

St Johns Household Emergency Preparedness: One Month at a Time

Each household should have enough emergency supplies to shelter in place for three days. Gathering all those supplies can be an overwhelming task. Where to start? What to include? This is quick guide to prepare your household with for a natural (or human-made) disaster, broken down in to manageable month by month check lists.

MONTH 1

SUPPLIES & GEAR:

- Water- At least 3 gallons per person and per pet x 3 days (A family of 4 with a dog = 45 gallons!)
- Hand-operated can opener and bottle opener
- Canned meat, stew, or pasta meals – 5 per person
- 2 flashlights with extra batteries

TASKS:

- Inventory the disaster supplies you already have on hand, including your camping gear
 - Identify a location for your emergency supplies storage container (large plastic bin or tub).
 - Date cans of food and food containers, and date water containers with the date they were filled
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MONTH 2

SUPPLIES & GEAR:

- Canned vegetables – 4 per person
- Toilet paper – 3 rolls per person
- Feminine Hygiene Supplies - 2 months
- Instant drinks (coffee, tea, powdered soft drinks)
- Family sized first aid kit

TASKS:

- Change the batteries and test your smoke detectors. Purchase and install smoke detectors if you don't have them
 - Make an inventory of home contents for insurance purposes. Take photographs (digital are easiest) of your house and contents. Store a copy away from your home
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MONTH 3

SUPPLIES & GEAR:

- Canned fruits – 3 cans per person
- Any foods for special dietary needs (enough for 3 days)
- A large plastic tub or bin for storage of food and other emergency supplies
- Portable am/FM radio with batteries

TASKS:

- Conduct a home fire drill
- Locate the gas meter and water shutoff points and attach/store a wrench or shutoff tool near them. Also store special shutoff instructions, if any
- Establish and out-of-state contact to call in case of an emergency

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MONTH 4

SUPPLIES & GEAR:

- Extra baby bottles, formula and diapers if needed
- Extra pet supplies; food, collar, leash, etc.
- A stash of at least \$100 in small bills – more if you can afford it
- Begin to stockpile extra supplies of critical prescription medications. Talk to your pharmacist for help in making this happen

TASKS:

- Place a supply of prescription medicine(s) in a storage container and date the medicine(s) if not already indicated on its label
- Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member
- Place a set of warm, dry clothes, closed-toed shoes and rain gear for each member of the household

MONTH 5

SUPPLIES & GEAR:

- Canned, ready-to-eat soup – 3 per person
- Liquid dish soap
- Plain liquid bleach
- Liquid hand soap and hand sanitizer
- Disposable hand wipes
- Disposable latex or nitrile gloves

TASKS:

- Make two photocopies of important papers and put one in the storage container, and one away from your home
- Talk with neighbors about organizing a neighborhood preparedness group. Contact the City of Portland Bureau of Emergency Services to find the best “Map My Neighborhood” materials/app

MONTH 6

SUPPLIES & GEAR:

- Box of granola or power bars – 1 per person
- 6 rolls of paper towels, 3 boxes of facial tissue
- NOAA Alert Weather Radio
- Box of N-95 or N-100 face masks – 1 per person.
- Make or obtain a twin-bucket emergency toilet (two, 5 gallon buckets, with seats - keeping solid and liquid waste separate

TASKS:

- Check to see if stored water has expired and needs to be replaced
- Put an extra pair of eyeglasses in the supply container
- Find out about your workplace disaster plans and the disaster plans at your children’s schools

*** Every six months, check to see if your stored food and water needs to be replaced.**

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MONTH 7

SUPPLIES & GEAR:

- ABC fire extinguisher
- Jug of juice – 1 per person
- Adult and children's vitamins
- A pair of pliers and/or vise grip
- 100 feet of rope or paracord

TASKS:

- Take a first aid/CPR class
- Show family members where and how to shut off utilities

MONTH 8

SUPPLIES & GEAR:

- Box of crackers or graham crackers – 1 per person
- Dry cereal or instant oatmeal – 1 weeks' worth per person
- 1 box of large, heavy-duty garbage bags
- Sunscreen
- Whistles (one per household member)

TASKS:

- Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers
- Secure water heaters to wall studs (if not already done)

MONTH 9

SUPPLIES & GEAR:

- Extra batteries for flashlights, radio and hearing aids (if needed)
- Duct tape
- Add an additional 3 days of water to your supply per person and per pet

TASKS:

- Follow up on efforts to organize your neighborhood (Continue the "Map My Neighborhood" process from month 5)
- Conduct an earthquake drill at home: stop, drop and hold, then go outside. (Remember, an earthquake can happen anywhere as recent events have demonstrated.)
- Replace prescription medicines as required by expiration dates

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MONTH 10

SUPPLIES & GEAR:

- Purchase extra hardware supplies (if necessary) to go with emergency kit: hammer & assorted nails, screwdrivers & assorted wood screws, crescent wrench
- Heavy duty plastic tarps and/or plastic sheeting

TASKS:

- Secure shelves, cabinets and drawers to prevent them from falling and/or opening during earthquakes
- Imagine your house with no electricity. What more do you need?

MONTH 11

SUPPLIES & GEAR:

- Package of paper plates
- Package of napkins
- Package of eating utensils
- Package of paper cups

TASKS:

- Exchange work, home and emergency contact phone numbers with neighbors for use during an emergency

MONTH 12

SUPPLIES & GEAR:

- Heavy work gloves
- Sewing kit
- Begin to try to expand your food supply to twice of what you have on hand right now. Continue with this effort into coming 12 months.

TASKS:

- Make arrangements to have someone take care of your pets if you are at work when an emergency occurs

*** Every six months, check to see if your stored food and water needs to be replaced.**