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

Release Date: June 25, 2012

Release Number: 21

Welcome to Week 20, the final week of the *20 Weeks to Preparedness Program* brought to you by the Region 6 Homeland Security Board and Safeguard Iowa Partnership. We hope this program has helped to better prepare you and your family, a little at a time, over the 20 week period. Each week new preparedness information was shared in this publication including a list of items to gather or purchase for your disaster supply kit. If you missed a week or would like to see a compiled list of items, visit <http://www.safeguardiowa.org/20-weeks-to-preparedness>. You will also be able to find each week’s reminders and announcements at this site.

We hope you used this program to gather items for your kit in small steps over the 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. Make sure to keep your emergency supply kit in an assessable location. Also, ensure that all family members know its location and what’s all included in the event of a disaster in your community. Each emergency kit should be specific to each family, consider adding additional supplies that will help your family in a disastrous situation.

Place in storage bin:

- ✓ Sewing kit
- ✓ Signal flare and compass
- ✓ Liquid detergent and hand soap
- ✓ Cereal (one box for every four people)

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-6762 or visiting their website at www.jecc-ema.org 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.

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.

For additional questions or comments please e-mail sip@safeguardiowa.org.



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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 19 of “20 Weeks to Preparedness Program”

Release Date: June 18, 2012

Release Number: 20

Welcome to Week 19 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 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:

- ✓ Cash, in small denominations
- ✓ Sleeping bag and/or blanket for each person
- ✓ Map of local area
- ✓ Granola and/or snack bars

Personalized Item (if applicable):

- ✓ Extra cane for visually impaired

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 18 of “20 Weeks to Preparedness Program”

Release Date: June 11, 2012

Release Number: 19

Welcome to Week 18 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 to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

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Place in storage bin:

- ✓ Rain gear
- ✓ Rubbing alcohol
- ✓ Adhesive tape
- ✓ Canned fruit (one can for every two people)

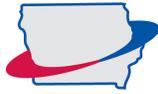
Personalized Item (if applicable):

- ✓ Talking clock for visually impaired

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 17 of “20 Weeks to Preparedness Program”

Release Date: June 4, 2012

Release Number: 18

Welcome to Week 17 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 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 set of clothes per person
- ✓ Petroleum jelly
- ✓ Kleenex
- ✓ Canned soup (one can per person)

Personalized Item (if applicable):

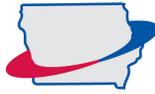
- ✓ Family photo

In the face of disaster, Americans come together with courage, compassion and unity and ask, “How can I help?” There are many ways to Give Back especially before a disaster occurs. Support major disasters by donating cash which may help meet the needs of your community in times of disaster. To learn more about how you can help visit <http://www.fema.gov/rebuild/recover/howtohelp.shtm>.

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-6761 or visiting their website at www.jecc-ema.org. Visit Safeguard Iowa Partnership at www.safeguardiowa.org, on twitter @safeguardiowa or Facebook at www.facebook.com/safeguardiowa.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 16 of “20 Weeks to Preparedness Program”

Release Date: May 28, 2012

Release Number: 17

Welcome to Week 16 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 to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

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Place in storage bin:

- ✓ Disinfectant
- ✓ Crowbar
- ✓ Utility knife
- ✓ Canned meat (one can for every two people)

Personalized Item (if applicable):

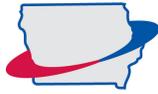
- ✓ Toys

In the face of disaster, Americans come together with courage, compassion and unity and ask, “How can I help?” There are many ways to Get Involved especially before a disaster occurs. This week consider joining or starting a preparedness project. Find an event or identify local resources, build a team, choose a project, set goals and serve your community by improving the preparedness of your friends, colleagues and neighbors. Visit <http://www.serve.gov/toolkits/disaster/index.asp> to learn more.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 15 of “20 Weeks to Preparedness Program”

Release Date: May 21, 2012

Release Number: 16

Welcome to Week 15 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.

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Place in storage bin:

- ✓ One towel per person
- ✓ Pliers
- ✓ Hard hat
- ✓ Canned vegetables (one can for every two people)

Personalized Item (if applicable):

- ✓ Extra keys to the car

In the face of disaster, Iowans come together with courage, compassion and unity and ask, “How can I help?” There are many ways to Get Involved especially before a disaster occurs. The whole community can participate in programs and activities to make their families, homes and communities safer from risks and threats. Major disasters can overwhelm first responder agencies, empowering individuals to lend support.

Volunteer to support disaster efforts in your community. Get trained and volunteer with the Johnson County Medical Reserves Corps. To learn more about the MRC please go to www.jecc-ema.org and click on Training to view brochure and application. Many local faith-based and community organizations have programs active in supporting disasters too.

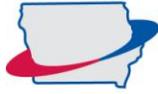
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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 14 of “20 Weeks to Preparedness Program”

Release Date: May 14, 2012

Release Number: 15

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 to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

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Place in storage bin:

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

Personalized Item (if applicable):

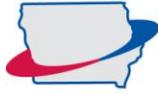
- ✓ Extra keys to the house

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.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 13 of “20 Weeks to Preparedness Program”

Release Date: May 7, 2012

Release Number: 14

Welcome to Week 13 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.

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Place in storage bin:

- ✓ Fire extinguisher
- ✓ Antacid
- ✓ Hammer and nails
- ✓ Crackers and peanut butter and jelly

Personalized Item (if applicable):

- ✓ Extra prescription glasses

To do:

- ✓ Review and finish video task.

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

Release Date: April 30, 2012

Release Number: 13

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 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):

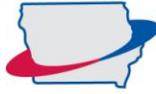
- ✓ Extra battery for motorized mobility aid

To do:

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

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 11 of “20 Weeks to Preparedness Program”

Release Date: April 23, 2012

Release Number: 12

Welcome to Week 11 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 to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

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Place in storage bin:

- ✓ One gallon of water per person per day
- ✓ Paper, pen, pencil, and scissors
- ✓ Sunscreen
- ✓ Protein bars

Personalized Item (if applicable):

- ✓ Litter pan

To do:

- ✓ Determine signal with family and friends to be used to communicate safety.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 10 of “20 Weeks to Preparedness Program”

Release Date: April 16, 2012

Release Number: 11

Welcome to Week 10 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 to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

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Place in storage bin:

- ✓ One gallon of water per person per day
- ✓ Dishwashing liquid
- ✓ Thermometer and tweezers
- ✓ Cereal (one box for every four people)
- ✓ Collapsible shovel

Personalized Item (if applicable):

- ✓ Water for pet

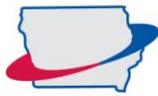
To do:

- ✓ Establish out-of-town contacts.

Establishing out-of-town contacts can be essential during a disaster if you are separated from family members. It may be easier to make a long-distance phone call than a call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Make sure everyone has correct and up-to-date numbers for those contacts stored in their phones and in their wallets.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 9 of “20 Weeks to Preparedness Program”

Release Date: April 9, 2012

Release Number: 10

The focus of Week 9 is Pets! For those with pets don't forget to plan for their safety during a disaster. 20 Weeks to Preparedness Program is 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 to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

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Place in storage bin:

- ✓ Extra flashlight
- ✓ Whistle
- ✓ Paper towels
- ✓ Granola and/or snack bars
- ✓ Large, clear, empty plastic jar, such as mayonnaise, and a candle to fit inside

Personalized Item (if applicable):

- ✓ Pet leash and crate
- ✓ Make copies of pet vaccination and/or prescription information

If you are like millions of animal owners nationwide, your pet is an important member of your household. Unfortunately, animals are also affected by disasters. If you evacuate your home, do not leave your pets behind! Pets most likely cannot survive on their own and if by some remote chance they do, they may not be able to find them when you return. If you are going to public shelter, it is important to understand that animals may not be allowed inside. It is important to plan in advance for shelter alternatives that will work for you and your pets.

To do:

- ✓ Install smoke and carbon dioxide alarms. Test the alarms.

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

Release Date: April 2, 2012

Release Number: 9

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 to receive weekly reminders and announcements related to the 20 Weeks to Preparedness program.

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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):

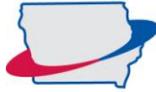
- ✓ Pet food

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) to help you record your possessions. Store your photos or video contents of your home on your e-mail or in an alternate location.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 7 of “20 Weeks to Preparedness Program”

Release Date: March 26, 2012

Release Number: 8

Welcome to Week 7 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.

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Place in storage bin:

- ✓ Disposable eating utensils
- ✓ Camp-style stove, fuel, and matches in a waterproof container
- ✓ Disposable plates and heavy duty garbage bags
- ✓ Canned soup (one can per person)

Personalized Item (if applicable):

- ✓ Denture supplies

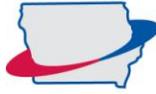
To do:

- ✓ Purchase and/or install emergency escape ladders, if necessary.

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-6761 or visiting their website at: http://www.johnson-county.com/dept_emergency_home

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

Release Date: March 19, 2012

Release Number: 7

Welcome to Week 6 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:

- ✓ Duct tape
- ✓ Toothbrush, toothpaste, floss, and hairbrush for all family members
- ✓ Unscented liquid household bleach for water purification
- ✓ Canned meat (one can for every two people)

Personalized Item (if applicable):

- ✓ Contact lens solution

To do:

- ✓ Practice alternate methods of evacuation.

Assembling and practicing at least two ways to quickly leave our home and gather outside will be essential when a disaster strikes in your community! Take the time to come up with evacuation plans and performing those plans with your family. Draw a floor plan of your home. Use a blank sheet of paper for each floor. Mark two escape routes from each room. Make sure children understand the drawings. Post a copy of the drawings at eye level in each child’s room. If your home is taller than ground level, plan to use an escape ladder from upper floors. Make sure everyone in your household is familiar with these products and is comfortable using them. Establish a place to meet in the event of an emergency. Record the locations.

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

Release Date: March 12, 2012

Release Number: 6

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):

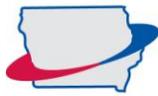
- ✓ Hearing aid batteries

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.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 4 of “20 Weeks to Preparedness Program”

Release Date: March 5, 2012

Release Number: 5

Welcome to Week 4 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 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 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:

- ✓ Five gallon bucket with lid
- ✓ Plastic tarp
- ✓ Work gloves
- ✓ Ready-to-eat meals

Personalized Item (if applicable):

- ✓ Special diet foods

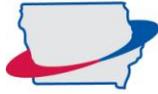
To do:

- ✓ Arrange for emergency care for children, elders, and/or pets. Remembering to think about all the “what ifs” will result in better plans and execution in the event of an actual disaster.

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-6761 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.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 4 of “20 Weeks to Preparedness Program”

Release Date: February 27, 2012

Release Number: 5

Welcome to Week 4 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 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 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:

- ✓ Five gallon bucket with lid
- ✓ Plastic tarp
- ✓ Work gloves
- ✓ Ready-to-eat meals

Personalized Item (if applicable):

- ✓ Special diet foods

To do:

- ✓ Arrange for emergency care for children, elders, and/or pets. Remembering to think about all the “what ifs” will result in better plans and execution in the event of an actual disaster.

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-3762 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.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 3 of “20 Weeks to Preparedness Program”

Release Date: February 27, 2012

Release Number: 4

Welcome to Week 3 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:

- ✓ One gallon of water per person per day
- ✓ Cash, in small denominations
- ✓ Disposable wipes
- ✓ Crackers and peanut butter and jelly

Personalized Item (if applicable):

- ✓ Baby bottles and formula

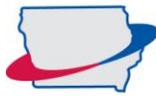
To do:

- ✓ Scan or make copies of birth certificates, licenses, and passports. Store in a plastic bag, 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 319-356-6762 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.

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Region 6 Homeland Security Board and Safeguard Iowa Partnership Announce Week 2 of “20 Weeks to Preparedness Program”

Release Date: February 20, 2012

Release Number: 3

Welcome to Week 2 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:

- ✓ One gallon of water per person per day
- ✓ First Aid Kit, or gather Band-Aids, antibiotic ointment, nitrile latex gloves and gauze pads
- ✓ One package of toilet paper
- ✓ Dried fruit and/or nuts

Personalized Item (if applicable):

- ✓ Baby food

To do:

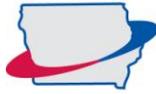
- ✓ Find natural gas and water shut-offs. Place appropriate wrench near valves.

Additional assistance is available by contacting your local Emergency Management Coordinator at 319-356-6762 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.

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

Release Date: February 13, 2012

Release Number: 2

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 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 319-356-6762 or on our 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.

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20 weeks

TO PREPAREDNESS

DEVELOP AN EMERGENCY KIT

This emergency supplies calendar is intended to help you prepare for emergencies before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies by the expiration date. Suggested food purchases would provide meals for approximately three to five days.



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BENTON	CLAYTON	DUBUQUE	JOHNSON
BLACK HAWK	CLINTON	IOWA	JONES
BUCHANAN	DELAWARE	JACKSON	LINN
CEDAR			SCOTT

notes week 1

sun	mon	tue	wed	thu	fri	sat

notes week 2

sun	mon	tue	wed	thu	fri	sat

Every family member should carry a copy of this important information. Please cut out and fold for your billfold.

family communications plan

Contact Name:

Telephone:

Out-of-Town Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:

Dial 911 for Emergencies

FOLD OVER

other important phone numbers and information

Every family member should carry a copy of this important information. Please cut out and fold for your billfold.

family communications plan

Contact Name:

Telephone:

Out-of-Town Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:

Dial 911 for Emergencies

FOLD OVER

other important phone numbers and information

week 1

place in storage bin:

- 1 gallon of water per person per day
- Cellphone charger
- Battery-powered standard AM/FM radio and batteries or weather radio
- Flashlight/batteries
- Protein bars

personalized item: (if applicable)

- Diapers and essential medications
- Car adapter for small electronics

to do:

- Develop/update family communications plan

week 2

place in storage bin:

- 1 gallon of water per person per day
- First-aid kit, or gather Band-Aids, antibiotic ointment, nitrile latex gloves and gauze pads
- 1 package of toilet paper
- Dried fruit and/or nuts

personalized item: (if applicable)

- Baby food

to do:

- Find natural gas and water shut-offs. Place appropriate wrench near valves.

notes week 3

sun	mon	tue	wed	thu	fri	sat

notes week 4

sun	mon	tue	wed	thu	fri	sat

Every family member should carry a copy of this important information. Please cut out and fold for your billfold.

family communications plan

Contact Name:

Telephone:

Out-of-Town Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:

Dial 911 for Emergencies

FOLD OVER

other important phone numbers and information

important information

name

telephone #

policy #

Doctor(s):

Other:

Pharmacist:

Medical Insurance:

Homeowners/Rental Insurance:

Veterinarian/Kennel:

week 3

place in storage bin:

- 1 gallon of water per person per day
- Cash, in small denominations
- Disposable wipes
- Crackers and peanut butter and jelly

personalized item: (if applicable)

- Baby bottles and formula

to do:

- Scan or make copies of birth certificates, licenses and passports. Store in a plastic bag, on a thumb drive or send to an email account that is accessible from anywhere.
-

week 4

place in storage bin:

- Five gallon bucket with lid
- Plastic tarp
- Work gloves
- Ready-to-eat meals

personalized item: (if applicable)

- Special diet foods

to do:

- Arrange for emergency care for children, elders and/or pets.

notes week 5

sun	mon	tue	wed	thu	fri	sat

notes week 6

sun	mon	tue	wed	thu	fri	sat

work

Address:

Phone Number:

Evacuation Location:

work

Address:

Phone Number:

Evacuation Location:

other places you frequent

Address:

Phone Number:

Evacuation Location:

other places you frequent

Address:

Phone Number:

Evacuation Location:

other places you frequent

Address:

Phone Number:

Evacuation Location:

where to go in an emergency

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should have site-specific emergency plans.

home

Address:

Phone Number:

Neighborhood Meeting Place:

Regional Meeting Place:

school

Address:

Phone Number:

Evacuation Location:

school

Address:

Phone Number:

Evacuation Location:

school

Address:

Phone Number:

Evacuation Location:

week 5

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. Store in a plastic bag, on a thumb drive or send to an email account that is accessible from anywhere.

week 6

place in storage bin:

- Duct tape
- Toothbrush, toothpaste, floss and hairbrush for all family members
- Unscented liquid household bleach for water purification
- Canned meat (one can for every two people)

personalized item: (if applicable)

- Contact lens solution

to do:

- Practice alternate methods of evacuation.

family communications plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-Town Contact Name:

Email:

Telephone Number:

Telephone Number:

Fill out the following information for each family member and keep it up-to-date.

Name:

Social Security Number:

Date of Birth:

Important Medical Information:

week 7

place in storage bin:

- Disposable eating utensils
- Camp-style stove, fuel and matches in a waterproof container
- Disposable plates and heavy duty garbage bags
- Canned soup (one can per person)

personalized item: (if applicable)

- Denture supplies

to do:

- Purchase and/or install emergency escape ladders, if necessary.

notes week 10

sun	mon	tue	wed	thu	fri	sat

notes week 11

sun	mon	tue	wed	thu	fri	sat

week 17

place in storage bin:

- An extra set of clothes per person
- Petroleum jelly
- Kleenex
- Canned soup (one can per person)

personalized item: (if applicable)

- Family photo
-

week 18

place in storage bin:

- Rain gear
- Rubbing alcohol
- Adhesive tape
- Canned fruit (one can for every two people)

personalized item: (if applicable)

- Talking clock for visually impaired

notes week 17

sun	mon	tue	wed	thu	fri	sat

notes week 18

sun	mon	tue	wed	thu	fri	sat

week 10

place in storage bin:

- 1 gallon of water per person per day
- Dishwashing liquid
- Thermometer and tweezers
- Cereal (one box for every four people)
- Collapsible shovel

personalized item: (if applicable)

- Water for pet

to do:

- Establish out-of-town contacts.
-

week 11

place in storage bin:

- 1 gallon of water per person per day
- Paper, pen, pencil and scissors
- Sunscreen
- Protein bars

personalized item: (if applicable)

- Litter pan

to do:

- Determine signal with family and friends to be used to communicate safety.

notes week 15

sun	mon	tue	wed	thu	fri	sat

notes week 16

sun	mon	tue	wed	thu	fri	sat

week 12

place in storage bin:

- 1 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.

notes week 13

sun	mon	tue	wed	thu	fri	sat

notes week 14

sun	mon	tue	wed	thu	fri	sat

week 13

place in storage bin:

- Fire extinguisher
- Antacid
- Hammer and nails
- Crackers and peanut butter and jelly

personalized item: (if applicable)

- Extra prescription glasses

to do:

- Review and finish video task.

week 14

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.