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# Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 1 of “20 Weeks to Preparedness Program”

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Welcome to Week 1 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](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
- ✓ Cell phone charger
- ✓ Battery powered standard AM/FM radio and batteries or Weather Radio
- ✓ Flashlight and batteries
- ✓ Protein bars

Personalized Item (if applicable):

- ✓ Diapers and essential medications
- ✓ Car adapter for small electronics

To do:

- ✓ Develop/update family communications plan (contact your local Emergency Management Coordinator for templates and assistance)

Additional assistance is available by contacting your local Emergency Management Coordinator at 563-886-3355 or visiting their website at [www.cedarcounty.org](http://www.cedarcounty.org) click on office of Emergency Management Agency, in the right margin you will find “20 Weeks to Preparedness Program, or visit [www.cedarcountypublichealth.org](http://www.cedarcountypublichealth.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.