



# Week 8 To Do List

## No-Cost Preps

1. **The World Health Organization offers free Fact Sheets** on many different sanitation related issues. You can find links to them [here](#). These can be useful additions to your binder.
2. **Do a home security assessment.** Think like a criminal and try to figure out the weak points in your home security. Are your locks flimsy? Are there windows that would be easy to breach? Are there any neighbors of whom you're suspicious? Take notes – we'll use this later!
3. **Consider how you will get rid of trash.** Practice re-using items as often as possible. If possible, set up a place to burn garbage that might draw flies or rodents
4. **View your home as a criminal.** Pretend that you want to break in. See where the weak spots are in your personal home security and make a list of those gaps. Some things will be simple to resolve, while others will take more time or money.
5. **Organize your supplies in kits** to make things easier when seconds count. Some ideas for kits are Pandemic Response Kits, First Aid Kits, Power Outage Kits, Water Kits, and Irreplaceable Items Kits.

## Low-Cost Preps

1. **Head to the discount store and stock up on dental hygiene items:** toothbrushes, toothpaste, mouthwash, floss, and floss sticks. Buy in bulk if you can.
2. **Prep for pets.** This week, if you have animals, stock up on some supplies for them. Invest in some dry food, but don't go overboard – high fat content can make it go rancid quickly. Also purchase some canned food, flea and tick supplies, and any other regularly purchased items that you get for your furry or feathered friends.
3. **Install decorative gridwork** over the ground-level sidelights to make them more difficult to breach.



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4. **Invest in some thorny plants** and nurture them around the perimeter of your house and yard.
5. **How long will your current toilet paper supply last?** Make this the week that you stock more. A storage-area tip: check out [space saver bags](#) and vacuum-squish your TP supply.
6. **Stock up on baby wipes**, even if you don't have any babies. Wipes can be used in place of toilet paper and are especially handy if someone has diarrhea. They can also be used to wash hands and faces, or to take a quick sponge bath.
7. **Buy some extra can openers** – two is one, one is none.
8. **Get some sheets of plywood.** Then, cut them to fit your windows and drill the screw holes ahead of time. Tape the appropriate screws to the plywood. If you do the prep work, you will be able to install these on your windows in mere minutes should an emergency occur.
9. **Buy some red paper.** Look up official quarantine signs and print some off to store in your emergency kit. In a dire emergency, you can post these on the outside of your home to serve as a deterrent in a civil unrest scenario. You can also stash away [quarantine tape](#).

## Investment Preps

1. **Create a safe room** to which vulnerable family members can retreat. ([You can do this, even in an apartment](#) or rental home.)
2. **Decide which method you intend to use to protect your home and family.** Purchase the weapon if you need to. If you aren't extremely proficient and comfortable with that weapon, get lessons and commit to practicing regularly.
3. **Harden your doors.** A door is only as sturdy as the frame that holds it. Secure exterior doors with reinforced frames.