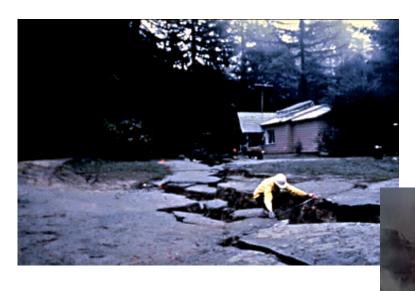
Pandemic Influenza & Emergency Preparedness 7 Day Survival Kit



Take the next 24 weeks and build a 7 Day
Survival Kit!

Be Prepared!

Some find it difficult to put together a disaster preparedness kit, but using this easy-to-follow Preparedness Supplies Calendar will help you and your family take the anxiety and frustration out of preparing for emergencies or disasters by ensuring you have enough supplies to last seven days or until help arrives.



Week	Week	Week	Week	Week	Week
1	2	3	4	5	6
□1 gallon of water* □1 jar peanut butter □2 large cans juice* □2 cans meat* □1 hand-operated can opener □Permanent marker □Pet food □Diapers □Baby food Things To Do: □Date perishable items with marker □Decide on and notify out-of-area contact who can coordinate information for scattered family members *Per Person	□ Heavy cotton or hemp rope □ Duct tape □ 2 flashlights with batteries □ Waterproof matches for outside use ONLY with appropriate stove or grill □ Leash or pet carrier □ Extra set of I.D. tags Things To Do: □ Sign up for First Aid/CPR classes at your local Red Cross location	□1 gallon of water* □2 cans meat* □2 cans fruit* □Feminine hygiene supplies □Paper & pen □Local map □Pain reliever □Laxative □1 gallon of water for each pet Things To Do: □Find out about what kinds of disasters can happen in your area □Encourage your neighbors to develop their own plans *Per Person	□Flashing safety light or light wand □Compass □Medicines/ perscriptions marked "For Emergency Use" □Contact lens supplies Things To Do: □Develop a family disaster plan including where to meet if seperated, name and number of out-of-area contact, kinds of information to give that contact in an emergency	□1 gallon of water* □2 cans fruit* □2 cans vegetables* □2 cans meat* □4 rolls of toilet paper* □Extra toothbrush* □Travel-sized toothpaste □Special foods for special dietary needs Things To Do: □Identify escape routes from house for all family members □Identify safe places to go in case of fire, flood, earthquake, or other disaster	□Deluxe First Aid kit □Safety pins □Sunscreen Things To Do: □Practice a drill for each of your evacuation plans □Identify storage area for your supplies, such as a closet along an inside wall or several heavy-duty watertight plastic garbage cans that can be stored outside. If using outside storage, ensure that containers are weather and animal proof.
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
□2 cans ready-to-eat soup* (Not Concentrated) □2 cans fruit* □2 cans vegetables* □Sewing kit □Disinfectant □1 gallon water □Extra baby supplies (bottles, formula, diapers) Things To Do: □Place a pair of shoes, a flashlight, a whistle, and a pair of work gloves in a plastic grocery bag and tie the bag to your bed frame	other lubricating cream □2 tongue depressers □Extra eye glasses	□2 cans ready-to-eat soup* (Not Concentrated) □Liquid dish soap □Household chlorine bleach with medicine dropper for water treatment □1 box heavy-duty garbage bags with ties □1 bottle antacid tablets □1 gallon of water* Things To Do: □Test smoke detectors and replace batteries	□Battery-powered radio □Wrench to turn off utilities	□Large plastic food bags □2 boxes high-energy snacks □3 rolls paper towels Things To Do:	□ Pet litter and box □ Extra water □ Pet First Aid kit Things To Do: □ Make sure that all pet vaccinations are current and obtain medical records from veterinarian for disaster records □ Keep emergency supply of any special pet medication needs □ Photocopy important papers and store them safely
*Per Person		*Per Person		*Per Person	

Week	Week	Week	Week	Week	Week
13	14	15	16	17	18
Things To Do: Add a change of clothes and a pair of shoes for each person in the family to your emergency supplies Put together packets of your favorite and most used spices: salt, pepper, sugar, etc. Put aside utensils, cups, plates, and bowls for each person Make sure all perishables have been dated 1 gallon of water*	□Whistle □Extra batteries for flashlights and radio □Pry bar Things To Do: □Check with your children's day care center or school about their disaster plans and how parents will be contacted if a disaster happens during business hours	□Pliers □Screwdrivers (Phillips & Slotted) □Hammer □Strapping and fasteners for water heater, bookcases, and computers Things To Do: □Secure water heater, bookcases, computers, and other heavy items that could fall over in an earthquake	□2 cans fruit* □2 cans meat* □2 cans vegetables* Things To Do: □Develop a disaster supply kit for your vehicles or buy a ready-made kit from your local automotive store □Find out if you have a neighborhood safety group and become involved	□ "Child-proof" latches or fasteners for cupboards □ Quakehold museum putty to secure moveable items of shelves Things To Do: □ Secure doors and moveable items	□2 boxes graham crackers □Assorted plastic containers with lids □2 boxes dry cereal □Special equipment, such as hearing aid batteries, etc. Things To Do: □Arrange for someone to help your children if you are at work and not able to return home during a disaster
*Per Person			*Per Person		
Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
□Rubbing alcohol □Anti-diarrhea medication □Antiseptic ointment Things To Do: □Make sure you have a sleeping bag and a blanket for each member of your family	energy snacks □Dried fruits and nuts	□Plastic bucket with tight lid for toileting needs* □Plastic sheeting □Any denture care supplies Things To Do: □Review your insurance coverage with your insurance agent to be sure you are covered for whatever disasters may occur in your area	□2 boxes quick-energy snacks □Comfort foods (candy bars, cookies, etc.) □Plastic wrap □Aluminum foil Things To Do: □Purchase and install emergency escape ladders for upper floor windows	□Camping or utility knife □Work gloves □Safety goggles □Disposable dust mask* Things To Do: □Photograph or video tape the contents of your home and send them to an out-of-town friend or relative to store	Things To Do: Begin rotating water and food stores, replacing those purchased during Week One. Check that storage area is safe and dry. Continue rotation each month so that fresh stores are always on hand.
	*Per Person	*Per Person		*Per Person	



Division of Public Health Preparedness Program

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