

# Plan with the pack!

## APHA's 2021 Get Ready Calendar

Image courtesy Jenna Clark



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# Stay paws-itive and pup-pared!

Image courtesy Stacey Griner

Make preparedness fun! By planning and getting ready for emergencies ahead of time, you can avoid being stressed.

With the COVID-19 pandemic, it's more important than ever to be prepared. There are things we can do in our communities to get ready and stay safe. And we can all use a little reminder from our cute, furry friends! APHA's Get Ready campaign has worked together with our animal friends to create this fun calendar to teach you useful year-round preparedness tips.

We received more than 300 entries in this year's Get Ready Photo Contest, and we're sharing some of the cutest ones here. Thank you to everyone who shared photos with us — we loved seeing them! With cute photos, fun captions and helpful tips for preparing for emergencies and disasters, this Get Ready Calendar is perfect for your workspace or refrigerator. Share the fun with family and friends, 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.*

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**We're purr-fectly  
comfortable and  
warm inside.**

Image courtesy Amy Jordahl

During winter storms, dress in layers and snuggle with blankets for warmth. Keep your car ready with antifreeze, a snow scraper, a flashlight, tow chains and a bag of salt. Drive slowly and carefully after the storm.

# JANUARY 2021

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

Join APHA's Keep It Moving Challenge now and start planning for National Public Health Week, April 5-11. We'll recognize the contributions of public health and highlight issues important to improving our nation's health. Visit [nphw.org](https://nphw.org)



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**Me without  
my mask?  
Neighhhh way!**

Image courtesy Kathryn Booth

Always wear your mask, wash your hands and keep your physical distance of 6 feet to protect yourself and others from the spread of COVID-19.

# FEBRUARY 2021

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

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**Follow the leader to stay  
with the group.**

Image courtesy Maria Teresa Bonafonte Cimiano

Disasters can cause panic, which is why it is so important to be prepared. Develop an emergency plan with your family and have practice drills for different disasters so everyone knows what to do. Designate a leader in the family who will run the drills and help others.

# MARCH 2021

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

Are you ready for National Public Health Week, April 5-11? Stay involved in the Keep It Moving Challenge and visit [nphw.org](https://nphw.org) to check out the full schedule of activities, including the Policy Action Institute.



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**Packed and  
ready to go at  
a meow-ment's  
notice.**

Image courtesy Kim Kaphingst

Have a go-bag packed for everyone in your family, including your pets. Go-bags should have basic first-aid supplies as well as medications and copies of important identification documents.

# APRIL 2021

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

Where does your community rank? [Usnews.com/news/healthiest-communities](https://www.usnews.com/news/healthiest-communities) | #HealthiestCommunities





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# We're constructing our summer safety plans.



Image courtesy Owen Berry

Being on vacation doesn't mean you can skip being prepared. Before you head to your destination, check out what kind of disasters usually happen in the area. Print out maps and ask your hotel or host about emergency and evacuation plans.

# MAY 2021

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

APHA Press, an imprint of the American Public Health Association, provides accessible and affordable resources of the highest quality for public health practitioners, scholars and students. We have books on racism, gun violence, communicable diseases and more. Plus, APHA members save up to 30%. Visit [aphabookstore.org](https://aphabookstore.org)

# Eyes open, ears up and listen for emergency alerts!



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Image courtesy Diane Koeller

Sign up for your local emergency alerts on your phone and make sure you have an external phone battery or wireless charger. You should also have a battery-operated or hand-crank radio, in case you lose service or power.

# JUNE 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	Jun 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
Father's Day						
27	28	29	30	Jul 1	2	3

Take full advantage of your APHA member benefits. Build your knowledge with *AJPH*, *The Nation's Health*, APHA Press books and the Annual Meeting and Expo. Participate in activities with your Sections, share ideas with APHA Connect and use Speak for Health resources to advocate for your public health priorities.

A black and white photograph of two dogs sitting in a grassy field. The dog on the left is black with a red bandana around its neck. The dog on the right is white with a blue and white bandana around its neck. In the background, there are many American flags on poles. The text "Sun's out, tongues out!" is written in large, white, outlined letters in the upper right corner.

# Sun's out, tongues out!



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Image courtesy Blaire Beavers

To protect yourself from the harmful UV rays of the sun, always wear and reapply sunscreen, and cover yourself with a cool hat and some sunglasses. And remember to stay hydrated!

# JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	Jul 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

Registration is now open for APHA's 2021 Annual Meeting and Expo. Join us Oct. 23-27 with nearly 13,000 of your peers to network, learn and find inspiration. Visit [apha.org/annualmeeting](https://apha.org/annualmeeting)





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# No supply kit? You've got to be kid-ding me.



Image courtesy Emma Murter

Get kids involved with preparedness! Build an emergency supply kit with your kids and be sure to have a radio with batteries, food and water, extra clothes and blankets. Make sure you include emergency contacts with names and phone numbers.

# AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 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	Sep 1	2	3	4

Help support public health. Make a donation at [apha.org/give](https://apha.org/give) or use our simple #SpeakForHealth tools, at [apha.org/advocacy](https://apha.org/advocacy), to advocate for change and increased government support.



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**Hide and go seek  
shelter when a  
storm hits.**

Image courtesy Pamela Drake

During storms, seek shelter and try to stay indoors. Go to the basement or lowest floor, stay away from windows and take cover when needed.

# NATIONAL PREPAREDNESS MONTH **SEPTEMBER 2021**

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

Is it time to renew your membership? Renew today to ensure continued access to *AJPH*, *The Nation's Health* and all your APHA benefits. Plus save on registration for APHA's 2021 Annual Meeting and Expo, the year's largest and most influential gathering of public health professionals. Visit [apha.org/renew](https://apha.org/renew)



**Of course we've HEARD  
about herd immunity.**



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Image courtesy Maria Teresa Bonafonte Cimiano

It is so important to get your flu shot every year! It protects you and others in your community who may be more at risk.

# OCTOBER 2021

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

Don't miss APHA's 2021 Annual Meeting and Expo. It's the year's largest and most influential gathering of public health professionals. Join us Oct. 23-27 for robust scientific programming, networking, social events and more. Visit [apha.org/annualmeeting](https://apha.org/annualmeeting)





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**Stick with your family  
through ruff times.**

Image courtesy Charlene Cariou

It's important to have a spot to meet up with loved ones in case you get separated and can't contact each other during a disaster.  
Make sure everyone in your family knows where to go and how to get there.

# NOVEMBER 2021

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

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**We've got plenty of bones to  
feed the family.**

Image courtesy Diana Kerr

Make sure that your emergency stockpile has at least three days' worth of food and water for each family member. You should have one gallon of water per person per day. Don't forget your pets!

# DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	Dec 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 Eve	Christmas Day
26	27	28	29	30	31	Jan 1
					New Year's Eve	

All of us at APHA wish you a happy and safe holiday season!

We look forward to your continued support in 2022 and encourage you to also join your state or regional public health association.

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    YouTube

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