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## Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 12 of “20 Weeks to Preparedness Program”

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Welcome to Week 12 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
- ✓ Laxative/antidiarrheal medicines
- ✓ Rolled bandages and safety pins
- ✓ Dried fruit and/or nuts

Personalized Item (if applicable):

- ✓ Extra battery for motorized mobility aid

To do:

- ✓ Make copies of credit and debit card account information. Store in a plastic bag.

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)

The 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.