

Proactive Paws

HEALTHY PETS, READY PLANS!

2026 Calendar



DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Hanukkah Begins at Sundown	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	1 New Year's Day	2	3

Save these dates in 2026

- National Public Health Week**

April 6-12
- Policy Action Institute**

June 9-10 in Arlington, Virginia, and online
(optional Hill Day on June 11)
- Get Ready Day**

Sept. 15
- APHA's 2026 Annual Meeting and Expo**

Nov. 1-4 in San Antonio, Texas



Pictured on cover: Olivia

Pictured on this page: Cheeto



Ready for Anything: A Proactive Plan for Every Paw!

At Get Ready, we believe that preparation isn't just about safety, it's about peace of mind.

Our goal is to empower you to navigate uncertain times, knowing that your family and pets are as safe and healthy as can be. Protect your loved ones — two-legged and four-legged alike — by stocking your emergency kit, keeping up-to-date with vaccinations and ensuring you're equipped to face whatever challenges arise. The incredible animals in this calendar are living proof that being prepared makes all the difference!

For this year's Get Ready photo contest, we invited you to share pictures of your pets showing their preparedness prowess. We received hundreds of inspiring photos highlighting safety and readiness, and every single one was "paws-itively" adorable! Choosing the winners was a tough task, but we hope the photos featured here will remind you that being prepared helps your family thrive in any situation!

You'll find advice on everything from creating evacuation plans and managing storms to avoiding the flu and beating the heat. There's something useful for everyone!

Thanks for continuing the Get Ready calendar tradition with us! We hope you love this year's calendar. Want to share the fun? You can download and print extra copies from our website all year long!

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.

[APHAGetReady.org](https://www.aphagetready.org)

Pictured on this page: Boone



Snow Place Like Home for Preparedness!

Don't let winter storms leave you out in the cold. A little preparation now can mean warmth and safety later.

- Ensure your home is stocked with essentials like batteries, non-perishable food, bottled water, candles and heating fuel.
- Stock your car with an ice scraper, antifreeze, tow chains, a flashlight and a bag of salt.
- If you heat your home with gas or oil, lower the thermostat and wear extra layers to conserve fuel.

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Learn more about winter storms with our Winter Storms Fact Sheet.
Pictured on this page: Dorothy

January 2026

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



Don't Wait for the Shake, Prepare for the Quake!

Don't let an earthquake catch you off guard. Build a kit, make a plan and stay grounded in your preparedness.

- Create a disaster plan that identifies safe places indoors and outdoors, making sure to educate family and friends who may be affected.
- During an earthquake, drop to your hands and knees, cover your head and neck, and hold on to something sturdy.
- If you are outside, stay outside and move to an open area away from buildings and power lines.
- If you are driving, pull over safely and stay inside the vehicle until the shaking stops.



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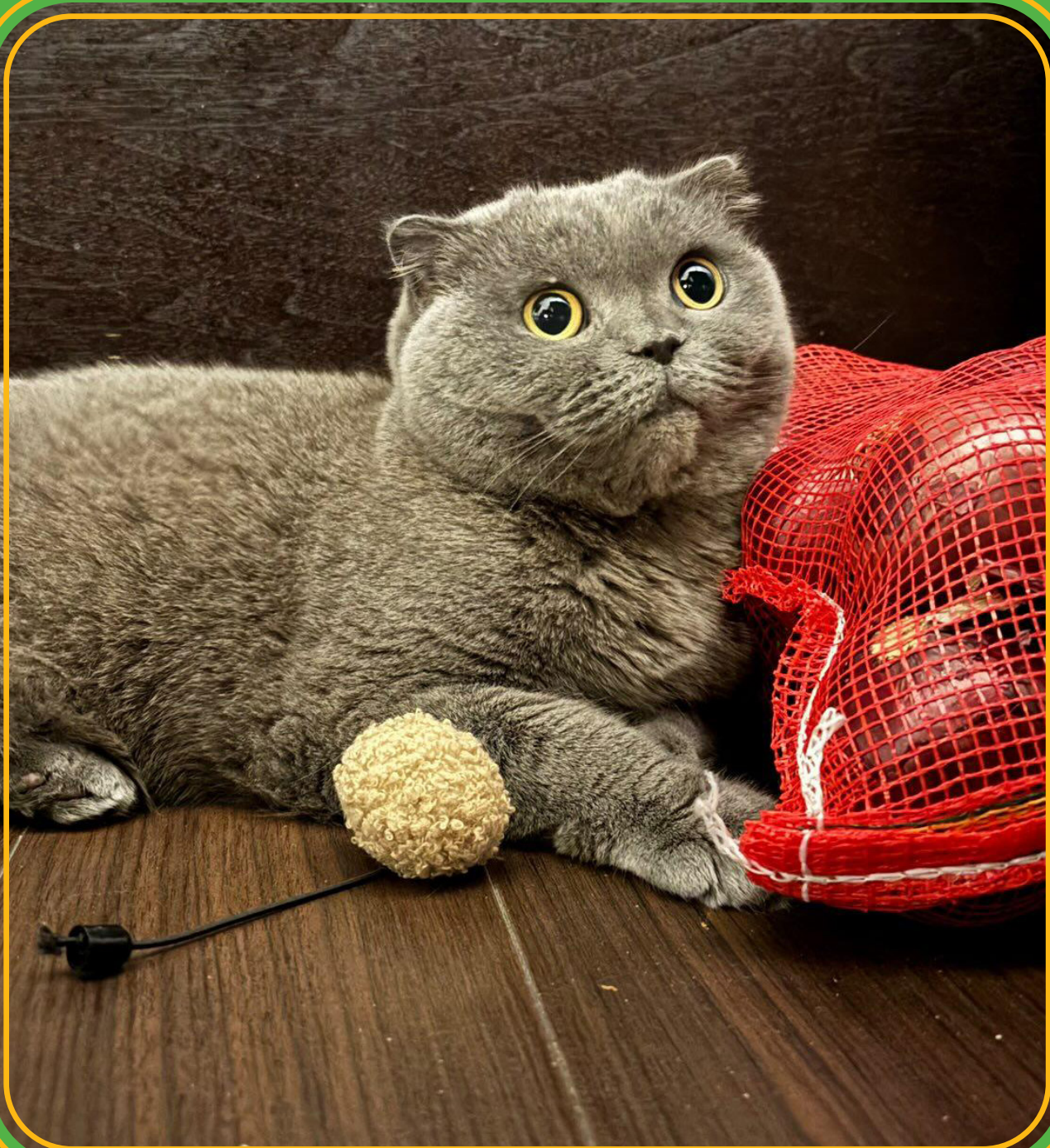


Learn more about earthquake preparedness with our Earthquake Fact Sheet.

Pictured on this page: Maggie

February 2026

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



A Purr-fectly Prepared Home is a Happy Home!

Don't rely on luck when it comes to home emergencies; proactive preparation is key to safety and peace of mind.

- Ensure your detectors are ready: Check that your carbon monoxide detectors and smoke alarms have fresh batteries and are working properly. A good reminder is to change the batteries when you change your clocks.
- Be ready for fire and emergencies: Install fire extinguishers and know how to use them. Practice emergency drills with your family so everyone knows what to do in a home disaster.
- Stock up your pantry: Keep shelf-stable food and water on hand to ensure you're prepared for any unexpected emergency.



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Learn more about home preparations with our Home Disasters Fact Sheet.

Pictured on this page: Momo

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 Daylight Saving Time Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 Eid al-Fitr	21
22	23	24	25	26	27	28
29	30	31	1 Passover Begins	2	3	4



April Showers Bring Preparedness Powers!

Don't let floods leave you out to dry. Get ready for high waters to keep your loved ones and home safe.

- Never drive, walk or swim through floodwaters, as even shallow water can be dangerous.
- Elevate valuable and important items off the floor and store non-perishable food in waterproof containers.
- If possible, turn off electricity, gas and water before evacuating your home.

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Learn more about flood preparation using our Flood Fact Sheet.

Pictured on this page: Franklin and Tubbie

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3 Good Friday	4
5 Easter Sunday	6	7	8	9	10	11
	NATIONAL PUBLIC HEALTH WEEK					
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	 Learn more & follow along with NPHW!	



Mind Over
Mayhem: Stay
Calm, Stay Ready!

It's essential to prioritize your mental well-being, especially when preparing for the unexpected. Just like our furry friends find comfort, you can too by being prepared.

- Remember that healing and grieving are natural responses to emergencies, and you don't have to face them alone; reach out for support if you need it.
- Your physical and mental health are connected, so taking care of your body can also benefit your mind.
- In a mental health emergency, remember that help is just a call away by dialing 988, the National Suicide and Crisis LifelineLifeline.

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Learn more about caring for your mental health with our Mental Health Fact Sheet.

Pictured on this page: BMO

MENTAL HEALTH AWARENESS MONTH

May 2026

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



"Pup-pared" to Weather Any Whirlwind!

When extreme weather like hurricanes and tornadoes loom, don't just weather the storm — prepare for it! Having a solid plan helps you stay calm and collected.

- Ensure all electronic devices are fully charged and have backup power sources like batteries or power banks ready.
- Keep a battery-powered or hand-crank weather radio to receive critical alerts and warnings, especially if power goes out.
- Identify the safest spots in your home, such as a basement or an interior room without windows, to take shelter during a storm.
- Always take evacuation orders seriously and have a family emergency plan in place that includes where to go and how to communicate.

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Learn more about hurricanes with our Hurricane Fact Sheet.

Pictured on this page: Nilla

June 2026

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



Beat the Heat:
Don't Lose Your
Cool!

When temperatures rise, stay cool and collected with these tips on how to handle extreme heat.

- Drink plenty of water and seek shade when it's hot outside.
- Install a window AC unit or use a fan to protect against heat stroke on extremely hot days.
- Never leave children or pets in hot cars.
- Learn the signs of heat exhaustion, such as heavy sweating and feeling faint, dizzy, or nauseous, to avoid overheating.



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Learn more about heat safety with our Heat Wave Fact Sheet.

Pictured on this page: Thomasina

EXTREME HEAT AWARENESS MONTH

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3 Independence Day (Observed)	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	1



Got an Itch for Preparedness? Don't Let Mosquitoes Bite!

August brings peak mosquito activity. Protect yourself and your loved ones from their pesky bites with smart prevention strategies.

- Eliminate standing water around your home, as even a small amount can be a breeding ground for mosquitoes.
- Use EPA-registered insect repellent when outdoors and consider wearing long sleeves and pants during dusk and dawn.
- Ensure that screens for windows and doors are intact to keep mosquitoes out of your home.



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Learn about preventing mosquito-borne illness with our Mosquito Fact Sheet.

Pictured on this page: Ella

August 2026

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	24	25	26	27	28	29
30	31	1	2	3	4	5



Back to School, Preparedness Rules!

September is National Preparedness Month, making it the perfect time to ensure your family is ready for anything as the school year begins.

- Review your family's emergency plan and practice drills, ensuring everyone knows what to do in various scenarios, including school evacuations or lockdowns.
- Pack an emergency kit for each family member — including school-aged kids — with essentials like water, snacks, a first-aid kit and any necessary medications.
- Make a plan with your children about designated meeting places and emergency communication in case of a disaster during school hours or while commuting.



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Learn about disaster preparedness with our Evacuation Preparation Fact Sheet.

Pictured on this page: Bailey and Copper

NATIONAL PREPAREDNESS MONTH

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7 Labor Day	8	9	10	11 Rosh Hashanah Begins	12
13	14	15	16	17	18	19
		GET READY DAY				
20 Yom Kippur Begins at Sundown	21	22	23	24	25	26
27	28	29	30	1	2	3



Prevent the "Achoo!" Prepare for the Flu!

October signals the start of flu season. Protect yourself and your community by taking proactive steps for a healthier autumn.

- Schedule your annual flu shot early to ensure maximum protection before flu activity peaks in your area.
- Practice excellent hand hygiene: wash hands frequently with soap and water, especially after coughing, sneezing, or touching public surfaces.
- Maintain a healthy lifestyle, including adequate rest, a balanced diet and regular exercise, to support your immune system.
- If you experience flu-like symptoms, stay home to prevent spreading germs and consider consulting a health care professional.



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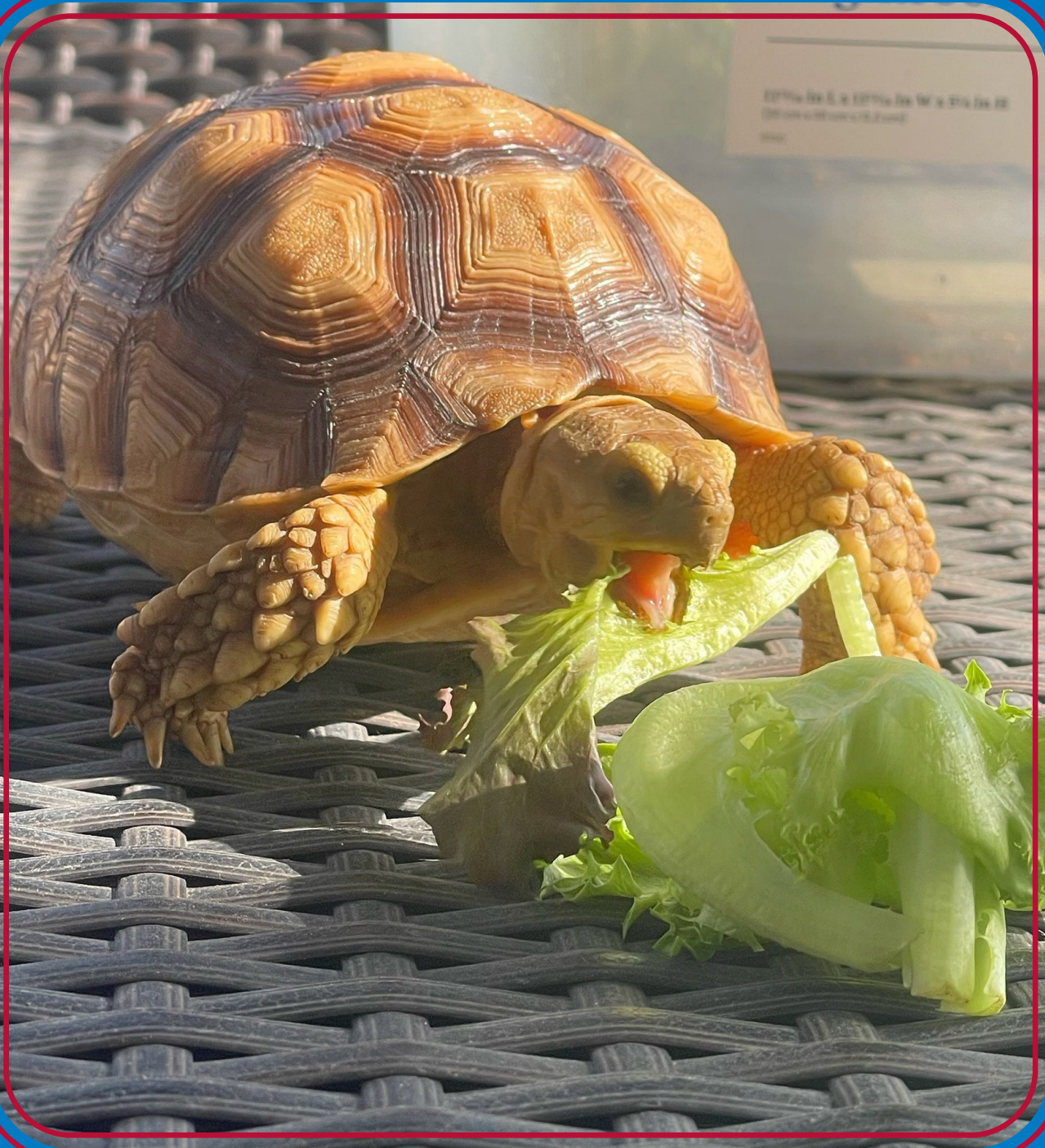


Learn more about flu prevention with our Flu Fact Sheet.

Pictured on this page: Freddie Meowcurey

October 2026

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



Eat a "Paw-some" Diet for Optimal Health and Preparedness!

Nourish your body with a balanced diet to stay energized and resilient for anything life throws your way, especially in times of need.

- Prioritize a variety of fruits and vegetables in your daily meals to ensure you get essential vitamins and minerals, building your body's defenses.
- Choose lean protein sources and whole grains to provide sustained energy, crucial for maintaining strength during prolonged situations.
- Stay hydrated by drinking plenty of water throughout the day and limiting sugary beverages, as proper hydration is key to overall health.

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Even if you aren't attending APHA 2026, check out videos and news coverage from this key event.

Pictured on this page: Bobbie

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Saving Time Ends	2	3 Election Day	4	5	6	7
APHA ANNUAL MEETING AND EXPO						
8 Diwali	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30	1	2	3	4	5



Paws-itively Prepared: A Plan for Everyone!

Being ready for emergencies is crucial for everyone. If you live with a disability, there are some additional things to consider for your preparedness plan.

- Identify individuals who can provide assistance during an emergency and discuss your specific needs with family, friends and neighbors.
- Develop plans for alternative transportation in case you need to evacuate. Check if local emergency services offer specialized support for people with disabilities.
- Ensure your emergency plan thoroughly integrates personal necessities like medications, medical equipment and communication aids, as well as the unique needs of any pets or service animals, including food, water and any medications.



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Learn more about disability preparation with our Disability Preparation Fact Sheet.

Pictured on this page: Owen

December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4 Hanukkah Begins at Sundown	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	1 New Year's Day	2



JANUARY 2027

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31 New Year's Eve	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	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Save these dates in 2027

National Public Health Week
April 5-11

Get Ready Day
Sept. 21

APHA's 2027 Annual Meeting and Expo
Nov. 7-10 in Philadelphia



Check out more upcoming events on our
Events & Meetings page.

Pictured on this page: Chester

Pictured on back cover: Cricket



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