

# JANUARY *Resolve to be Ready!*

Preparing for a disaster or emergency may be easier than you think. Begin by taking some small steps each month that will help you, your family and pets be ready when a disaster strikes. **Stay Kits** will provide essentials for 2 weeks after a disaster when you remain at home and stores may be inaccessible. Designate a closet, cabinet or other dry, cool area for storage. **Go Bags, Pet Kits** and **Car Kits** provide 48 hours of essentials in case you and your family need to leave quickly. Let's start building your Kits!

## **ACTION ITEMS for January.** See LINKS for How-To information.

1. Resolve to be ready with Stay Kits and Go Bags. Start building yours now.
2. Make a family emergency plan and include a reunification plan. Discuss a family home evacuation plan and practice a fire drill. Establish and review assembly points.
3. Check emergency plans at your work and child's school. Establish a family out-of-state contact.
4. Sign up for preparedness training classes this year - [CERT](#) can help!

### Stay Kit **HARDWARE LIST** (1 of 4)

- adjustable crescent wrench
- duct tape
- bungee cords
- extra phone charger, personal computer charger & cords

### Stay Kit **GROCERY LIST** (1 of 11)

- 8 gallons of water (plastic containers should be replaced every 6 months)
- 4 large (32oz) sport drinks
- hand operated can opener
- instant coffee, tea etc.
- pet food and supplies for 1 week

*Preparedness Calendar is for a family of 4 & 1 pet. Adjust to your needs.*

### Items to Install January and February

- ✓ strapping for hot water heater
- ✓ safety latches for cupboards
- ✓ smoke/CO detectors and batteries
- ✓ "Quake Hold" to secure figurines, vases
- ✓ L-brackets to secure furniture to walls
- ✓ hook-and-loop or other fasteners to secure movable objects



### FUN FACTS

- Do not store plastic water containers on concrete. Harmful chemicals will leech through the plastic.
- Save those silica packs to use in your battery cache.

### LINKS

1. [Ready.gov Plan](#)
2. [Listos Disaster Guide](#)
3. [Ready.gov Communication](#)
4. [Ready.gov Kit](#)
5. [EBMUD](#)

### REMINDER

Mark expiration dates on all stored perishables including water, beverages, canned food and bleach. Purchase items you like to consume, rotate your supplies, and use older items first.



For more information visit your Martinez Area Community Emergency Response Team, (CERT) [www.martinezcert.org](http://www.martinezcert.org)

## **ACTION GOAL for the year**

EBMUD warns that water systems may be compromised for 3-7 days after a disaster and recommends storage of a 3-7 day supply of water. Additionally, EBMUD advises to *keep a container to obtain water* should emergency supplies run out. *That could mean waiting in line for water.* CERT recommends storage of at least 1 gallon per person/per day and more for pets for a **30-day supply of water**. Visit [Lamorinda CERT](#) to purchase Samson Water Storage containers. There are many options to fit your budget, needs, and preferences. These high-grade containers do **not** need to be replaced every 6 months. A Samson 30-gallon package will help your family begin to store the water needed. This calendar plan recommends adding, rotating, and replacing water and other beverages throughout the year to keep your Stay Kit & Go Bags ready. Replace plastic water storage containers every 6 months.

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!