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## Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 10 of “20 Weeks to Preparedness Program”

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Welcome to Week 10 of the 20 Weeks to Preparedness Program brought to you by the Region 6 Homeland Security Board and Safeguard Iowa Partnership. This program will help to better prepare you and your family, a little at a time, over a 20 week period. Each week new preparedness information will be shared including a list of items to gather or purchase for your disaster supply kit. Sign up at [www.safeguardiowa.org/subscribe-to-be-prepared](http://www.safeguardiowa.org/subscribe-to-be-prepared) to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

Use this program to gather items for your kit in small steps over a five month period. Remember to change and replace perishable items by the expiration date. Purchasing the food suggested by this program would last approximately 3-5 days.

Place in storage bin:

- ✓ One gallon of water per person per day
- ✓ Dishwashing liquid
- ✓ Thermometer and tweezers
- ✓ Cereal (one box for every four people)
- ✓ Collapsible shovel

Personalized Item (if applicable):

- ✓ Water for pet

To do:

- ✓ Establish out-of-town contacts.

Establishing out-of-town contacts can be essential during a disaster if you are separated from family members. It may be easier to make a long-distance phone call than a call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Make sure everyone has correct and up-to-date numbers for those contacts stored in their phones and in their wallets.

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-6761 or visiting their website at [www.jecc-ema.org](http://www.jecc-ema.org) Visit Safeguard Iowa Partnership at [www.safeguardiowa.org](http://www.safeguardiowa.org).

Region 6 Homeland Security Board is comprised of fourteen counties in eastern Iowa that coordinate homeland security planning, training, exercise, response, and recovery. The counties included are Benton, Black Hawk, Buchanan, Cedar, Clayton, Clinton, Delaware, Dubuque, Iowa, Jackson, Johnson, Jones, Linn, and Scott.