

# Shelter in Place Daily Routine

Time	Activity
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
12 p.m.	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	
9 p.m.	
10 p.m.	

# 3-Week Shelter-in-Place Worksheet

1. How many meals could your current food supply provide?
2. For how long would your current pet food and supplies last?
3. How will you manage keeping your pets indoors for the duration of the emergency?
4. In case of dangerous conditions outside, which room in the house would make the best shelter from wind damage or extreme cold or heat?
5. Do you have at least an extra 30-day supply of the following:
  - Toilet paper
  - Over-the-counter medications and first aid supplies
  - Cleaning supplies
  - Laundry soap
  - Other consumables
6. If the air outside becomes too dangerous to breathe, how would you seal up windows and doors?
7. If you had to homeschool your children for 30 days or more, what supplies would you need?

8. Are there loved ones that would need to stay with you? Who are they and what additional food and supplies would you need?

9. In case of sickness, what additional supplies would you need to care for the patient and prevent others from getting sick?