



Be prepared  
like me with

# APHA's Get Ready Tips from Tots 2015 Calendar



**Get  
Ready**

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I'm prepared for disasters  
with my best friend!

A little planning can help your pets remain safe and happy until an emergency is over. Make sure your stockpile contains a three-day supply of food, water and supplies for your pets. <http://bit.ly/PetStockPiling>

Tommy, 8 months



I'm ready for a disaster!

Disasters can seem scary if you're a child, but preparing ahead of time helps. Involving children in your family's preparedness activities can be key to helping them stay safe and overcome their fears. Talk to your kids about disasters before they occur, rehearse your emergency plans and build your supply kit together. Visit the Get Ready parents page for more tips and fact sheets. <http://bit.ly/PreparedParents>

Lorenzo, 4 months

## About Get Ready

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 pandemic flu, infectious disease, natural disasters and other emergencies.

In 2012 and 2013, the campaign held a successful cat and dog photo contest in conjunction with National Preparedness Month. This year's contest Get Ready is using images of babies in a fun way to promote emergency preparedness.

Preparedness is important for you, your family and your community. Yet many people are not ready for disasters. Luckily, APHA's Get Ready campaign is here to help! The Get Ready campaign includes free resources, including fact sheets, a blog, a Twitter, podcasts, Q&As and a calendar of events. We even have tips on preparedness for pregnant women and families with infants.

Browse our site for free materials you can use at your next health fair or community event, or find information to help you get more prepared.

Pictured on cover: Ethan, 12 months



Aariz, 10 months



I'm not ready to go inside.  
 I'm dressed just right to play in the snow.

If you have to go outside during a winter storm, bundle up. Wear mittens and a hat to stay warm. Limit your time outdoors.  
<http://bit.ly/WinterStormReady>

Alice, 11 months

## January 2015

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



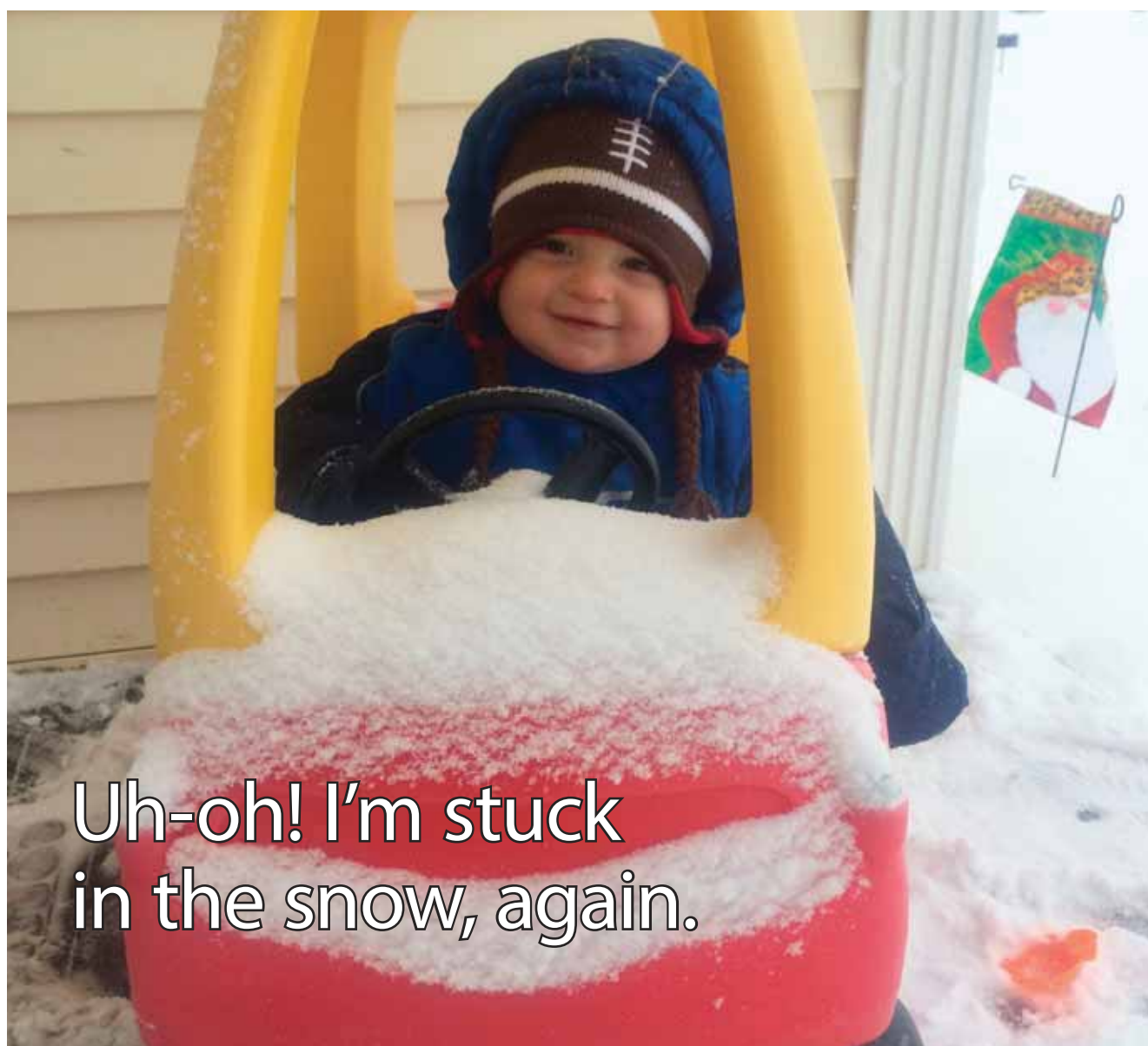
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If you're trapped in your car in a blizzard, pull off the road and turn on your hazard lights. Don't leave your car unless you absolutely know where you can take shelter.

<http://bit.ly/DrivingDisasters>

Dominic, 8 months



Uh-oh! I'm stuck in the snow, again.

## February 2015

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	25	26	27	28
1	2	3	4	5	6	7



I have everything I need!

Wondering what to include in your emergency supply kit? Food, water, flashlights, batteries and a first-aid kit are a good start. Check out Get Ready's checklist for full supplies. <http://bit.ly/StockPiling>

Maia, 8 months

## March 2015

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	25	26	27	28
29	30	31	1	2	3	4



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When a tornado is forecast, go quickly to your shelter area. Pay attention to weather alerts and follow safety instructions from officials.  
<http://bit.ly/TornadoSafe>

Emilia, 11 months



I think a storm is coming!  
Let's move away from the windows.

## April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1	2

Listen up! Officials are a great source of advice during a disaster.

If local officials issue an emergency watch or warning, listen for instructions and pay attention to official reports on your battery-operated radio or TV. Hurricane season in the Atlantic starts June 1, so now is a great time to get ready.  
<http://bit.ly/HurricaneSafe>

Dominic, 11 months

## May 2015

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
24/31	25	26	27	28	29	30

My hat and sunscreen  
 will help protect me  
 against the sun,

but not during  
 a heat wave.

Avoid outdoor exercise during a heat wave and stay in an air-conditioned area when temperatures are high. Drink plenty of water, too. <http://bit.ly/HeatwavesSafety>

Jesse, 7 months

## June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1	2	3	4





I know how to stay safe in a big crowd.

Make preparations before heading to events where there will be lots of people. Check the weather before you go and pack a map of the area. Bring water, sunblock and hand sanitizer, too. <http://bit.ly/masseventsafety>

Zachary, 6 months

## July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
26	27	28	29	30	31	1



Don't be left  
in the dark.

Losing electricity in your home for a few minutes or hours can be a nuisance. Keep a battery-operated light in your emergency stockpile kit. <http://bit.ly/PowerOutageSafe>

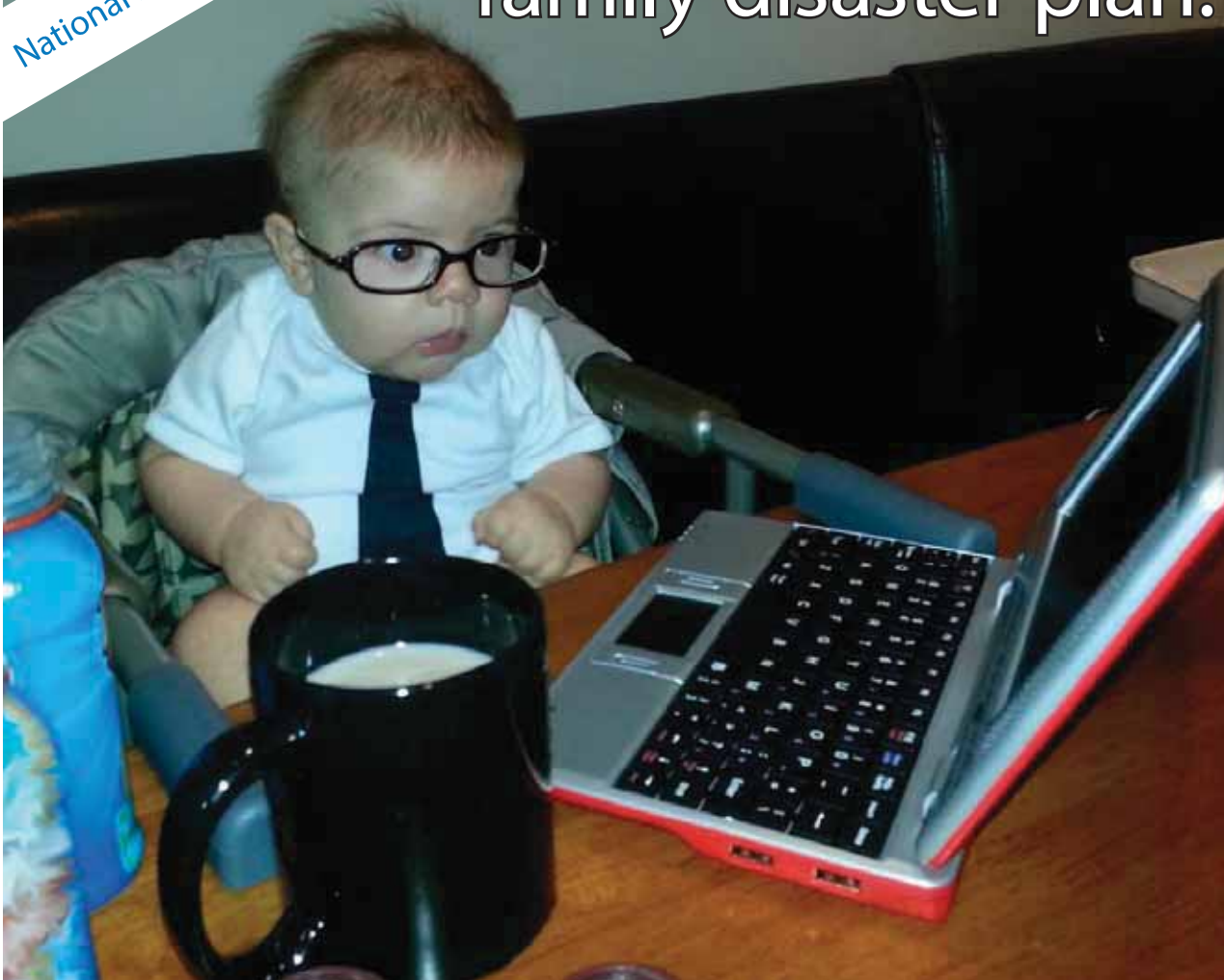
Ben, 4 months

## August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	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
23/30	24/31	25	26	27	28	29

National Preparedness Month


# Let's develop a family disaster plan.



Create a communication plan to help you and your loved ones connect and get help during a disaster. Choose an emergency contact, subscribe to alerts and make a contact card.  
<http://bit.ly/FamilyGetReady>

Zander, 4 months

## September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15  Get Ready Day	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3



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They may be tiny, but mosquitoes pack a dangerous punch.

Protect yourself from mosquito-borne diseases. Wear long sleeves and long pants and use proper insect repellent.  
<http://bit.ly/MosquitoSafe>

Teddy, 4 months

## October 2015

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	26	27	28	29	30	31



I'm ready to go.



Have your emergency supplies packed and ready to go in a portable container, and never ignore evacuation orders. Learn about evacuation procedures for your child's school or day care, too.

<http://bit.ly/PreparedParents>

Nicholas, 11 months

## November 2015

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	25	26	27	28
29	30	1	2	3	4	5



Don't be alarmed.  
We have safety features in place.



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With the right equipment and planning, many of the disasters that happen at home can be prevented. Make sure you have smoke alarms and carbon monoxide detectors in place, and know the emergency risks in your home.  
<http://bit.ly/homedisasters>

Hadley, 5 months

## December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	26
27	28	29	30	31	1	2