

APHA GET READY CALENDAR 2023

Extreme cuteness for extreme
weather (and other emergencies)



**Get
Ready**

AN INITIATIVE OF THE
AMERICAN PUBLIC HEALTH ASSOCIATION



APHA

AMERICAN PUBLIC HEALTH ASSOCIATION

For science. For action. For health.

Image courtesy: Hannah Albers

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5=	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26	27	28	29	30	31 New Year's Eve



Image courtesy: Bree Major

Make a New Year's resolution to be ready in any emergency.



Image courtesy: Diana Myrvang

Get your whole household involved in emergency planning. Hold practice drills so everyone knows what to do.

Save these dates in 2023

National Public Health Week
April 3-9

Policy Action Institute
June 15-16

Get Ready Day
Sept. 19

APHA's 2023
Annual Meeting and Expo
Nov. 12-15, Atlanta



**Get
Ready**

www.aphagetready.org
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AMERICAN PUBLIC HEALTH ASSOCIATION

Image courtesy: Kristin Prelipp

Taking cuteness... to the extreme!

Here at Get Ready, we know all about extreme weather. Helping people prepare for drought, wildfires, winter storms and hurricanes is what we do! But we also help you get ready for other emergencies and nasty contagious illnesses like COVID-19, the flu and more.

For this year's Get Ready calendar, we knew we needed to take our calendar theme up a notch. We live in unprecedented times, and the photos had to match. And you delivered: More than 300 people shared their most extremely cute animal photos. It was so hard to choose, but we think you'll really enjoy the photos here.

We also redesigned the calendar to make it more useful for people at home and in their offices and classrooms. Use the checklists each

month to make sure you and your family are prepared for whatever life might throw your way. Use the notes section to add your own important preparedness to-dos!

Thank you for being part of the Get Ready calendar tradition. Share the fun with family and friends, and download and print extra copies from our website now!

Launched in 2006, the American Public Health Association's Get Ready campaign helps Americans prepare themselves, their families and their communities for all disasters and hazards, including flu, infectious disease, natural disasters and other emergencies.

Visit our website for fact sheets, graphics and more resources to share.

www.APHAGetReady.org





Image courtesy: Grace Johnson Adams

Be prepared for the cold winter by getting your car ready for an emergency. Make sure you have:

- A full tank of gas
- A bag of salt
- Tire chains
- Antifreeze
- A snow scraper
- Flares



JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
1 New Year's Day	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16 Martin Luther King Jr. Day	17	18	19	20	21	
22 Lunar New Year	23	24	25	26	27	28	
29	30	31	1	2	3	4	





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Image courtesy: Kirsten King

During local emergencies, officials may tell you to evacuate your home for your safety. Be ready before that happens:

- Know your local emergency evacuation routes.
- Have a list of your emergency contacts and plan where you'll meet up with your family.
- Pack your emergency kit with a three-day supply of bottled water and nonperishable food, medication and extra clothes.
- Consider extra accommodations you or your family members might need — for health or disability issues, for pets, etc.



FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
29	30	31	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14 Valentine's Day	15	16	17	18	
19	20 Presidents Day	21	22	23	24	25	
26	27	28	1	2	3	4	



COLLEGE OF PUBLIC HEALTH

Join our on-campus or online MPH, DrPH, MHA or Certificate programs

www.unmc.edu/publichealth



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Image courtesy: María-Teresa Bonafonte Cimiano

When it's time to change your clocks for daylight saving time, use it as a reminder to check on emergency preparedness in your home:

- Check your medications and supply of nonperishable food and water. Make sure you have enough to last each family member for three days. Replace anything that is missing or expired.
- Check the batteries for your smoke alarm, carbon monoxide detector and radon detector.
- Replace your HVAC filters.



CONCORDIA
UNIVERSITY
IRVINE

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
26	27	28	1	2	3	4	
5	6	7	8	9	10	11	
12 Daylight Saving begins	13	14	15	16	17 St. Patrick's Day	18	
19	20	21	22 Ramadan begins	23	24	25	
26	27	28	29	30	31	1	



**CONCORDIA
UNIVERSITY**
IRVINE

Concordia University's Master of Public Health (MPH) and Master of Healthcare Administration (MHA) programs place special emphasis on leadership and prepare students for positions in a variety of healthcare settings.

Details: <https://www.cui.edu/academicprograms/healthcare>



Image courtesy: Alexa Quintana

In an emergency, your pet will need supplies, too. Remember to pack:

- Food and water
- Medicine
- Collar with ID tag and a harness or leash
- Pet carrier, traveling bag or crate
- Sanitation supplies including litter and litter box (if needed), newspapers, paper towels, trash bags and bleach
- Familiar items including toys, treats or bedding



MICHIGAN STATE
UNIVERSITY

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
26	27	28	29	30	31	1	
2	3	4	5 Passover begins	6	7 Good Friday	8	
NATIONAL PUBLIC HEALTH WEEK							
9 Easter	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	1	2	3	4	5	6	



OUR TEAM IS GROWING
 HIRING FACULTY AT ALL LEVELS.
PUBLICHEALTH.MSU.EDU • CAREERS.MSU.EDU

Pursue your public health passions on a highly successful research and instructional team. Emphasizing health disparities and health equity solutions, MSU faculty are leading community-based public health research partnerships with the Flint community.

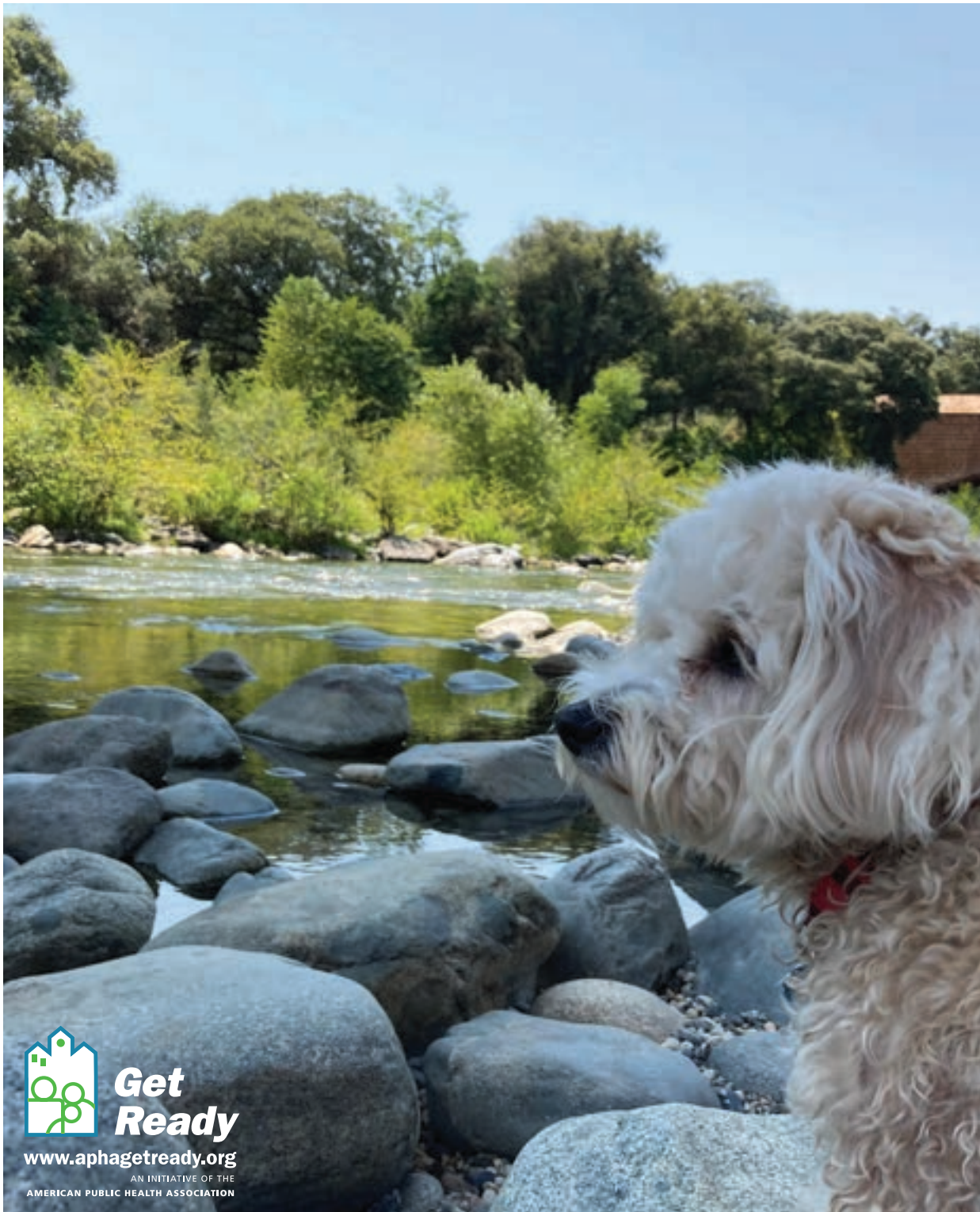


Image courtesy: Judy Robinson

Floods can happen at any time. You can reduce your risk in a flooding disaster:

- Go over evacuation routes with your family before a flood happens. Look for emergency shelters near you in case you need one.
- Stay up-to-date on your tetanus shots. Adults need a tetanus booster shot every 10 years.
- Consider buying flood insurance, especially if you're in a high-risk area.
- Keep valuable items off basement or ground level floors.
- Do not swim or drive in a flooded area.



APHA 2023
Policy
Action
Institute

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
27	1	2	3	4	5	6	_____

7	8	9	10	11	12	13	_____

14 Mother's Day	15	16	17	18	19	20	_____

21	22	23	24	25	26	27	_____

28	29 Memorial Day	30	31	1	2	3	_____

APHA's Policy Action Institute brings the importance of policy to the forefront. Join APHA in Washington, D.C., or online June 15-16 to hear from elected officials, policy experts and influential speakers on the biggest topics in public health today. Visit [APHA.org/pai](https://www.apha.org/pai).





Image courtesy: Mikayla Thomas

Many people have a backup generator to keep things running when the power goes out. Know how to keep your family safe while using a generator:

- Do not use your generator indoors. Generators create carbon monoxide gas, which is poisonous to inhale.
- Use your generator at least 20 feet away from your home.
- Use battery-operated or battery back-up carbon monoxide detectors in your home, especially near where people sleep.



JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
28	29	30	31	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18 Father's Day	19 Juneteenth	20	21	22	23	24	
25	26	27	28	29	30	1	

Congratulate a graduate with a gift membership. Learn more at [APHA.org/Membership/gift-membership](https://www.apha.org/Membership/gift-membership).





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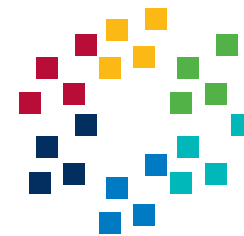
www.aphagetready.org

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Image courtesy: Deborah Smith

Heading out for a road trip? Remember to pack these supplies in your car before your summer fun:

- Spare tire and tools to replace a tire
- Jumper cables or a portable jump starter
- Flashlight and batteries
- Road flares
- First aid kit
- Phone charger
- Extra bottled water and nonperishable food



APHA 2023

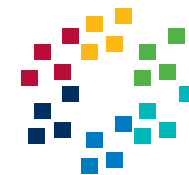
ANNUAL MEETING & EXPO
ATLANTA | NOV. 12 – 15

CREATING THE HEALTHIEST NATION
OVERCOMING SOCIAL & ETHICAL CHALLENGES

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
26	27	28	29	30	31	1	
2	3	4 Independence Day	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	1	2	3	4	5	

APHA 2023 is coming this November. Registration and housing are open. Make your plans now to save and enjoy the best selection of rooms. To learn more, visit [APHA.org/annualmeeting](https://www.apha.org/annualmeeting).



APHA 2023
 ANNUAL MEETING & EXPO
 ATLANTA | NOV. 12 – 15
 CREATING THE HEALTHIEST NATION
 OVERCOMING SOCIAL & ETHICAL CHALLENGES



Image courtesy: Audrey Wick

Wildfire season peaks in August. Take steps to keep safe during a wildfire:

- If it's safe to stay home, stay in a room you can close off from outside air. Set up a portable air cleaner or filter to help reduce smoke inside your home.
- Adults can wear a respirator to reduce smoke inhalation.
- Know your community's evacuation routes if you must leave your home. Make a plan for pets and livestock.
- Stay informed about nearby fires. The National Weather Service maps current fires at [weather.gov/fire](https://www.weather.gov/fire).



AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
27	28	1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31	1	2	

Take advantage of your APHA member benefits. Build your knowledge with full access to *AJPH* and *The Nation's Health*, APHA LEAD communities, Mentor Match and so much more. Learn more at [APHA.org/memberperks](https://www.apha.org/memberperks).





Image courtesy: Claire Johnson

It's time to go back to school! Prepare for a safe and great school year:

- Schedule your child(ren)'s back-to-school and sports physicals.
- Schedule annual booster shots, including flu shots for the family.
- Update any emergency contact information with your child(ren)'s school.
- Wash your hands regularly and cover your coughs and sneezes in your elbow.



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MEDICAL CENTER

NATIONAL PREPAREDNESS MONTH



SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
27	28	29	30	31	1	2	
3	4 Labor Day	5	6	7	8	9	
10	11	12	13	14	15 Rosh Hashanah begins	16	
17	18	19 Get Ready Day	20	21	22	23	
24 Yom Kippur begins	25	26	27	28	29	30	



UNIVERSITY of
ROCHESTER





Image courtesy: Janessa Vanden Berge

Flu season is here. Take steps now to keep yourself and your family healthier as the weather gets cooler:

- Get your flu shot! The shot is free or low-cost with most forms of insurance, and many communities hold free flu shot clinics throughout the fall. You need a new flu shot every year.
- Wash your hands with soap and water and scrub for at least 20 seconds.
- If you're feeling under the weather, stay home! If you must leave your home, wear a mask to avoid spreading germs.



OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
1	2	3	4	5	6	7	
8	9 Columbus/ Indigenous Peoples Day	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31 Halloween	1	2	3	4	





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Image courtesy: Thi Vu

The holiday season is a prime time for emergencies. Avoid disasters at home and on the road with these tips:

- Keep an eye on the stove whenever it's in use. Keep a fire extinguisher close by.
- Never leave a lit candle unattended.
- Keep holiday lights and Christmas trees at least three feet away from any heat source. Keep real trees watered. Turn off or unplug any lights or decorations before going to bed or leaving your home.
- Double-check your smoke detector batteries now!



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NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
27	28	29	1	2	3	4	
5 Daylight Saving ends	6	7	8	9	10	11 Veterans Day	
12 Diwali	13	14	15	16	17	18	
APHA ANNUAL MEETING AND EXPO							
19	20	21	22	23 Thanksgiving Day	24	25	
26	27	28	29	30	1	2	

Public Health Thank You Day is Nov. 20. Consider making a financial gift to APHA so we can continue our work supporting public health and advocating for change. Visit [APHA.org/donate](https://www.apha.org/donate).



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Image courtesy: Laryssa Bonilla

A winter storm can leave you stuck in your home. Follow these tips for winter safety:

- If you use gas heat in your home, crack open your windows slightly so fumes don't build up.
- Keep bottled water, nonperishable food, candles and matches, a battery-powered radio and extra batteries on hand.
- Don't drive during a winter storm. Wait until the roads are plowed.
- Once the storm ends, shovel snow in slow, small amounts. Wear mittens, a hat and a scarf to cover your mouth.



NPHW

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DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
26	27	28	29	30	1	2	
3	4	5	6	7 Hanukkah begins	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25 Christmas Day	26	27	28	29	30	
31 New Year's Eve	1	2	3	4	5	6	

Join APHA's Keep It Moving Challenge now and start planning for National Public Health Week, April 1-7.

Learn more at nphw.org.



NPHW

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JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Feb 1	2	3

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Presidents Day	20	21	22	23	24
25	26	27	28	29	1	2



Image courtesy: Kristin Prelipp

Make sure you have supplies for your pets in case disaster strikes. Stockpile food, water and medication. Identify shelters or hotels that allow pets ahead of time in case you need to evacuate.



Image courtesy: Liz Nelson

Staying up to date on vaccines is key to keeping you and your loved ones from getting seriously sick from diseases like COVID-19, measles or flu.

Save these dates in 2024

National Public Health Week
April 1-7

Policy Action Institute
June

Get Ready Day
Sept. 17

APHA's 2024
Annual Meeting and Expo
Oct. 27-30, Minneapolis

Have a good photo you want to share with Get Ready? Submit your readiness pet photos to the next calendar contest! Keep an eye out for submission guidelines in the summer.





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Image courtesy: Amy Paquette

Check out Get Ready fact sheets and infographics at APHAGetReady.org for year-round preparedness tips.