

# GET READY RUNWAY



**Get  
Ready**

[www.aphagetready.org](http://www.aphagetready.org)

AN INITIATIVE OF THE  
AMERICAN PUBLIC HEALTH ASSOCIATION



AMERICAN PUBLIC HEALTH ASSOCIATION

*For science. For action. For health.*



# DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	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	1 New Year's Day	2	3	4	5	6

# Save these dates in 2024

National Public Health Week  
**April 1-7**

Policy Action Institute  
**June 17-18**

Get Ready Day  
**Sept. 17**

APHA Annual Meeting and Expo  
**Oct. 27-30 in Minneapolis**



Check out more upcoming events  
on our [Events & Meetings](#) page.

Cover image submitted by Sueun Hong.

This page image submitted by Maria Teresa Bonafonte Cimaino.



Serving looks... and emergency preparedness tips!

At Get Ready, we know that when you're prepared for emergencies, you feel better. When you're protected from serious illness via vaccines, when your go-bag is secured, when you know what to do in case of a wildfire, hurricane or winter storm, you can feel assured that you and your family can be as safe and healthy as possible. Nothing looks better than confidence – except maybe the animals in this calendar!

For this year's Get Ready photo contest, we asked you to show us your pets in their most runway-ready attire. We received hundreds of pictures of beloved pets in their most iconic fashions. Every single critter slayed the assignment. It was so hard to pick, but we hope the photos selected here will help encourage you to put your best foot forward, both in fashion and in preparedness.

This year's new larger-format calendar gives you the most space to use for notes, plans and a clean look. But don't worry: It's still chock full of the

preparedness tips you've come to expect from Get Ready. This year, we're covering everything from your emergency stockpile to your mental health. There's something for everyone.

Thank you so much for being part of the Get Ready calendar tradition. We hope you enjoy this year! You can also share the fun and fashion with others and download and print extra copies on our website.

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.

**APHAGetReady.org**

Image submitted by Chris Chanyasulkit.





## THE FLU SNOT A JOKING MATTER.

The flu may be common, but it can also be really dangerous. Take steps to protect yourself and your loved ones.

- The best way to avoid the flu is getting the flu shot every year!
- Prevent the spread of flu by washing your hands for 20 seconds (about as long as it takes to sing "Happy Birthday").
- Tissues, a humidifier, plenty of liquids and a thermometer are helpful to have around in case someone in your house gets the flu.



Learn more about the flu with our Flu Fact Sheet.

Image submitted by Roxana Amaya-Fuentes.



# January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 New Year's Day	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	1	2	3

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O'Donnell School of Public Health



## ROSES ARE RED, VIOLETS ARE BLUE, I HAVE A WARM COAT ON, SO SHOULD YOU.

In the winter, keep your emergency stockpile up-to-date so you're ready for a blizzard or snowstorm.

- Make sure you have enough water and food stockpiled for your family. Include pets!
- If you use gas or oil for heating, turn the heat down and wear extra layers of clothes to preserve fuel.
- If you live in a rural area, keep a flare gun in your supplies to signal for help if needed.



Learn more about winter storm readiness with our Winter Storm Fact Sheet.

Image submitted by Emily Killian.





# February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10 Lunar New Year
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



BOLD THINKERS DRIVING  
REAL-WORLD IMPACT



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## LOSING AN HOUR OF SLEEP... AND MY PATIENCE.

Your emotions and mental health are important. Take time to de-stress and relax with others or alone.

- Maintaining physical health can improve your mental health. Eat healthy foods, drink plenty of clean water, exercise regularly and get enough sleep.
- Take media breaks, especially if the news is stressful.
- Talk to a mental health provider.
- If you or someone you love is in a mental health emergency, call 988, the National Suicide and Crisis Lifeline.



Learn more about caring for your mental health with our Mental Health Fact Sheet.

Image submitted by Grace Stevens.



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of PUBLIC HEALTH

# March 2024

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



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## **SORRY, I GOT DISTRACTED WHILE GOING THROUGH MY STOCKED SUPPLIES.**

While preparing for emergencies, make sure to include your pets and their needs too.

- People and animals need a gallon of water per person/critter, per day, for three days.
- Spread out the cost of stockpiling by getting just a few items at a time.
- Keep emergency supplies, including pet food, medication, leashes or litter, in one place so it's easy to grab if you need to leave quickly.





Get ready for emergencies using our Stockpiling Checklist.

Image submitted by James Acord.



**MICHIGAN STATE**  
UNIVERSITY

# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Easter	1	2	3	4	5	6
<b>NATIONAL PUBLIC HEALTH WEEK</b>						
7	8	9 Eid Al-Fitr	10	11	12	13
14	15	16	17	18	19	20
21	22 Passover begins	23	24	25	26	27
28	29	30	 <b>NATIONAL PUBLIC HEALTH WEEK</b>  <p><b>Learn more &amp; follow along with NPHW!</b> Find our daily themes, toolkit, fact sheets, shareables and much more at <a href="https://NPHW.org">NPHW.org</a>.</p>			



## LOOK FLY, BUT DON'T ATTRACT MOSQUITOES.

Little insects can cause big trouble. Protect yourself from bugs and bites.

- Wear long sleeves, long pants and other clothes that cover your skin when outdoors.
- Get rid of standing water in your yard. It's a mosquito's favorite home.
- Traveling? Treat your gear with 0.5% permethrin to repel ticks.
- Take a shower as soon as you get home from outdoor adventures.



Learn more about insect bite prevention with our Mosquito Fact Sheet.

Image submitted by Samantha Saykao.



# May 2024

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



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## ALL THIS WATER AND WE CAN'T GO FOR A SWIM?

We love making a splash but stay away from dangerous flood waters.

- Never walk, drive or swim in flood water. You can be quickly swept away in very shallow water.
- Don't drink flood water or use it to cook, clean or brush your teeth.
- Keep your emergency supplies and important documents off the floor or on higher shelves so they don't get damaged by flooding.
- If flooding is common in your area, consider getting flood insurance.



Learn more about flood safety with our Flood Fact Sheet.

Image submitted by Carla M. Duggal.

**YOUR PATH  
TOWARD PUBLIC  
HEALTH LEADERSHIP.**

ONLINE MPH WITH 4 CONCENTRATIONS





# June 2024

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



**THE UNIVERSITY OF  
TENNESSEE**  
KNOXVILLE  
DEPARTMENT OF PUBLIC HEALTH



**YOUR PATH TOWARD  
PUBLIC HEALTH LEADERSHIP.**

ONLINE MPH WITH 4 CONCENTRATIONS





## HEATWAVES & FASHION GOT ME SEEING STARS.

Summer heat can be dangerous. Take steps to keep your cool when temperatures rise.

- Drink plenty of water during hot days.
- Stay indoors with air conditioning if possible. If you don't have AC, try a public place that does, like the library.
- Avoid heavy outdoor activity during the hottest part of the day. Early morning or late evening can help prevent heat exhaustion.



Learn more about heat safety with our Drought/Heat Fact Sheet.

Image submitted by Sue Workman.



[publichealth.nyu.edu](http://publichealth.nyu.edu)



# July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	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

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**WORLD'S MOST GLOBAL CITY**



**NYU**

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PUBLIC HEALTH**



## LOOKING GOOD EVEN IF WE'RE STAYING HOME.

Hurricane season is June-November. People living around the Atlantic and Gulf Coast regions are at highest risk.

- Have three to five days' worth of food and water for every person and pet in your home. Storms like hurricanes can last for a long time.
- Keep a battery-powered or hand-crank radio with your supplies in case the power goes out.
- Listen to local officials in case of evacuation orders. Follow designated routes to make it to a safe area.



Learn more about hurricane preparedness with our Hurricane Fact Sheet.

Image submitted by Kelsey Wahowiak-Shaw.



# August 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	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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## FEELIN' AS FRESH AS THE AUTUMN AIR!

Hotter conditions mean a longer wildfire season. Staying alert and listening to officials can save lives.

- Take the time to keep brush and other vegetation away from your home and remove dead and dried leaves and plant material to prevent the spread of wildfires.
- Have a plan for sheltering in place with a clean air room, away from doors and windows. Use an air purifier and have N95 masks handy.
- If there's wildfire smoke in your area, stay indoors as much as possible. Wear an N95 mask if you must go outside.



Learn more about wildfire safety with our Wildfire Fact Sheet.

Image submitted by Nandi Marshall.



NATIONAL PREPAREDNESS MONTH

# September 2024

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





## I WANT YOU TO BE PREPARED AH, AH, AH!

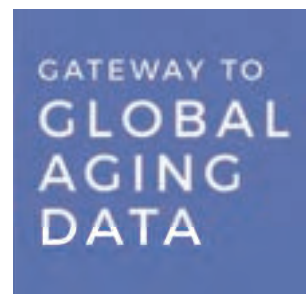
This is a great time of year to do simple check-ins on preparedness with your loved ones.

- Have plans for the most common natural disasters in your area. Go over plans as a family.
- Simple tools around the house can save lives. Make sure you have smoke, carbon monoxide and radon detectors; fire extinguishers; and a first aid kit on hand.
- Consider taking a first aid or Stop the Bleed course. No vampires required.



Learn more about preparedness with our Being Prepared Infographic.

Image submitted by Erin Mauck.





# October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2 Rosh Hashanah begins at sundown	3	4	5
6	7	8	9	10	11 Yom Kippur begins at sundown	12
13	14 Indigenous People's Day / Columbus Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween	1 Diwali	2
APHA ANNUAL MEETING AND EXPO						



## UNDER THE TABLE FOR EARTHQUAKES... AND THANKSGIVING CRUMBS.

Keep your cool when you feel a tremor.

- If an earthquake starts, drop to the ground and get under a sturdy piece of furniture, such as a strong table or desk. Hold on and cover your head until the earthquake ends.
- Identify a meeting spot for loved ones in case anyone is separated and can't reach home.
- Make sure not to touch any downed power lines or bodies of water after an earthquake.



Learn more about earthquake safety with our Earthquake Fact Sheet.

Image submitted by Anna Alikhani.



# November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31 Halloween	1 Diwali	2
3 Daylight Saving ends	4	5 Election Day	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29	30

My seizures may go unnoticed.  
My epilepsy story will not.



ChangeOurStory.org



## **BRINGING GERMS TO THE FUNCTION? THAT'S NOT VERY NICE AT ALL.**

The holidays are a time for sharing – but not our germs. Keeping your loved ones healthy is the perfect gift.

- If you haven't already, now is a great time to get your annual flu shot and any other boosters recommended by your doctor.
- Prevent the spread of germs by washing your hands regularly. Sneeze or cough into the crook of your elbow, not your hands.
- Wearing a mask is great for preventing the spread of illnesses.
- If you're feeling under the weather, stay home!



Learn more about illness prevention with our Handwashing Infographic.

Image submitted by Sandy Doughton.



TEXAS A&M UNIVERSITY  
School of Public Health

# December 2024

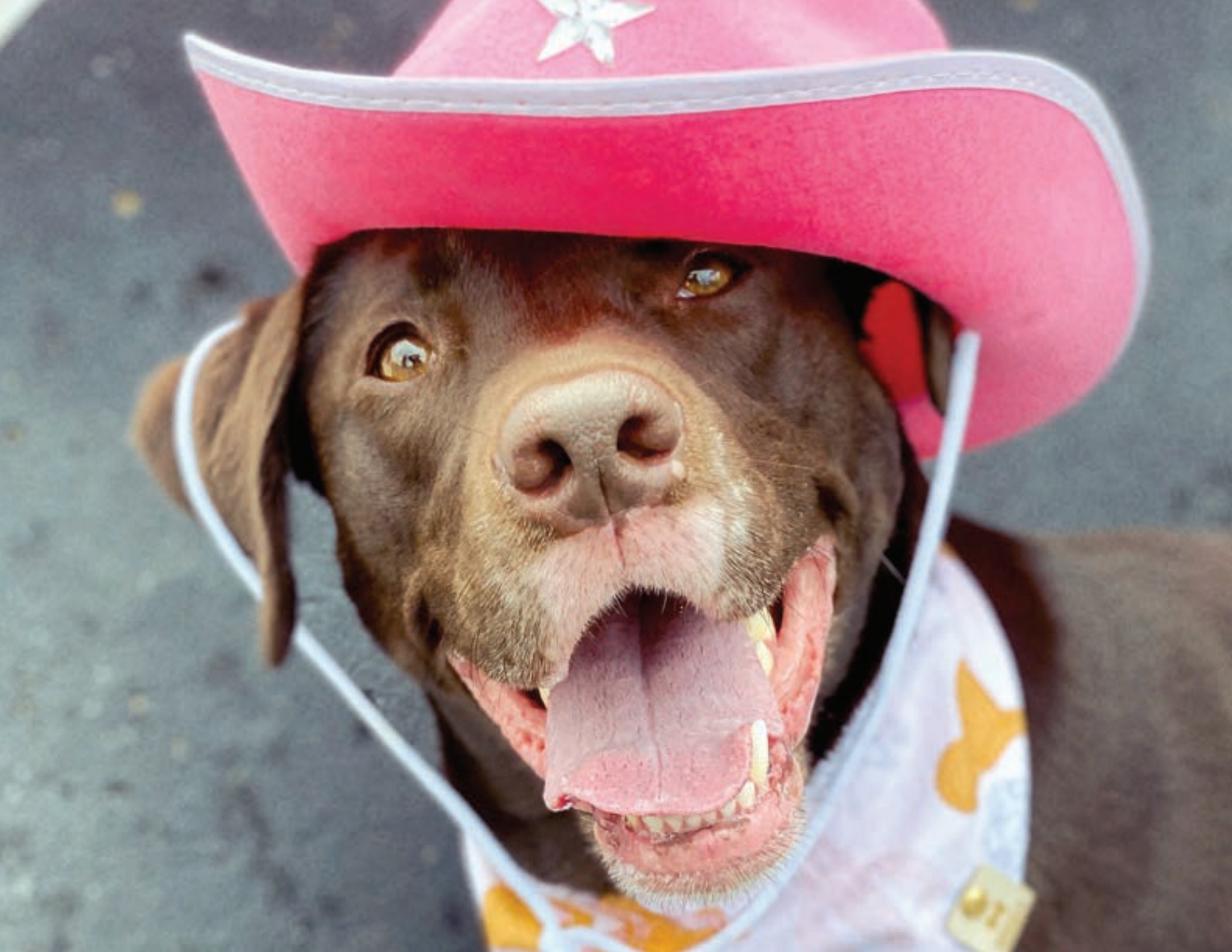
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day Hanukkah begins at sundown	26	27	28
29	30	31 New Year's Eve	1 New Year's Day	2	3	4



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# JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 New Year's Eve	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	1

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Policy Action Institute  
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Get Ready Day  
**Sept. 16**

APHA Annual Meeting and Expo  
**Nov. 2-5 in Washington, DC**



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This page image submitted by Jessica Kulak.

Back cover image submitted by Luz Colmenares.



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