

## Week 10: First Aid

- Diarrhea medicine, allergy medications
- Vitamins
- Latex gloves
- Rubbing alcohol

- Speak to neighbors to find out who may need help during an emergency, such as the elderly or disabled. Discuss who can help your children if an emergency occurs when you are not home.
- Include extra clothes in your supply kit.

## Week 11: Hardware & Supplies

- Fire extinguisher
- Pliers and work gloves
- Extra batteries for flashlight and radio
- Extra nails and screws
- Emergency blankets, rain protection

- Find out about your workplace's emergency preparedness planning.
- Include cash in the kit as you are able.

## Week 12: Grocery Store

- Dry cereal and crackers
- Quick snacks (e.g. raisins, trail mix, etc.)
- Assorted plastic storage containers with lids
- Instant coffee, tea, drinks, etc.

- Have an earthquake or severe weather drill at home.

### Questions?

For more information on preparing supply kits or to sign up for the Linn Benton Emergency Alert Notification System,

please visit:

[www.co.benton.or.us/sheriff/](http://www.co.benton.or.us/sheriff/)  
or call 541-766-6864

## A few more things to keep in mind....

### If you have kids:

Children are particularly vulnerable during an emergency so make sure you have plenty of supplies to keep them comfortable.

Your kit should include their favorite snacks and some games or other activities to help keep them calm and happy.



**If you have pets:** Remember that pets will need food and water during an emergency too. Be sure to store a few gallons of water for your cat or dog. Also be sure to have a pet carrier or leash available in case you need to leave your



### Benton County Sheriff's Office

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# PLAN



## BASIC PREPAREDNESS

Your Preparedness Plan:  
A Three-Month  
Calendar and Shopping List



Benton County Sheriff's Office  
Emergency Services Division

## Prepare yourself and your family for emergencies in just 12 weeks.

= **Things to purchase or collect.** Store your supplies so they are easy to access. Keep them in a backpack, duffle bag, or even a (clean) garbage bin.

= **Things to do.** These simple but critical preparedness activities will help you and your family stay safe and healthy.

Don't forget to mark your food with the purchase date or write it on the line next to each item below (especially for more perishable items). Take note of expiration dates of food and other items.

### Week 1: Grocery Store

- 1 gallon of water per person (Total \_\_\_\_\_)
- 1 small jar peanut butter (exp. date: \_\_\_\_\_)
- 1 large can of juice \_\_\_\_\_
- 1 can of protein (e.g. meat or beans) \_\_\_\_\_
- Trail Mix, granola bars, or other high energy food \_\_\_\_\_
- Hand can opener
- 1 permanent marker
- Diapers, baby food, bottles if applicable

- Make a family emergency plan.
- Sign up for Linn Benton Emergency Notifications at: [www.co.benton.or.us/sheriff/page/emergency-alert](http://www.co.benton.or.us/sheriff/page/emergency-alert)
- Date each food item you purchase.

### Week 2: Hardware & Supplies

- Hammer, screwdriver, wrench, and crowbar
- Rope, duct tape, plumber's tape, cords
- 2 crank or battery-powered flashlights

- Check house for hazards; secure loose and heavy objects (e.g. TV, shelves) or anything that may tip over during an earthquake.
- Locate gas and water shutoffs and your electrical panel. Make sure you know how to shut off all utilities; attach any necessary tools.

### Week 3: Grocery Store

- 1 gallon of water per person (Total \_\_\_\_\_)
- 1 can of fruit (exp. date \_\_\_\_\_)
- 2 cans protein (e.g. meat or beans) \_\_\_\_\_
- Personal hygiene products

- Establish an out-of-state friend or family member to contact during an emergency.

### Week 4: Grocery Store

- 1 gallon of water per person (Total \_\_\_\_\_)
- 2 cans of fruit and 2 cans of vegetables \_\_\_\_\_
- 2 cans of protein (i.e. meat or beans) \_\_\_\_\_
- 2 rolls of toilet paper
- Toothbrush/paste, and /or dental care
- Any special foods (diabetic, gluten free, etc.) \_\_\_\_\_

- Film or photograph the contents of your home for insurance purposes. Send the film to a family member or friend out of town.

### Week 5: First Aid

- Aspirin or acetaminophen \_\_\_\_\_
- Hot and cold compresses
- Bandages, gauze, and first aid tape
- Hand and dish soap, hand sanitizer, etc.

- Check with your child's school about their emergency and disaster plans.

### Week 6: Grocery Store

- 1 gallon of water per person (Total \_\_\_\_\_)
- 2 cans of ready to eat soup \_\_\_\_\_
- 1 can fruit and 2 cans vegetables \_\_\_\_\_

- Have a home fire drill.
- Take family pictures to put in emergency kit.

### Week 7: First Aid

- Scissors, tweezers, sewing kit
- Thermometer
- Medical device batteries (hearing aids, etc.) \_\_\_\_\_
- Additional supply of medications (1-3 month)

- Put shoes and a flashlight under or near your bed so they are on-hand during an emergency.

### Week 8: Hardware & Supplies

- Water purification (tablets, filters, bleach, etc.) \_\_\_\_\_
- Heavy-duty garbage bags
- Waterproof container for vital documents
- Portable radio with batteries

- As applicable, store a spare set of glasses or contacts and saline solution.
- Place copies of prescriptions and other important documents in waterproof container.

### Week 9: Grocery Store

- 1 large can of juice \_\_\_\_\_
- 2 boxes of energy bars/snacks \_\_\_\_\_
- Plastic food bags and aluminum foil
- 3 rolls paper towels
- Paper plates, cups and utensils

- Back-up/copy important computer files, documents, photographs, etc. Send a copy to a family member or friend out-of-state.

### Remember to rotate your supplies!

Replace your emergency supply of water every six months.

Don't forget to buy food that you enjoy eating—this will make it easy to rotate your supplies and keep them fresh. Find occasions to swap out your emergency food supplies such as a camping trip or food donation.