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## Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 8 of “20 Weeks to Preparedness Program”

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Welcome to Week 8 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:

- ✓ Extra batteries for flashlight and radio
- ✓ Pan to use on camp-style stove
- ✓ Bleach
- ✓ Pain reliever e.g. aspirin, ibuprofen, and acetaminophen
- ✓ Canned fruit (one can for every two people)

Personalized Item (if applicable):

- ✓ Pet food

To do:

- ✓ Make a record of your personal property for insurance purposes. Take photos or video of the interior and exterior of your home. Include personal belongings in your inventory. You may want to download the free Household and Personal Property Inventory Book from the University of Illinois ([http://web.aces.uiuc.edu/vista/pdf\\_pubs/houseinv.pdf](http://web.aces.uiuc.edu/vista/pdf_pubs/houseinv.pdf)) to help you record your possessions. Store your photos or video contents of your home on your e-mail or in an alternate location.

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.

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.