

Get Ready & Rest Easy

2025 Calendar



**Get
Ready**

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AN INITIATIVE OF THE
AMERICAN PUBLIC HEALTH ASSOCIATION



AMERICAN PUBLIC HEALTH ASSOCIATION

For science. For action. For 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	26	27	28
29	30	31 New Year's Eve	1 New Year's Day	2	3	4

Save these dates in 2025

National Public Health Week
April 7-13

Policy Action Institute
June 16-17

Get Ready Day
Sept. 16

APHA Annual Meeting and Expo
Nov. 2-5 in Washington, D.C.



Check out more upcoming events on our
Events & Meetings page.

Cover image submitted by Allison Marshall.

This page image submitted by Yosef Siegal.



Rest easy knowing you're prepared for emergencies!

At Get Ready, we understand that being prepared for emergencies brings peace of mind. When you're protected by vaccines, have your go-bag ready, and know how to handle situations like home disasters, hurricanes or winter storms, you can feel confident that you and your family are as safe and healthy as possible. It's much easier to relax knowing you're ready for whatever comes your way – just look at the adorable animals featured in this calendar for proof!

For this year's Get Ready photo contest, we invited you to share pictures of your pets in their sleepest moments. We received hundreds of photos of pets snoozing, and every single one made us go "aww." Choosing the winners was a tough task, but we hope the photos featured here will remind you that being prepared can ensure you sleep soundly!

Just like last year's edition, this larger-format calendar offers extra space for your notes and plans in the layout. But don't worry – it still in-

cludes all the preparedness tips you rely on from Get Ready. You'll find advice on everything from creating evacuation plans to staying healthy from COVID-19 and the flu. There's something for everyone!

Thank you for continuing the Get Ready calendar tradition with us! We hope you enjoy this year's calendar. Don't forget: you can share the fun all year long by downloading and printing extra copies from 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.

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Image submitted by Keira Wickliffe Berger.



Snowed in? Stay warm, cozy and prepared!

Check your family’s emergency stockpile to stay ready for winter storms.

- Ensure your home is stocked with essentials: batteries, non-perishable food, bottled water, candles, heating fuel and a gas-powered heat source.
- Stock your car with a snow scraper, antifreeze, tow chains, flashlight and bag of salt.
- If you heat your home with gas or oil, lower the thermostat and wear extra layers to save fuel.



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Learn more about winter storms with our Winter Storms Fact Sheet.

Image submitted by Jan Brigitte Guariglia.



January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31 New Year’s Day	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 Lunar New Year	30	31	1

Books addressing the needs, interests, and goals of today’s **public health** practitioners





Earthquakes shake, things might sway, but with a plan, you'll be okay!

Don't snooze on preparing for an earthquake. Have a plan for earthquake safety.

- When an earthquake starts, drop to the ground and take cover under a sturdy table or desk. Hold on and protect your head until the shaking stops.
- Choose a meeting place for family members in case you get separated and can't get home.
- Check for nearby fires or gas leaks after an earthquake.



Learn more about earthquake preparedness with our Earthquake Fact Sheet.



Image submitted by Brianna Cochran.



TEXAS A&M UNIVERSITY
School of Public Health

February 2025

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



Don't rely on luck—
be ready for any
disaster.

Knowing what to do in case of an emergency at home is important. You can prevent serious damage to your home by staying prepared with essential supplies.

- Check that your carbon monoxide detectors have fresh batteries and are functioning properly to keep your home safe. Change your batteries when you change your clocks to help you remember.
- Smoke alarms and fire extinguishers are useful ways to prevent damage from house fires.
- Practice drills with your family so everyone is included in home safety preparedness.



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Learn more about home preparations with our Home Disasters Fact Sheet.



Image submitted by Sara Aghaee.



JOHNS HOPKINS
BLOOMBERG SCHOOL
of PUBLIC HEALTH

March 2025

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



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of PUBLIC HEALTH

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Stay dry and dreamy!

Don't let floods catch you napping: have a plan, keep your supplies dry and sleep sound knowing you're ready for high waters.

- Avoid driving, walking or swimming in flood waters. Even shallow water can quickly pull you under.
- Move important and valuable items off the floor for protection from flooding. Store non-perishable food in waterproof containers.
- If you can, turn off electricity, gas and water before evacuating.



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Learn more about flood preparation using our Flood Fact Sheet.



Image submitted by Paula Moir.



April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Eid al-Fitr	1	2	3	4	5
6	7	8	9	10	11	12 Passover begins
	NATIONAL PUBLIC HEALTH WEEK					
13	14	15	16	17	18 Good Friday	19
20 Easter Sunday	21	22	23	24	25	26
27	28	29	30	<div><div>NATIONAL PUBLIC HEALTH WEEK</div></div> <div>Learn more & follow along with NPHW!</div>		

EMPHASIZING HEALTH EQUITY SOLUTIONS: The Michigan State Charles Stewart Mott Department of Public Health is the first academic department to be co-developed and co-governed with the communities it serves.

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Keep calm and let your mind unwind.

Your mental health is important. Take care of yourself before, during and after emergencies.

- Healing and grieving are normal, and you don't need to do it alone. Ask for support if you need it.
- Your brain and body are connected! Taking care of your physical health can help your mental health too.
- If you or someone you love is experiencing 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 Lori Edwards.



MENTAL HEALTH AWARENESS MONTH

May 2025

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

PREPARE
FOR WHAT'S
NEXT



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Epidemiology and Health Promotion emphases





HurriCAN'T catch me unprepared.

Hurricane and tornado season can be scary, but you can be ready! Have a storm plan ready so you can weather any whirlwind.

- Charge all your electronic devices and have backup batteries or power banks on hand.
- Have a weather radio to stay updated on weather alerts and warnings.
- Know the safest places in your home for taking shelter: basements or interior rooms without windows.
- Take evacuation orders seriously and make a plan with your family in advance.



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Learn more about hurricanes with our Hurricane Fact Sheet.

Image submitted by Caroline Benitez.

UC San Diego
**HERBERT WERTHEIM
SCHOOL OF PUBLIC HEALTH AND
HUMAN LONGEVITY SCIENCE**
publichealth.ucsd.edu



June 2025

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





All this sun makes me sleepy!

Beat the heat by taking steps to stay safe during heat waves.

- Drink lots of water and stay in the shade when it’s hot out. Install a window AC unit or use a fan to protect against heat stroke on extremely hot days.
- Don’t leave kids or pets in hot cars.
- Know the signs of heat exhaustion, like heavy sweating or feeling faint, dizzy or nauseous, so you don’t overheat.



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Learn more about heat safety with our Heat Wave Fact Sheet.

Image submitted by Arielle Hieronimus.



SCHOOL OF GLOBAL PUBLIC HEALTH



EXTREME HEAT AWARENESS MONTH

July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	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



NYU

SCHOOL OF GLOBAL PUBLIC HEALTH



CREATE THE FUTURE OF PUBLIC HEALTH



Nothing bugs me during naptime.

Mosquitoes are most active during warm months. People living in humid or wooded areas are at higher risk for bites.

- When spending time outside, use insect repellent. Avoid using scented fragrances or scented lotions that may attract mosquitoes.
- Put screens on windows at your home and make sure there are no rips or tears.
- Remove standing water from your yard – it attracts mosquitoes!



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Learn about preventing mosquito-borne illness with our Mosquito Fact Sheet.

Image submitted by Arianne Noorestani.



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August 2025

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



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FALLing into sweet dreams.

Back to school season is a great time to check in about preparedness with friends and family.

- Review your natural disaster communication and evacuation plans with your family.
- Refresh your stockpile and first aid kit and get rid of any expired supplies.
- Make sure your children's school or daycare has updated emergency procedures and contacts on file.

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Learn about disaster preparedness with our Evacuation Preparation Fact Sheet.



Image submitted by Julia Bai.



NATIONAL PREPAREDNESS MONTH September 2025

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



UNIVERSITY of
ROCHESTER





Feeling sick? Rest up!

Keep yourself and others healthy this flu season by staying prepared.

- Plan to get your flu shot every year!
- Keep tissues, a lidded wastebasket, thermometer, humidifier and water nearby when home with the flu.
- Stop the flu from spreading by washing your hands for 20 seconds—about the time it takes to sing “Happy Birthday.”



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Learn more about flu prevention with our Flu Fact Sheet.



Image submitted by Kady Cooley.





GATEWAY EXPOSOME COORDINATING CENTER

October 2025

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



The Gateway (g2aging.org) is a free resource for longitudinal and cross-national research on health, aging, and retirement



GATEWAY EXPOSOME COORDINATING CENTER

The GECC (gatewayexposome.org) seeks to shape better data about how life experiences contribute to dementia



Saying goodnight to germs.

COVID-19 is still present. Stay prepared in case you get sick this holiday season.

- Stay up to date on COVID-19 vaccinations and boosters.
- Test at home or with a professional if exposed to COVID-19.
- Because of the ongoing changes, guidelines from health officials are updated to keep you safe. Check out CDC.gov and WHO.int for updated recommendations.



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Learn more about COVID-19 prevention with our COVID-19 Fact Sheet.
Image submitted by Kerri Nelson.



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November 2025

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



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Preparedness means everyone sleeps safe and sound.

It is important that everybody is ready for emergencies. If you're living with a disability, there are a few extra tips you should keep in mind.

- Identify who can help you during an emergency and discuss your needs with family, friends and neighbors.
- Plan for accessible transportation options in case you need to evacuate. Some local emergency response agencies have services for people with disabilities.
- If you have a service animal, include their needs in your emergency plan.



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Learn more about disability preparation with our Disability Preparation Fact Sheet.



Image submitted by Marina Zarembo.



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December 2025

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



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JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	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 MLK Jr. Day	20	21	22	23	24
25	26	27	28	29	30	31

Save these dates in 2026

National Public Health Week
April 6-12

Get Ready Day
Sept. 15

APHA Annual Meeting and Expo
Nov. 1-5 in San Antonio, TX



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This page image submitted by Gillian Henneberry.
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