

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 1	Week 2	Week 3	Week 4	Week 5	Week 6
<ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 2 large cans juice* <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 1 hand-operated can opener <input type="checkbox"/> Permanent marker <input type="checkbox"/> Pet food <input type="checkbox"/> Diapers <input type="checkbox"/> Baby food <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date perishable items with marker <input type="checkbox"/> Decide on and notify out-of-area contact who can coordinate information for scattered family members <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Heavy cotton or hemp rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> Waterproof matches for outside use ONLY with appropriate stove or grill <input type="checkbox"/> Leash or pet carrier <input type="checkbox"/> Extra set of I.D. tags <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sign up for First Aid/CPR classes at your local Red Cross location 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 2 cans fruit* <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Paper & pen <input type="checkbox"/> Local map <input type="checkbox"/> Pain reliever <input type="checkbox"/> Laxative <input type="checkbox"/> 1 gallon of water for each pet <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about what kinds of disasters can happen in your area <input type="checkbox"/> Encourage your neighbors to develop their own plans <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Flashing safety light or light wand <input type="checkbox"/> Compass <input type="checkbox"/> Medicines/ prescriptions marked "For Emergency Use" <input type="checkbox"/> Contact lens supplies <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 2 cans fruit* <input type="checkbox"/> 2 cans vegetables* <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 4 rolls of toilet paper* <input type="checkbox"/> Extra toothbrush* <input type="checkbox"/> Travel-sized toothpaste <input type="checkbox"/> Special foods for special dietary needs <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify escape routes from house for all family members <input type="checkbox"/> Identify safe places to go in case of fire, flood, earthquake, or other disaster <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Deluxe First Aid kit <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Practice a drill for each of your evacuation plans <input type="checkbox"/> 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
<ul style="list-style-type: none"> <input type="checkbox"/> 2 cans ready-to-eat soup* (Not Concentrated) <input type="checkbox"/> 2 cans fruit* <input type="checkbox"/> 2 cans vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant <input type="checkbox"/> 1 gallon water <input type="checkbox"/> Extra baby supplies (bottles, formula, diapers) <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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 <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid antibacterial hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing needles <input type="checkbox"/> Petroleum jelly or other lubricating cream <input type="checkbox"/> 2 tongue depressors <input type="checkbox"/> Extra eye glasses 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cans ready-to-eat soup* (Not Concentrated) <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> 1 box heavy-duty garbage bags with ties <input type="checkbox"/> 1 bottle antacid tablets <input type="checkbox"/> 1 gallon of water* <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Test smoke detectors and replace batteries <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> Battery-powered radio <input type="checkbox"/> Wrench to turn off utilities <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure everyone knows where to find the gas and water meter shut-off valves and how to turn them off <input type="checkbox"/> Attach a wrench near each shut-off valve so it is there when needed 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 large cans juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 2 boxes high-energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep extra battery for cell phone or change for pay phone usage in disaster supplies <input type="checkbox"/> Locate several pay phones that are near your house <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pet litter and box <input type="checkbox"/> Extra water <input type="checkbox"/> Pet First Aid kit <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure that all pet vaccinations are current and obtain medical records from veterinarian for disaster records <input type="checkbox"/> Keep emergency supply of any special pet medication needs <input type="checkbox"/> Photocopy important papers and store them safely

Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
<p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Add a change of clothes and a pair of shoes for each person in the family to your emergency supplies <input type="checkbox"/> Put together packets of your favorite and most used spices: salt, pepper, sugar, etc. <input type="checkbox"/> Put aside utensils, cups, plates, and bowls for each person <input type="checkbox"/> Make sure all perishables have been dated <input type="checkbox"/> 1 gallon of water* <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry bar <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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 	<ul style="list-style-type: none"> <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdrivers (Phillips & Slotted) <input type="checkbox"/> Hammer <input type="checkbox"/> Strapping and fasteners for water heater, bookcases, and computers <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure water heater, bookcases, computers, and other heavy items that could fall over in an earthquake 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cans fruit* <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 2 cans vegetables* <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop a disaster supply kit for your vehicles or buy a ready-made kit from your local automotive store <input type="checkbox"/> Find out if you have a neighborhood safety group and become involved <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> "Child-proof" latches or fasteners for cupboards <input type="checkbox"/> Quakehold museum putty to secure moveable items of shelves <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure doors and moveable items 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 boxes graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> 2 boxes dry cereal <input type="checkbox"/> Special equipment, such as hearing aid batteries, etc. <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for someone to help your children if you are at work and not able to return home during a disaster

Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
<ul style="list-style-type: none"> <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Anti-diarrhea medication <input type="checkbox"/> Antiseptic ointment <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make sure you have a sleeping bag and a blanket for each member of your family 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 2 cans vegetables* <input type="checkbox"/> 2 boxes facial tissue <input type="checkbox"/> 2 boxes quick energy snacks <input type="checkbox"/> Dried fruits and nuts <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assemble an activity box with playing cards, games, and other favorite toys <p>*Per Person</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Plastic bucket with tight lid for toileting needs* <input type="checkbox"/> Plastic sheeting <input type="checkbox"/> Any denture care supplies <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review your insurance coverage with 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"> <input type="checkbox"/> 2 boxes quick-energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Purchase and install emergency escape ladders for upper floor windows 	<ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* <p>Things To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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"> <input type="checkbox"/> 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.



***Division of Public Health
Preparedness Program***

***3601 C Street
Suite 756
Anchorage, Alaska
99503***

1-907-334-2690

www.hss.state.ak.us/dph