

Weekly Steps for Emergency Preparedness



A budget-friendly plan to build a family disaster supply kit in 24 weeks

The City of San Jose Office of Emergency Management encourages all residents to prepare for disasters by having basic supplies on hand in order to survive for at least three days (or longer) after an emergency.

Below is a checklist of basic items that every emergency supply kit should include. It is also important to review this list and consider where you live and the unique needs of your family in order to create an emergency supply kit that will meet these needs.

Be sure to register with "AlertSCC" and for additional information about being prepared, visit WWW.SJNCERT.ORG

Week 1

- 3 gallons of water*
- 1 can ready-to-eat meat* (tuna, chicken, etc.)
- Large tub to hold items
- Hand-operated can opener

To Do:

- Learn about the emergencies that could happen where you live and the right way to respond to them.

Week 2

- Dry fruit or trail mix
- Permanent marker, paper and pencil

To Do:

- Make sure emergency contact numbers are easy to identify in mobile devices: I.C.E. + contact (I.C.E. = In Case of Emergency).

Week 3

- First aid kit
- Hand sanitizer

To Do:

- Date items in kit.

Week 4

- Battery/hand-crank emergency radio
- 2 flashlights with batteries
- Waterproof matches

To Do:

- Install a carbon monoxide (CO) detector and smoke alarm.
- Make a list of bank account numbers, credit card account numbers and companies, and insurance policy numbers, include in kit.

Week 5

- 1 gallon water*
- 1 can ready-to-eat meat* (tuna, chicken, etc.)
- Energy bars

To Do:

- Identify family meet-up locations.

Week 6

- 1 can fruit*
- 1 box crackers
- Paper plates
- Playing cards
- Plastic container for personal items

To Do:

- Develop home evacuation plans

Week 7

- Pain reliever
- Thermometer
- Hand soap

To Do:

- Practice home evacuation plans.

Week 8

- Utility wrench (to shut off utilities)
- Fire extinguisher
- Utility knife

To Do:

- Locate and identify utility shutoffs.

Week 9

- 1 gallon water*
- 1 can soup*
- Puzzle books/games

To Do:

- Develop an emergency network among family, friends and neighbors.

Week 10

- Dry nuts
- Rain poncho

Week 11

- Laxative
- Antacid
- Anti-diarrheal
- Rubbing alcohol

Week 12

- Duct tape
- Whistle
- Tarp
- Blank DVDs to record home inventory

To Do:

- Use camcorder to record the contents of your home for insurance purposes.
- Make a copy of the recording and send it to an out-of-town friend or family member.

Continued on back

** Purchase one for each member of the household.*