Emergency Preparedness
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Derecho Affects Fairfax County

The June 29 derecho caused countless problems in Fairfax County – 9-1-1 outages; intersections without power or blocked by debris; homes, schools and county facilities without power; and numerous issues for residents and staff trying to recover from the storm, its aftermath and the high temperatures that followed the storm.

Almost **all communications** were affected, including 9-1-1 service.

The county's Emergency Operations Center (EOC) was activated in a monitoring phase Friday, June 29, around 10 p.m. Throughout the recovery efforts, the EOC was staffed 24/7 from Saturday, June 30, through 8 p.m. Monday, July 2. The EOC was remained operational Tuesday, July 3, through Friday, July 6, with the OEM duty officer providing monitoring and actions as needed during the overnight hours.

A derecho is a "wide-spread and long-lived, straight-line windstorm that is associated with a fast-moving band of severe thunderstorms."

Read more about the storm, the county's response and view a PowerPoint presentation given by County Executive Ed Long at the July 10 Board of Supervisors meeting, online at *http://fairfaxcountyemergency.wordpress.com/2012/07/10/june-29-storm-report/*.

The Fairfax County Community Chaplain Corps has extended the application due date for its newest candidate class that will begin in this Fall. Application and supporting documents are to be submitted by Sept. 5, 2012.

Candidates must be ordained clergy and reside in Fairfax County. (Religions without ordained clergy may also be considered for Chaplain Corps candidacy). Contact the Fairfax County Community Interfaith Coordination Office for details, at 703-324-3453. All the documents and information you need to apply is available at *www.fairfaxcounty.gov/ncs/cic/emergency.htm#Community ChaplainProgram*.

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Heat stroke is a life-threatening form of hyperthermia. Learn how to protect yourself and your loved ones. Read the article below on how to stay safe this summer.

Hyperthermia: Too Hot for Your Health

Hot summer weather can pose special health risks to older adults. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid heat-related illnesses, known as hyperthermia.

Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms of the body to deal with the heat coming from the environment. Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke are commonly known forms of hyperthermia. Risk for these conditions can increase with the combination of outside temperature, general health and individual lifestyle.

Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions.

Older people, particularly those with chronic medical conditions, should stay indoors on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries.

Health-related factors, some especially common among older people, that may increase risk of hyperthermia include:

- Being dehydrated.
- Age-related changes to the skin such as impaired blood circulation and inefficient sweat glands.
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.
- High blood pressure or other conditions that require changes in diet. For example, people on salt-restricted diets may be at increased risk. However, salt pills should not be used without first consulting a doctor.
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.
- Taking several drugs for various conditions. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Being substantially overweight or underweight.
- Drinking alcoholic beverages.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Heat stroke occurs when someone's body temperature increases significantly (generally above 104 degrees Fahrenheit) and has symptoms such as mental status changes (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering or coma. Seek immediate emergency medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

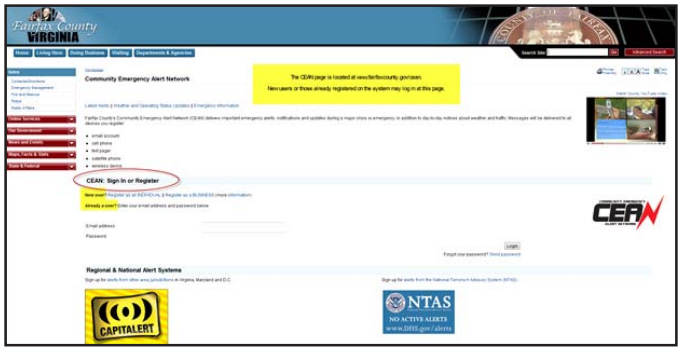
- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If you suspect heat stroke, call 9-1-1.
- Encourage the individual to shower, bathe or sponge off with cool water.
- Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin. These are places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.
- If the person can swallow safely, offer fluids such as water, fruit and vegetable juices; avoid alcohol and caffeine.

For hyperthermia information in English or in Spanish, contact the NIA Information Center at 1-800-222-2225 or go to *www.nia.nih.gov/health/publication/hyperthermia-too-hot-your-health* or *www.nia.nih.gov/espanol/publicaciones/hipertermia* (Spanish).

As part of the after-action for the June 29, derecho storm that affected Fairfax County and the region, the Fairfax County Office of Emergency Management is conducting a survey of residents. Go online to *https://www.surveymonkey.com/s/fairfaxemergencyinfo* and participate. Your input is appreciated.

Fairfax County, Va., publication.

To request this information in an alternate format, call 571-350-1000, TTY 711.



Get emergency alerts on your phone or by email. Sign up for the Community Emergency Alert Network (CEAN), at www.fairfaxcounty.gov/cean.

Preparedness is Hot Topic Online

When you pledge to prepare you open the door to new resources, tools and discussions with colleagues from across the nation. Current online discussion forums include preparedness topics about how to get people motivated to prepare for emergency incidents; resources and community activities regarding youth preparedness and CERT activities. You can also connect and network with peers who are close to you in location.

Pledge to prepare today and join the National Preparedness Coalition. It's a great way to stay on top of new preparedness ideas, share your thoughts and learn about activities going on around the country. Learn more online at *http://community.fema.gov/connect.ti/READYNPM*.

Find more preparedness information at Ready Virginia: *www.vaemergency.gov/readyvirginia*.

Ready Virginia

PLEDGE TO PREPARE

NATIONAL PREPAREDNESS COALITION

The Fairfax County Office of Emergency Management is available to deliver emergency preparedness presentations to community organizations and homeowners associations. If interested, contact Marcelo Ferreira at 571-350-1013, TTY 711, or via email at *marcelo.ferreira@fairfaxcounty.gov*.

Marcelo's Minute

National Preparedness Month

Marcelo Ferreira

Fairfax County has seen many types of emergencies in the last 12 months – from tropical storms to earthquakes – that caused disruptions in utilities and communications. How will you prepare for the next disaster?

September is National Preparedness Month, which is a great time to ensure that you and your family are prepared for an emergency. Disasters can strike at any time, which is why the Fairfax County Office of Emergency Management encourages everyone to take the time to develop an emergency preparedness kit for their home, office and vehicle; make an emergency plan; and learn how to stay informed (*www.fairfaxcounty.gov/emergency*).

As you're preparing, consider the following:

- How will you communicate with friends and family?
- Where will you go if you have to evacuate the area?
- Do you have the means to shelter-in-place at your home and workplace?
- What are the emergency plans for your office?
- What are the emergency plans for your children's day cares/schools?
- Where you will meet your family and friends if all lines of communication are down?

ReadyNOVA.org provides a template for individuals and businesses to easily develop a plan. And residents are encouraged to visit the emergency information blog, *www.fairfaxcounty.gov/emergency/blog*, for preparedness information and news during disasters or weather events.

If you need additional information, contact me at 571-350-1013, TTY 711, or email *marcelo.ferreira@fairfaxcounty.gov*.

Marcelo Ferreira, OEM community liaison, holds the certified emergency manager (CEM) credential from the International Association of Emergency Managers (IAEM).

Keep up with emergency newsw and information from the Fairfax County Emergency blog by email. Visit www.fairfaxcounty.gov/emergency/blog and enter your email address on the right side. Find more details on Page 7.

Summer Weather Dangers: How to Stay Safe

Summertime can bring a range of weather challenges and potential dangers. Some of these threats can occur with little warning, so do what you can to prepare by assembling an emergency kit and forming a plan of action.

Find out what you should do if faced with the following weather dangers:

Lightning

In the U.S., lightning kills more people each year than tornadoes and hurricanes. If you can hear thunder, you are within striking distance and should seek shelter in an enclosed building or vehicle. While indoors, don't use a corded phone, a computer or other electrical appliances; and avoid contact with plumbing (don't shower, wash hands, do laundry, etc.).
www.ready.gov/thunderstorms-lightning

Floods

If you have time, move essential items to an upper floor. Do not touch electrical equipment if you are wet or standing in water. Do not walk through moving water that is six inches or higher. If floodwaters rise around your car, abandon the car and move to higher ground.
www.ready.gov/floodawareness

Hurricanes

If you can't evacuate, get inside and secure external and internal doors. Stay away from windows and doors and take refuge in a small interior room, closet, or hallway on the lowest level.
www.ready.gov/hurricanes

Tornadoes

Storm cellars and basements are the safest locations, but if they aren't available, go to an interior room, closet, or hallway on the lowest level. Stay away from windows, doors, outside walls, and corners. If you are in a trailer or mobile home, go to a sturdy, nearby building.
www.ready.gov/tornadoes

Extreme Heat

Stay indoors as much as possible. Consider spending the hottest part of the day in an air-conditioned public building, such as a library or shopping mall. Never leave children or pets alone in vehicles.
www.ready.gov/heat

Wildfires

If your home is threatened by a wildfire, you must evacuate. If you have time, bring an emergency kit that includes copies of important documents.
www.ready.gov/wildfires

Earthquakes

If you are indoors, stay away from windows, doors, and outside walls and get under a sturdy table or desk. If you are outside, keep away from buildings, streetlights, and utility wires. If you're in a moving vehicle, safely stop the vehicle in an open area and stay inside.
www.ready.gov/earthquakes

The Fairfax County Office of Emergency Management is asking for feedback from county residents and businesses to help assess the county's response to the June 29 derecho storm. To find out about the county's strengths as well as opportunity areas for improvement, we are asking you to fill out an online emergency information survey. It should only take a few minutes.

This survey is part of the official review of the storm response and input from residents and businesses will be invaluable. It will be used for OEM's after-action report on the derecho event and how Fairfax County Government responded.

Emergency communications are critical before, during and after incidents that affect our community. A variety of entities and people are part of that process such as Fairfax County Government, utility companies, the commonwealth of Virginia, the private sector and others. This survey focuses on Fairfax County Government.

"We're asking for every resident to provide input, as well as business owners," said David McKernan, coordinator for the Office of Emergency Management. "It's important for us as emergency planners to learn how this storm affected our residents, businesses and infrastructure so that we can implement corrective measures and plans for a better response for future storms."

Take the survey: *https://www.surveymonkey.com/s/fairfaxemergencyinfo*.

Bomb Threat? There's an App for That

At approximately 6:30 p.m. on Saturday, May 1, 2010, a smoking SUV in Times Square [New York] was reported by alert street vendors.

Acting quickly, the New York Police Department evacuated vast stretches on 7th and 8th Avenues, including Broadway theatres and several other buildings and hotels in the area. The entire area was barricaded.

Times Square on a Saturday evening before the shows is teaming with people, and the terrorist knew that. The bomb failed, but had it detonated, it would have killed and wounded many, according to NYPD.

Homeland Security's new smartphone application for bomb threats.

In the first chaotic moments after suspicion of a bomb threat, first responders have a myriad of questions, assessments and decisions to make, all at once, and all the while the scene could be changing rapidly.

Is the bomb real? How large is the potential blast radius? Where will we evacuate people? Are there any critical infrastructure or special-needs population centers in the vicinity? Any schools, hospitals nearby? What roads should be closed? Which roads should stay open for evacuees? And on and on.

What if they could get all this information in one place?

Now they can. The U.S. Department of Homeland Security's Science and Technology Directorate and its public and private sector partners have developed a must-have app – the First Responder Support Tools (FiRST) for computers and smartphones.

Read more: *www.dhs.gov/files/programs/st-smartphone-app-bomb-threats.shtm*.

FAIRFAX COUNTY citizen corps

www.fairfaxcounty.gov/oem/citizencorps

The Fairfax County Citizen Corps harnesses the power of individuals through education, training and volunteer service to make communities safe, stronger and better prepared to respond to the threats of terrorism, crime, public health issues and disasters of all kinds. There are five core programs:

Volunteers in Police Service (VIPS)

Provides support for the police department by incorporating volunteers so that law enforcement professionals have more time for frontline duty. VIPS includes auxiliary police officers, administrative volunteers, and the Citizen's Police Academy.
www.fairfaxcounty.gov/oem/citizencorps/vips.htm

Neighborhood Watch

Brings private citizens and law enforcement together to reduce crime and improve the quality of life in our neighborhoods. It brings to life the simple concept of neighbors watching out for neighbors. Volunteers may join an existing group or establish one in their neighborhood.
www.fairfaxcounty.gov/oem/citizencorps/nw.htm

Medical Reserve Corps (MRC)

Operated by the Health Department, MRC is composed of medical and non-medical volunteers trained to assist the community in dispensing medication during public health emergencies.
www.fairfaxcounty.gov/mrc/

Community Emergency Response Team (CERT)

Trains people in neighborhoods, workplaces, and schools in basic disaster response skills, such as fire suppression and search and rescue, and helps them take a more active role in emergency preparedness.
www.fairfaxcounty.gov/oem/citizencorps/cert.htm

Fire Corps

Volunteers are trained to perform non-operational administrative duties at the Fairfax County Fire and Rescue Department Headquarters and at volunteer fire stations.
www.fairfaxcounty.gov/oem/citizencorps/firecorps.htm

The FEMA.gov website has been redesigned and the National Incident Management System Resource Center has a new look and a new URL. www.fema.gov/national-incident-management-system

Report Derecho Storm Damage with New Disaster Database

The Fairfax County Office of Emergency Management (OEM) has launched a new Disaster Damage Database reporting tool. The online tool is designed to allow county residents to report damage caused by emergencies like hurricanes, tropical storms, earthquakes, fires, snow or other disasters – even the derecho that struck Fairfax County and the region on Friday evening, June 29.

Fairfax County may share the disaster damage reports with the Commonwealth of Virginia, the Federal Emergency Management Agency (FEMA) and/or the U.S. Small Business Administration (SBA) to evaluate whether Fairfax County can be declared a major disaster area, on the state and/or federal level, and what kind of federal disaster assistance should be made available to county residents who have suffered losses.

Emergency Management officials encourage residents to begin using this reporting tool by submitting any damage suffered from the June 29 weather event. However, OEM stresses that submission of disaster damages is not a requirement to apply for federal disaster assistance nor is it a promise that federal disaster assistance will be provided to cover damages from the derecho, or any other disaster event when the online tool is used.

The online database is at *www.fairfaxcounty.gov/disasterreport/*.

For more information, email OEM at *oem@fairfaxcounty.gov* or phone 571-350-1000, TTY 711.

ReadyNOVA
Family & Business Preparedness Planners

Fairfax County and Northern Virginia residents can use the family and business emergency planners at *www.ReadyNOVA.org*.

CapitalRegionUpdates.Gov
News & Info - Around the Region

Get the latest news and information from the National Capital Region at www.CapitalRegionUpdates.gov.

Flat Stanley and Flat Stella

Children and their parents can build their own FEMA Flat Stanley or Flat Stella, and then share with other children and classrooms the steps they have taken to support preparedness throughout their homes, schools and communities.

Here are different ways young people can customize and share their "Flats" and what they have learned:

- Flat Stanley app (available on iTunes).
- Flat Stanley website.
- On Twitter using the hashtag #FlatStanley and of course, feel free to post content on other social media channels, too.

This project is a collaboration between the Ready Campaign and Flatter World; the Flat Stanley Project will help educate school-aged children on the need to be prepared for emergencies and disasters, as well as what they can do to help their families and loved ones to build more resilient households. According to Flatter World, 15 percent of all schools in the U.S. use Flat Stanley, and integrate their adventures into classroom lesson plans, so we look forward to hearing from teachers. For more, visit *www.ready.gov/flatstanley.*

The U.S. Centers for Disease Control and Prevention (CDC) has recently updated its iPad application to include a Disease of the Week feature that allows users to explore a new topic each week to learn key facts and prevention tips, view images, videos and take interactive quizzes. The iPad application can be downloaded from the iTunes app store.

Make a Hurricane Continuity Plan for Your Business

The six-month hurricane season typically peaks between August and October. Now is a good time to put a disaster preparedness plan in place to protect your employees and your business.

There are a few things you can do, at no cost, to jump-start your business continuity plan:

- Determine your greatest risk potential.
- Calculate the cost of business interruptions for one week, one month and six months.
- Review your insurance coverage.
- Build a crisis communications plan so you'll be able to make sure your employees, customers, vendors, and contractors know what's going on.
- Consider a Telework Policy.

Download the slides from a recent "Protect Your Business This Hurricane Season" webinar or view the recorded Webinar at any time.

Source: U.S. Small Business Administration blog http://www.sba.gov/community/blogs/5-tips-starting-your-hurricane-season-business-continuity-plan#

Office of Emergency Management
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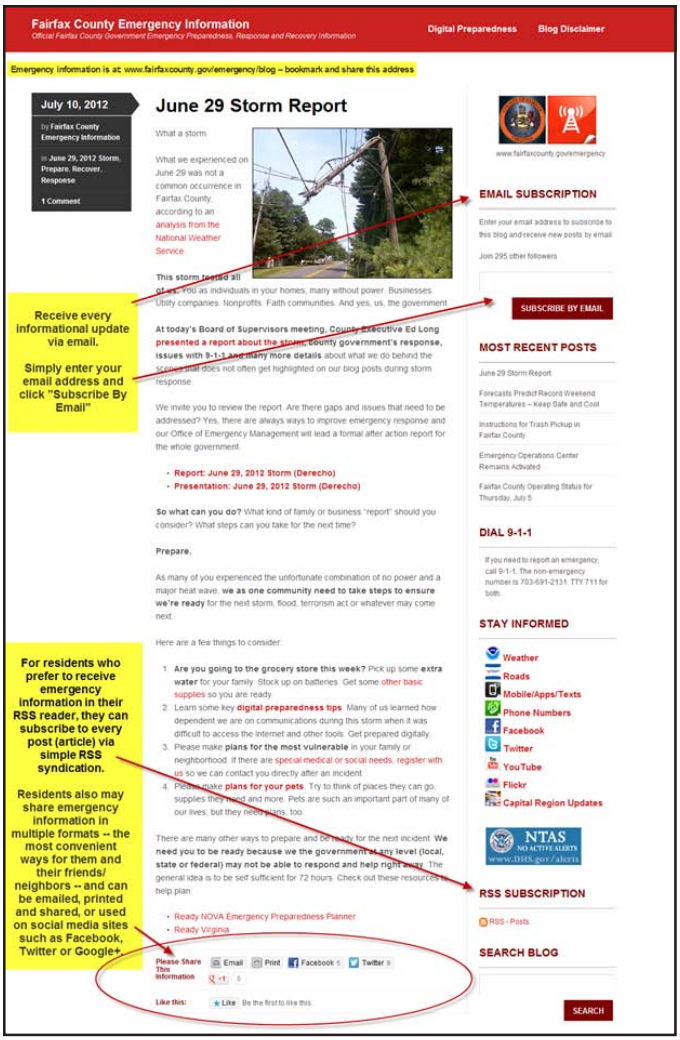
571-350-1000, TTY 711



The best way to stay informed with emergency news is to sign up for alerts from the Fairfax County emergency information blog; www.fairfaxcounty.gov/emergency/blog. You can get updates by email, as well as RSS feeds or visiting the blog directly.

On Thursday, Oct. 18, at 10:18 a.m., individuals and communities throughout five states and the District of Columbia will practice "Drop, Cover, and Hold On," the recommended response in the event of an earthquake during the **first Great SouthEast ShakeOut earthquake drill**. Virginia, Georgia, South Carolina, North Carolina, Maryland and D.C. will participate. The drill comes on the heels of the one year anniversary of the Aug. 23, 2011, 5.8 magnitude earthquake which struck in Mineral, Va., and was felt across more than a dozen U.S. states and in several Canadian provinces. The Great SouthEast ShakeOut is your chance to practice what to do during an earthquake and to learn how to be better prepared for a quick recovery. Visit *www.shakeout.org/southeast* and pledge to have your family, school, business or organization participate.

By completing a disaster plan in advance, you can ensure that you and your family are prepared for hurricanes and other emergencies. http://emergency.cdc.gov/preparedness/plan/

New CERT Liability Guide Now Available

The Community Emergency Response Team (CERT) Program at FEMA is pleased to announce publication of the new "CERT Liability Guide," now available for download on the supplemental information page of the National CERT website at *www.citizencorps.gov/cert/downloads/pdf/CERT_Liability_Guide.pdf.*

CERT programs support post-disaster response and help ensure that CERT efforts are as safe and effective as possible. CERT advocates have understood that program activities can create risk and adverse consequences; however, perceptions about liability may become a larger barrier to CERT formation, activities and partnerships than is justified by reality. The purpose of this guide is to offer information and suggested techniques to help local CERT programs overcome this barrier. The audience includes local programs, their sponsoring government agencies and legal advisors, and CERT members themselves.

The new guide presents the benefits of risk management for CERT programs, including building confidence and a positive public image for the program, reducing the cost of insurance and avoiding other costs, helping to preserve a local program's investment in its members, and increasing overall participation in CERT.

The guide also presents five steps to effective risk management for local CERT programs: 1) Securing leadership support; 2) Collecting information to identify liability exposure; 3) Identifying and analyzing risks; 4) Adopting strategies to manage risk; and, 5) Adopting standard practices for ongoing risk management. Specific activities and considerations are described under each of the five steps.

The July (summer) edition of the "Fairfax MRC News" can be viewed online at *www.fairfaxcounty.gov/mrc/mrcnews.htm*. The direct link to a PDF copy of the newsletter is *www.fairfaxcounty.gov/mrc/pdf/2012-mrc-summer-newsletter.pdf*. This issue's highlights include articles on the Fairfax County Local Technical Assistance Review (LTAR), planning for an anthrax attack and a review of the MRC boot camps.

FEMA Youth Preparedness Council

FEMA has announced the formation of its first Youth Preparedness Council to support FEMA's continued commitment to involving the whole community in preparedness related activities. Additionally, it represents a unique opportunity for a select group of 13 young leaders to serve on a highly distinguished national council and to voice their opinions, experiences, ideas and solutions to help strengthen the nation's resiliency for all types of disasters.

Nominated by individuals who can attest to their preparedness activities, Council members demonstrate a willingness to represent the youth perspective on emergency preparedness and to share preparedness information with their communities.

Children comprise approximately 25 percent of the nation's population and play an important role in disaster preparedness; each have the unique ability to help their communities be safer, stronger and more resilient before, during and after a disaster or emergency event. Research states:

- Youth who are trained in preparedness are more resilient in actual disasters.
- Youth are highly effective messengers for reaching and influencing parents and other adults.
- Youth who are engaged today will ensure a future generation of prepared adults.

The Youth Preparedness Council is comprised of 13 diverse leaders (13-17 years of age) from across FEMA's 10 regions. Representing FEMA Region III, which includes Virginia, is Donald "Diesel" Embrey of Mineral, Va. Embrey is a Virginia state firefighter and emergency medical technician, a Community Emergency Response Team (CERT) volunteer and is certified in CPR/First Aid and Incident Command Structure. He responded to a massive 2,500-acre brush fire in Louisa County, Va., and when a 5.8 magnitude earthquake rocked his community, Diesel assumed a leadership role at his school, helped to evacuate his fellow students and performed triage on injured students. He then responded to the Mineral Firehouse where he worked to establish an emergency evacuation shelter and triage center and helped secure damaged buildings and search for injured persons.