



An Avera Partner

20 Weeks to Preparedness

Be Prepared!

Develop An Emergency Kit.

This Emergency Supplies Calendar is intended to help you prepare for emergencies before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies by the expiration date.

(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)

WEEK 19

Grocery Store:

- Plastic wrap
- 1 box quick energy snacks
- Aluminum foil
- Comfort foods (cookies, candy bars)
- Denture care items, if needed.

To Do:

- Review your insurance coverage.
- Purchase and install an emergency escape ladder for upper story windows, if needed.



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