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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 5 of “20 Weeks to Preparedness Program”

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Welcome to Week 5 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 in this publication including a list of items to gather or purchase for your disaster supply kit. Sign up at 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:

- ✓ Disposable dust mask (one per person)
- ✓ Travel sized shampoo, body wash, and deodorant
- ✓ Manual can opener
- ✓ Canned vegetables (one can for every two people)
- ✓ Mirror

Personalized Item (if applicable):

- ✓ Hearing aid batteries

To do:

- ✓ Scan or make copies of health care information, including vaccination records, prescription information, and insurance. Complete an [emergency personal health record](#) for each family member. You should retain a copy by either storing a hard copy in a plastic bag, safety deposit box, on a thumb drive or send to an email account that is accessible from anywhere.

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-676a or visiting their website at http://www.johnson-county.com/dept_emergency_home
Visit Safeguard Iowa Partnership at www.safeguardiowa.org, on twitter @safeguardiowa or Facebook at 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.