



FEBRUARY *Love Your Life!*

Show your home and your family some preparedness love this month. A few steps can begin to secure your home and avoid bigger problems during a disaster. Let's continue to work on your Stay Kit this month and complete some simple safety tasks.

ACTION ITEMS for February See LINKS for How-To information.

1. Build a first-aid kit for your Stay Kit.
2. Strap your hot water heater - top and bottom - to secure wall studs.
3. Install smoke/ Carbon Monoxide (CO) detectors.
4. Check around your home to ensure that heavy objects are secure and away from beds, couches and children's play areas.

Stay Kit GROCERY LIST (2 of 11)

- 8 gallons of water
plastic containers should be replaced every 6 months
- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 2 14.5-oz cans vegetables
- family-size box of crackers
- special-needs food for 2 weeks
- 4 large (32oz) sport drinks
- Infant/baby food and supplies for 2 weeks
- toothpaste
- jar of nut butter
- extra reading glasses
- personal toiletry items
- 2 20-oz cans ready to eat soup
- permanent marking pens
- 4 8-packs of 12-fl oz cans flavored water

Preparedness Calendar is for a family of 4 & 1 pet - adjust to your needs.

+ DRUG STORE First-aid Stay Kit

- aspirin/acetaminophen
- cold compresses
- rolls of gauze

First aid kit should be customized for your family's unique needs

- first aid tape
- adhesive bandages
- thermometer
- tweezers
- antiseptic
- scissors
- all medications needed for 2-4 weeks
- hand sanitizer/wipes

Assemble a small First-aid Kit for your car: aspirin/acetaminophen, adhesive bandages, your medications needed for 2-4 weeks, antiseptic, hand sanitizer, disinfecting wipes, personal toiletry items.

GOT WATER?

To access the water in your hot-water tank, first be sure that plumbing fixtures and the water heater are not submerged by water. Turn the electricity or gas off and turn off the water intake valve. Start the water flowing by opening the drain at the bottom of the tank and turning on a hot-water faucet. Refill tank before calling PG&E to restore your gas service. See LINKS for more info.

LINKS



1. [How to Brace a Water Heater](#)
2. [LA County.gov Smoke Alarms](#)
3. [Drop Cover and Hold On](#)
4. [Red Cross Build a First Aid Kit](#)
5. [Alameda County Emergency Water](#)

REMINDERS

- ✓ Check batteries in all smoke and CO detectors. Perform a test on each one to ensure they all work.
- ✓ Check your battery cache – replace or replenish. Store with silica pouches.
- ✓ Replenish your first-aid kit.
- ✓ Finish installing L-brackets, safety latches, water heater strapping and securing movable objects.



For more information visit your Martinez Area Community Emergency Response Team, (CERT) www.martinezcet.org

This calendar is designed to break down large tasks into monthly steps to be less overwhelming. The calendar lists many items to be purchased early in the year, before the distractions of the holiday season. While perishables must be replenished, hardware purchases should be mostly one-time expenses. Time purchases to work best for you!