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## September 2017 is “Preparedness Month in Iowa”



Fayette County, IA – Governor Kim Reynolds has proclaimed September as Preparedness Month in Iowa.

“This past summer’s severe weather and flooding are a reminder that disasters can, and do, happen in our state and that is why I have proclaimed September as Preparedness Month in Iowa,” said Reynolds. “I am asking Iowans to take steps now to prepare themselves, their families, their places of business, and their communities for any emergency.”

Preparedness Month is sponsored by the Iowa Department of Homeland Security and Emergency Management (HSEMD), the Iowa Emergency Management Association (IEMA), the Safeguard Iowa Partnership (SIP) and the National Weather Service (NWS).

During Preparedness Month, HSEMD, IEMA, SIP and NWS are urging Iowans to take simple steps to ensure they and their families are prepared. Those steps are make an emergency plan, build an emergency kit, and be aware of hazards in your area. For more on the three simple steps to preparedness, visit [www.beready.iowa.gov](http://www.beready.iowa.gov). OR [http://www.fayettedcountyiowa.org/files/Severe\\_Weather\\_Preparedness\\_2016.pdf](http://www.fayettedcountyiowa.org/files/Severe_Weather_Preparedness_2016.pdf)

**“Today is always the right day to be prepared for inclement weather.” Lisa Roberts**

Iowa’s Preparedness Month is held in conjunction with National Preparedness Month, which was created by the Federal Emergency Management Agency in response to the Sept. 11, 2001, terrorist attacks in an effort to educate the public on how to prepare for emergencies.

### **Build A Kit**

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Headed to the store? Download a printable version to take with you. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

### **Basic Disaster Supplies Kit**

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

#### **A basic emergency supply kit could include the following recommended items:**

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

### **Additional Emergency Supplies**

Consider adding the following items to your emergency supply kit based on your individual needs:

- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lense solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

### **Maintaining Your Kit**

- After assembling your kit remember to maintain it so it's ready when needed:
- Keep canned food in a cool, dry place

- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family's needs change.
- Kit Storage Locations
- Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.
- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- Vehicle: In case you are stranded, keep a kit of emergency supplies in your car



**For more information on Preparedness Month sponsors, visit:**

Iowa Homeland Security and Emergency Management, [www.homelandsecurity.iowa.gov](http://www.homelandsecurity.iowa.gov)

Iowa Emergency Management Association, [www.iowaema.com](http://www.iowaema.com)

Safeguard Iowa Partnership, [www.safeguardiowa.org](http://www.safeguardiowa.org)

National Weather Service Des Moines [www.weather.gov/dmx](http://www.weather.gov/dmx)

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