Quick energy snacks (raisins, granola bars) <input type="checkbox"/> Find out if you have a neighborhood safety organization and join it! 	<p>Week 21 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Disposable dust masks <input type="checkbox"/> Screwdriver <input type="checkbox"/> Plastic safety goggles <input type="checkbox"/> Waterproof matches <input type="checkbox"/> Have a fire drill at home. 	<p>Week 22 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra hand operated can opener <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> Make a plan with your neighbors to care for one another's pets should you be away when a disaster strikes.
<p>Week 17 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal <input type="checkbox"/> Safety pins <input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work. 	<p>Week 18 Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> "Child-proof" latches for your cupboards <input type="checkbox"/> Double sided tape or Velcro-type fasteners to secure moveable objects. <input type="checkbox"/> Pack a "go-pack" in case you have to evacuate. 	<p>Week 23 Outdoor/Camping Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Battery powered camping lantern with extra battery or extra flashlights <input type="checkbox"/> Cyalume light sticks <input type="checkbox"/> Water purification tablets <input type="checkbox"/> Disposable poncho* <input type="checkbox"/> Reflective "space" blanket* 	<p>Week 24 Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <p>Also: place your family tent near your emergency kit. If you don't have a tent, a tarp and rope can do for quick shelter in a pinch.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review family disaster plan with household every six months.

Select foods based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible (you can drink the water). Canned meats may include tuna, chicken, raviolis, chili, beef stew, Spam, corned beef, etc. Tuna and salmon foil pouches are compact and store very well for a "go kit". Rotate food supplies and sealed water at least once per year. Rotate self-filled water bottles at least once every six months. Use duct tape and heavy duty garbage bags for sealing windows/doors/vents in an interior room in the event that shelter-in-place actions are needed. Bags can be pre-cut for specific openings and stored in your kit.

<p style="text-align: center;">Week 1</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 sm. jar peanut butter <input type="checkbox"/> 1 lg. can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Instant coffee, tea, powdered soft drinks <input type="checkbox"/> Permanent marking pen <input type="checkbox"/> 1 gal. of water per pet <p>Also: pet food, diapers and/or baby food if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a family disaster plan. <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 2</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> “Bungee” cords <input type="checkbox"/> Folding camp shovel <p>Also: a leash or pet carrier for your pet if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your house for hazards. Secure loose objects that may fly. <input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them for emergency use. 	<p style="text-align: center;">Week 5</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> Extra toothbrush <input type="checkbox"/> Travel size toothpaste <p>Also: special food for special diets, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have all family members enroll in Teton County’s “Nixle” SMS/email emergency notification system at www.nixle.com 	<p style="text-align: center;">Week 6</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin and/or acetaminophen <input type="checkbox"/> Compresses <input type="checkbox"/> Rolls of gauze or bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages—assorted sizes <p>Also: extra hearing aid batteries, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your child’s day care or school to find out about their disaster plans. 	<p style="text-align: center;">Week 9</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Heavy duty garbage bags <p>Also: saline solution and a contact lens case, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Send some of your favorite family photos or copies to out of state family members for safekeeping or... <input type="checkbox"/> Consider uploading family photos to online storage sites such as Flickr or Picasa for safe keeping. 	<p style="text-align: center;">Week 10</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container w/lid for important papers <input type="checkbox"/> Portable am/fm radio w/batteries <input type="checkbox"/> NOAA All-Hazards Weather Radio w/ alert function and batteries <p>Also: blankets or sleeping bags for each family member.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and store safely or... <input type="checkbox"/> Scan important papers and save digital copies to a thumb drive to store safely.
<p style="text-align: center;">Week 3</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Video tape or digital video camera <input type="checkbox"/> 1 gal. of water per pet <p>Also: pet food, diapers, and/or baby food if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use video camera to inventory contents of home for insurance purposes. <input type="checkbox"/> Store tape with friend/family member who lives out of town or... <input type="checkbox"/> Store digital video formats online and/or email to friends. 	<p style="text-align: center;">Week 4</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber’s tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detector with battery <input type="checkbox"/> Carbon monoxide detector with battery <p>Also: extra medication or a Prescription marked “emergency use” if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Install or test your smoke detector and carbon monoxide detector. <input type="checkbox"/> Tie water heater to wall studs using plumber’s tape. 	<p style="text-align: center;">Week 7</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <p>Also: extra plastic baby bottles, formula and diapers, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency. 	<p style="text-align: center;">Week 8</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit <input type="checkbox"/> Instant hand sanitizer <p>Also: extra eyeglasses, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency. 	<p style="text-align: center;">Week 11</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lg. can juice* <input type="checkbox"/> Large plastic bags <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Also: sunscreen, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Store a roll of quarters for emergency phone calls. <input type="checkbox"/> Go on a hunt with your family to find a pay phone near home. 	<p style="text-align: center;">Week 12</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Non-latex examination gloves <input type="checkbox"/> Ipecac syrup and activated charcoal <input type="checkbox"/> Vitamins <p>Also: items for denture care, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency.

Items marked with * should be purchased for each member of the household.

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