Awwwwwpocalypse!
APHA’s 2017 Get Ready Calendar

Preparedness is nothing to sneeze at.

Get Ready
www.aphagetready.org

AMERICAN PUBLIC HEALTH ASSOCIATION
For science. For action. For health.
Disasters and other emergencies can happen anytime, so it’s important to be prepared year-round. **Awwwwpocalypse: APHA’s 2017 Get Ready Calendar** can help you get there.

The theme for our fifth annual Get Ready Photo Contest, held in 2016, was baby animals. We received more than 400 adorable photos, from baby llamas and horses to puppies and kittens. There was so much adorableness that judging was tough, but finally our team narrowed it down to the top 20 vote-getters, which are here in this calendar.

With fun photos and captions and tips for preparing for disasters, the Get Ready Calendar is one you’ll want to hang on your desk, post on your refrigerator and share with family and friends. Download and print more 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 resources to share.

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

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**I have my emergency water supplies stowed!**

Water is a must-have for your emergency supplies. You should always have a three-day supply of clean water stored, at least one gallon per person per day. If you have three people in your household, for example, you should have nine gallons stored.

**No lyin’! Disasters can sneak up on you without warning.**

Staying informed can keep you safe. Sign up for emergency alerts and download preparedness apps for your region. Pay attention to official announcements about weather dangers.
Preparedness doesn’t have to be difficult. There are three basic things you can do to get started: Make an emergency plan, create an emergency preparedness kit and learn about disasters in your area. These simple steps will help you and your family get ready!

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I shoulda prepared for floods!

Floods can happen anytime and in surprising places. Find out about flood risks in your area. Pay attention to flood advisories and shelter in place or evacuate if told to. Never walk or drive through floodwaters.

Get Ready
www.aphagetreedy.org

February 2017

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Washington’s Birthday

Photo of Duke submitted by Heather McEachern
Not preparing for disasters is a baaaaaaaaad idea.

Don’t be left in the dark — literally. Power outages are common and can last for hours or days. Store flashlights, batteries and a radio in your emergency supplies. Don’t use candles, and keep your refrigerator and freezer closed.
Sheltering in place is purrrrrrfectly pleasant when you have a plan.

During an emergency, local officials may tell you to shelter in place. That means you should stay where you are to stay safe. Know where the safest place in your home is, and keep your emergency supplies up to date.

Photo submitted by Boo Kirsch Hynes

National Public Health Week
Practice makes perfect! Once you’ve created an emergency plan, review it with your household. Practice your plan so everyone knows their role and where to go.

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**May 2017**

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Memorial Day

*Photo submitted by Barry J. Bellovin*
Good thing we all know where to meet up during an emergency!

It’s possible you’ll be separated from friends and family during a disaster. That’s why having a meet-up location is important. Choose a safe location close by and another one that’s out of town in case you’re evacuating. Make sure everyone knows where to go.

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Photo of Dexter, Lacy and friends submitted by Patrick Aird
I’m peep-ared for hot summer weather!

Summer weather can be hot, hot, hot. To avoid heat-related illness, stay inside where it’s air-conditioned. Avoid strenuous outdoor exercise. If you’re feeling faint, dizzy or nauseous or have heavy sweating or exhaustion during hot weather, seek help.

Photo submitted by Eugenia Rodrigues

July 2017
Time to take shell-ter!

Know where to go in case of disaster.

Some places are safer than others during a disaster. Luckily, your local officials have already figured out where those are in your community. Find out now where your local shelters are and decide how you’ll get there when you need to.

Photo submitted by
María Teresa Bonafonte Cimiano

August 2017
National Preparedness Month

September is National Preparedness Month, and it’s a great time to prepare for disasters.

Emergencies can occur anytime and anywhere. That’s why everyone needs to be prepared. Being ready can keep you, your family and community safe.

To get started, build a kit, make a plan and be informed. Think about the needs of your household, and tailor your plan to fit. Know how you will communicate with people you care about and how you’ll meet up.

Fact sheets and resources at www.APHAGetReady.org can help you prepare.

You’d never forget me in your disaster plans, would you?

Your pets need supplies too, and they can’t pack their own. Prepare a stockpile of at least three days of food and bottled water for your pet. Pack toys, blankets and other supplies your pet will need, such as cat litter or hamster bedding.

Glad I updated the necessities in my emergency supplies!

There are many items you should have in your emergency preparedness stockpile. Among the most important are food, water, flashlights, batteries, a radio and first-aid kit. Use the twice-a-year clock change as a reminder to refresh your supplies.
Mine, all mine!

Be sure to squirrel away food for emergencies.

Your emergency kit should have a three-day supply of nonperishable food for each person. Good foods to store include canned meat, fruit, vegetables and soups, as well as snack bars, crackers and nuts. Don’t forget a manual can opener!

Photo submitted by Julie Hyde
No monkeying around!

Know the disaster risks in your area.

Do you know the disaster risks where you live? If you’re on the West Coast, you’re at higher risk for earthquakes. If there’s a dam in your community, you could be at risk for flooding. Find out what your community’s risks are and be prepared for them.

Photo submitted by Aaron Miller
Disasters can happen fast, leaving you without time to pack. That’s why you should always have a go-bag with essential supplies packed and ready. Keep your go-bag in a place that’s easy to access and protected from moisture or bugs.

I’ll a-pack-a my go-bag now so I’m ready to jam in a disaster!

Disasters can happen fast, leaving you without time to pack. That’s why you should always have a go-bag with essential supplies packed and ready. Keep your go-bag in a place that’s easy to access and protected from moisture or bugs.

APHA’s 2017 Annual Meeting and Expo

Daylight saving time ends

Election Day

Veterans Day

Thanksgiving Day

Photo submitted by Laura Santurri

November 2017
Don’t hold back! Update your winter preparedness supplies now.

Getting ready for a winter storm can help you prepare for any emergency. Stock up on supplies for your home and your car. Winter safety kits should include shovels, salt and a snow scraper. Be prepared for power outages, too.

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Christmas Day

Photo of Diesel submitted by Crystal Dillingham
Holidays

2017 holidays and dates to remember

Monday, Jan. 2: New Year’s Day observed
Monday, Jan. 16: Martin Luther King Jr. Birthday
Wednesday, Jan. 20: Inauguration Day
Monday, Feb. 20: Washington’s Birthday
Sunday, March 12: Daylight saving time begins
April 3-9: National Public Health Week
Monday, May 29: Memorial Day
Tuesday, July 4: Independence Day
September: National Preparedness Month
Monday, Sept. 4: Labor Day
Tuesday, Sept. 19: Get Ready Day
Monday, Oct. 9: Columbus Day
Nov. 4-8: APHA’s 2017 Annual Meeting and Expo
Sunday, Nov. 5: Daylight saving time ends
Tuesday, Nov. 7: Election Day
Friday, Nov. 10: Veterans Day observed
Thursday, Nov. 23: Thanksgiving Day
Monday, Dec. 25: Christmas Day

Don’t hang around! Always follow orders to evacuate.

During a hurricane, wildfire or other disasters, you may need to leave quickly. Know your local evacuation routes and where you’ll go. Keep paper maps in your car and mark shelter and hotel locations.

I’m ready to pup-are for disasters!

Preparedness doesn’t have to be a solo activity. You can make planning a team effort by designating a “preparedness buddy.” Compare your preparedness plans and share shopping lists. Exchange your emergency contact information, too.

Get Ready
www.aphagetready.org
AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Photo of Sir Mason Cowboy McLovin submitted by Jennifer Roysdon
Photo submitted by Cindy Umanzor
You’re never too small to get ready!

Include your little piggies in your disaster planning.