



**Get
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Pandemic pals!

APHA's 2022 Get Ready Calendar

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 Christmas Eve	25 Christmas Day
26	27	28	29	30	31 New Year's Eve	Jan 1

**All smiles because
I'm ready for the
new year!**



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Make a New Year's resolution to be ready in any emergency.

Image courtesy Ha Milkie Vu



**I'm serious about
readiness.**

Get your whole household involved in emergency planning. Hold practice drills so everyone knows what to do.

Image courtesy Brittany Hunter

Save these dates in 2022

National Public Health Week
April 4-10

Policy Action Institute
June 14

Get Ready Day
Sept. 20

APHA's 2022
Annual Meeting and Expo
Nov. 6-9, Boston





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**Three's not a
crowd if you
have a plan!**

Image courtesy Lauren Rist and Jeri Zuniga

Make sure your family knows your meetup spots. Create a list of out-of-town contacts in case of an emergency.

Lots of things kept us going during the COVID-19 pandemic, especially our furry friends! The ones who brought us joy and company for the past year and a half are now bringing you preparedness tips for every month of the year. APHA's Get Ready campaign worked with your pandemic pals to create this calendar so that you'll always be ready.

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 — it was so hard to choose! With adorable 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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**Don't become a pupsicle.
Bundle up!**

Image courtesy Caitlin Moroney

During a winter storm, wear lots of layers and mittens, a hat and a scarf to stay warm.

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	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 Martin Luther King Jr. Day	18	19	20	21	22
23/ 30	24/ 31	25	26	27	28	29

Join APHA's Keep It Moving Challenge now and start planning for National Public Health Week, April 4-10. We're celebrating this year with the theme "Public Health Is Where You Are." Learn more at [nphw.org](https://www.nphw.org).



Squeaking of home safety...



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Image courtesy Amanda Calzada

Make sure you have working smoke alarms, a fire extinguisher and carbon monoxide and radon detectors.

FEBRUARY 2022

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

No matter what the groundhog might have predicted, you have many more weeks more to submit your abstract for APHA 2022. Don't wait until the last moment, submit this month:

apha.org/Events-and-Meetings/Annual/Presenter-Information.





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**Whaddya mean we're outta
nuts? Don't squirrel around!**

Image courtesy María Teresa Bonafonte Cimiano

When it's time to change your clocks for Daylight Saving Time, update your emergency stockpile.
Rotate in a three-day supply of water and check your stored food to make sure it isn't expired.

MARCH 2022

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



Raining cats and dogs? No problem!



Image courtesy Sheila Seno



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Severe storms can cause flooding. Be ready by making an evacuation plan and stocking up on emergency supplies. Stay out of floodwater as much as possible.

APRIL 2022

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



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A black dog with its tongue out, sitting in a field of green grass and white flowers. The dog is looking up and to the right.

April showers bring May flowers!



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But watch out for bugs.

Image courtesy Elena Martinez

Don't let mosquitoes bug you when you're enjoying the outdoors. Use bug spray with DEET and wear long sleeves and pants to protect against mosquito-borne illnesses.

MAY 2022

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

APHA's Policy Action Institute next month on June 14 brings the importance of policy to the forefront. Join APHA in Washington, D.C., or online to hear from elected officials, policy experts and influential speakers on the biggest topics in public health today. Details: apha.org/pai.





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**We're all
paw-cked and
ready to go!**



Image courtesy Cyndi and Greg Hulin

If you're ordered to evacuate during a hurricane, don't delay. Grab your supplies and follow designated evacuation routes to shelter.

JUNE 2022

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

APHA 2022 is coming this November. Registration and housing open this month.
For all the details: apha.org/annualmeeting.



Stay cool at the pool.



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Image courtesy Vickie Mudra

Stay hydrated, apply sunscreen often and take lots of breaks from the sun to have a safe and enjoyable summer.

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	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/ 31	25	26	27	28	29	30

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.

Stay alert and listen to your local o-fish-als in an emergency.



Image courtesy Holly Williams



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Always follow guidance from local officials, whether for a hurricane, wildfire or any other disaster.
They will tell you when it's safe to leave or return to your home.

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	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

Heading back to school? Join APHA's Student Assembly, the nation's largest student-led organization dedicated to the next generation of professionals in public health at apha.org/APHA-Communities/Student-Assembly.





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**What're you looking
at? Meow is the time
for your flu shot!**

Image courtesy Kelly Roberts

Getting the flu shot can keep you and those around you from getting sick.
People at high risk for flu complications include young children and seniors.

NATIONAL PREPAREDNESS MONTH **SEPTEMBER 2022**

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

Complement your APHA membership by joining your state or regional public health association.

APHA's Affiliates are your connection to your local public health community.

Find yours and join today: apha.org/APHA-Communities/Affiliates.





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**Howl you be
ready for a
wildfire?**

Image courtesy Jessica Kulak

Put together an evacuation kit with essential items like bottled water, family documents and medication. Call 911 immediately if you see a wildfire. Keep doors and windows closed to avoid smoke inhalation.

OCTOBER 2022

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

It's not too late to check it off your list and join us for APHA 2022 in Boston next month.

For all the details: apha.org/annualmeeting





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**Cozy up at home when
you shelter in place!**

Image courtesy Annie Nguyen

In some emergencies, local officials may tell you to shelter in place. Lock your doors, close windows and stay put with your supplies until officials say it's safe to come out.

NOVEMBER 2022

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

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Just chilling because I'm ready.



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Image courtesy Victoria Li

Have a go-bag ready at all times in case you need to evacuate quickly. Keep it stocked with a first-aid kit, food and water, important documents, extra clothes and other everyday items you'll need.

DECEMBER 2022

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

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

Thank you for supporting APHA during our 150th anniversary.

We look forward to working with you in 2023 and beyond.



JANUARY 2023

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

FEBRUARY 2023

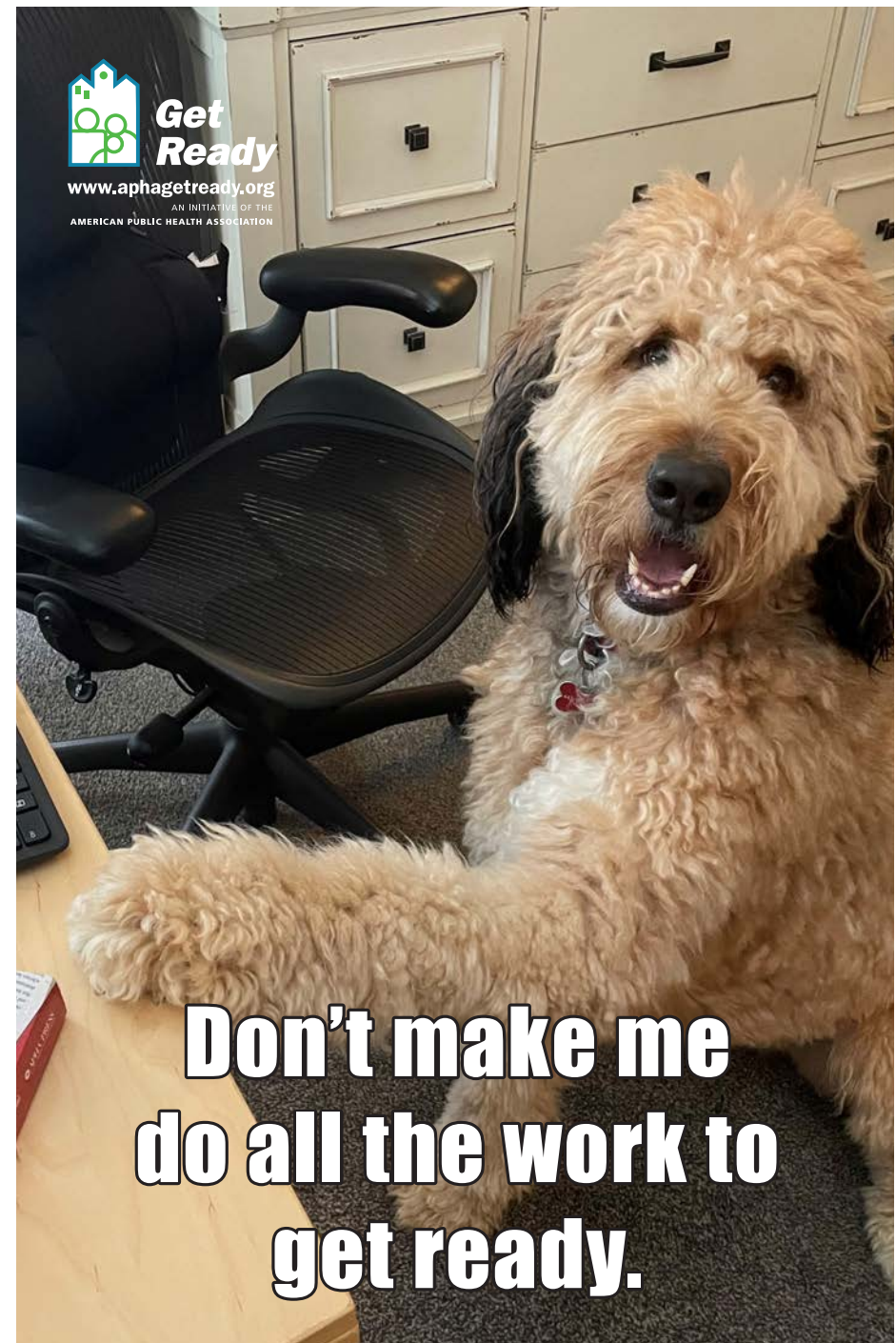
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	Feb 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
	Presidents' Day					
26	27	28	Mar 1	2	3	4



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**Don't make me
do all the work to
get ready.**

Make sure you have supplies for your pets in case disaster strikes. Stockpile food, water and medication. Identify shelters or hotels that allow pets ahead of time in case you need to evacuate.

Image courtesy Mindi Levin

Walk, don't run, to get your vaccines.



Staying up to date on vaccines is key to keeping you and your loved ones from getting seriously sick from diseases like COVID-19, measles or flu.

Image courtesy Karla Shoup

Save these dates in 2023

National Public Health Week
April 3-9

Get Ready Day
Sept. 19

APHA's 2023
Annual Meeting and Expo
Nov. 12-15, Atlanta

Have a good photo you want to share with Get Ready? Submit your readiness pet photos to the next calendar contest! Keep an eye out for submission guidelines in the summer.





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150 APHA
YEARS AMERICAN PUBLIC HEALTH ASSOCIATION



**Don't just wing it.
Be prepared!**

Image courtesy Brett Harris

Check out Get Ready fact sheets and infographics at APHAGetReady.org for year-round preparedness tips.