



Terre Haute Deanery Pastoral Center

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Your Family Disaster Supplies Calendar

The Family Disaster Supplies Calendar is intended to help you prepare for man-made or natural disasters before they happen. Using the calendar, your family can assemble an emergency kit in the 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 plastic bins with wheels. Remember to rotate your perishable supplies and change water every six months.

To get started:

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies.
- Meet with your family to plan.
- Check house and/or apartment for hazards and secure those things that may fall or fly away.

The shopping list for Week 11:

- Anti-diarrhea medicine
- 70% isopropyl rubbing alcohol
- One bottle of 3% Hydrogen Peroxide
- Latex or Nitrile gloves to fit all family members
- Activated charcoal
- Vitamins
- Items for denture care, if needed

Emergency Preparedness Actions:

- Take your family on a field trip to locate the gas and water meter turn-offs.
- Show them what to do in an emergency.