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## Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 14 of “20 Weeks to Preparedness Program”

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Welcome to Week 14 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:

- ✓ An extra pair of sturdy shoes per person
- ✓ Screwdriver
- ✓ Safety goggles
- ✓ Ready-to-eat meals

Personalized Item (if applicable):

- ✓ Extra keys to the house

To do:

- ✓ Prepare emergency car kit.

In case you are stranded, keep a kit of emergency supplies in your car. This kit should include:

- Jumper cables
- Flashlights and extra batteries
- First aid kit and necessary medications in case you are away from home for a prolonged time
- Food items containing protein such as nuts and energy bars
- Water for each person and pet in your car
- AM/FM radio to listen to traffic reports and emergency messages
- Cat litter or sand for better tire traction
- Shovel
- Ice scraper
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes



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- Blanket or sleeping bag
- Fully charged cell phone and phone charge
- Flares or reflective triangle

Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives.

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), on twitter @safeguardiowa or Facebook at [www.facebook.com/safeguardiowa](http://www.facebook.com/safeguardiowa).

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.

The Safeguard Iowa Partnership is a voluntary coalition of the state's business and government leaders, who share a commitment to working together to prevent, prepare for, respond to and recover from disasters in Iowa.