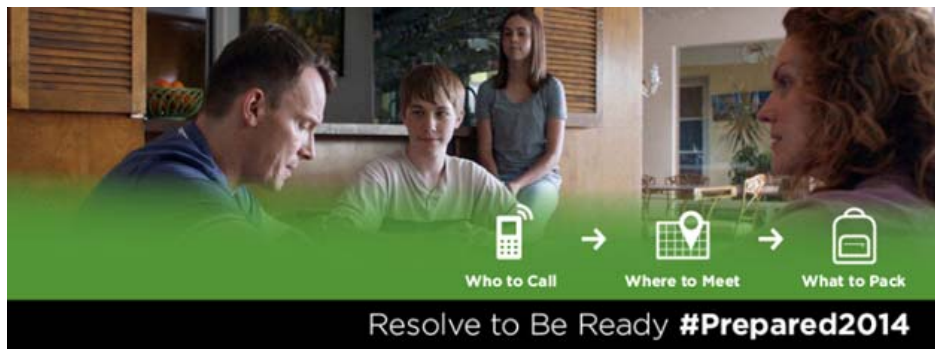


# Emergency Preparedness

Published by the Fairfax County Office of Emergency Management  
January 2014



## A New Year, Get Prepared

By Whitney Kazragis

**W**hat's on your New Year's resolution list this year?

Organizing closets and promising to make more trips to the gym are traditional New Year's resolutions, but the most important thing to do could be making an emergency kit.

President John F. Kennedy once said, "The time to repair a roof is when the sun is shining." The same can be said for emergency kits. The time to make a kit is when the sun is shining – or before a disaster strikes.

Now that Fairfax County has had a round of winter storms, make sure you answer these questions:

- What would I need if the power didn't come back on for a few days?
- What if I was stuck in my car for 12 hours?
- How should I prepare?

This year, resolve to be proactive instead of reactive. A situation can quickly escalate to an emergency if you're not prepared. An emergency kit can alleviate stress in uncertain situations and put you in control to help yourself and others.

- First-aid kit.
- Water (one gallon of water per person per day for a minimum of three days).
- Food (at least a three-day supply of non-perishable food).
- Battery-powered or hand-crank radio and a NOAA Weather Radio.
- Flashlight and extra batteries.
- Whistle to signal for help.

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### Get A Kit – for Home, Work and Car

Be sure to include:

This newsletter is published by the  
Fairfax County  
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Management



# Preparedness Song Helps Make Message Stick

From gearing up for the zombie apocalypse to a flash mob encouraging readiness, promoting public preparedness has taken numerous creative forms. And now emergency managers in Virginia are getting vocal – by turning popular songs into catchy messages about what to include in an emergency kit and other useful information.

Tanya Ferraro, medical reserve corps coordinator for two health districts in southwest Virginia, and Keith Dowler, regional health care coordination center manager for the Near Southwest Preparedness Alliance, came up with the idea to turn popular songs into messages about preparedness over lunch before Thanksgiving.

Ferraro said an hour later they had written the lyrics and recorded the video, which was soon posted on YouTube. “I am a big fan of using social media to engage people and teach people about disasters and make it interesting,” she said.

*Reprinted from Emergency Management. Read the complete article online at [www.emergencymgmt.com/training/Preparedness-Duet-Emergency-Message.html](http://www.emergencymgmt.com/training/Preparedness-Duet-Emergency-Message.html). The video is on YouTube at <http://youtu.be/RrbXFusCXg4>.*

## Song Lyrics

I’ve never seen a snowfall look so fresh  
I cut my teeth on cans of beans in the kitchen  
When power’s out at my address  
Then I hunker down, no shelter envy

Cause in my kit’s like flashlight, duct tape, whistle I can blow on  
Band aids, first aid, extra medication,  
We don’t care, we’re gonna shelter for days of three  
But all my family’s like candles, canned goods, bring in all the pets please  
Food and water, a gallon per day for each  
We don’t care, we know we’re not going anywhere

And we’ll always be loyals (loyals)  
Prepping runs in our blood  
Shelter in place just works for us  
Til we evacuate by bus

Let me be your schooler (schooler),  
You can call me queen Bee  
And baby I’ll rule, I’ll rule  
Let me get you ready

My friends and I – we’ve got a code  
We check on neighbors down the road, it’s a party  
And everyone who knows us knows if they build a kit  
It won’t cost much money

Cause in my kit’s like flashlight, duct tape, whistle I can blow on  
Band aids, first aid, extra medication,  
We don’t care, we’re gonna shelter for days of three  
But all my family’s like candles, canned goods, bring in all the pets please  
Food and water, a gallon per day for each  
We don’t care, we know we’re not going anywhere

And we’ll always be loyals (loyals)  
Prepping runs in our blood  
Shelter in place just works for us  
Til we evacuate by bus  
Let me be your schooler (schooler),  
You can call me queen Bee  
And baby I’ll rule, I’ll rule  
Let me get you ready

Ooh ooh oh  
We’re sheltering for days of three  
And snow ain’t got nothin on me  
Ooh ooh oh  
Life is great on my homestead  
We aren’t running out for milk and bread

And we’ll always be loyals (loyals)  
Prepping runs in our blood  
Shelter in place just works for us  
Til we evacuate by bus  
Let me be your schooler (schooler),  
You can call me queen Bee  
And baby I’ll rule, I’ll rule  
Let me get you ready



Fairfax County, Va., publication.

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

## New Outbreaks

**A**re you ready to earn the highly coveted “Disease Detective” badge? CDC has released a new update to Solve the Outbreak, the popular, free iPad app that puts you in the shoes of a member of the Epidemic Intelligence Service.

The app now has six newly released outbreaks, giving you lots of opportunities to have fun. Do you have what it takes to solve “The Queens Killer” scenario, or are the clues “Hiding in Plain Sight”?

The immensely popular app has fans clamoring for more. So if you’ve been stuck as a senior specialist, now’s your chance to climb the ranks and earn new badges and achievements!

Work hard to earn the Clever Clogs or Smarty Pants achievements; but beware of the Grim Reaper and Underachiever that appear if you fail to solve the outbreak.

Whether you’re a teen considering a career in the sciences, a teacher looking for a great new way to show epidemiology at work or a germ nerd of any age, Solve the Outbreak is a fascinating peek into the work that real-life disease detectives do every day to keep us safe.

As soon as a new outbreak is suspected, you race to the scene to figure out what’s happening, why, how it started and how it’s spreading. Act fast and you can save a whole town, state, or even a country. Come up with the wrong answers and, well...you can always try again!

If you haven’t tried the app yet, now’s the perfect time to get started! Scientists and experts from across CDC have put their expertise and know-how into creating a realistic and exciting app that turns your iPad into its own version of CSI.



Achieve your mission:  
**Become a Disease Detective!**  
Download the iPad app today. 



**SOLVE THE OUTBREAK** 

The Fairfax County Office of Emergency Management is available to deliver emergency preparedness presentations to community organizations and homeowners associations. If interested, contact OEM at 571-350-1000, TTY 711, or via email at [oem@fairfaxcounty.gov](mailto:oem@fairfaxcounty.gov).

## 6 out of 10 American Households Do Not Have a Family Emergency Plan

**A**s the new year gets underway, FEMA is reminding Americans to “Resolve to be Ready” in 2014. Taking simple steps to prepare now can make all the difference in the event of an emergency. Disasters can occur without warning and each and every family member needs to know what to do in case one does.

[Ready.gov/kids](http://Ready.gov/kids) has all the info you need to start the conversation with your family including age-appropriate materials, template communications plans, emergency kit checklists and disaster fact sheets. This new year, make sure every member of your family knows:

- Who to call.
- Where to meet.
- What to pack.

By making a resolution to take a few simple steps to prepare in advance, you can minimize the impact an emergency could have on your family, home or community. For more information visit [www.Ready.gov/prepared2014](http://www.Ready.gov/prepared2014) or follow Facebook at [www.facebook.com/readygov](http://www.facebook.com/readygov) and Twitter at [twitter.com/readygov](http://twitter.com/readygov).



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# Prepare Now for Winter Weather

Virginians should prepare now for winter weather

Most of Virginia is likely to experience more severe winter weather this year and residents should take actions now to be ready for possible power outages and challenging road conditions.

“With a forecast that includes sleet, light snow and potentially significant freezing rain, we strongly encourage citizens to pay attention to their local forecasts” said Michael Cline, state coordinator of emergency management. “The best advice for staying safe during winter weather is to get where you need to be before the weather gets bad.”

The Virginia Department of Emergency Management and the Fairfax County Office of Emergency Management encourage you to follow these safety tips for winter weather:

## Emergency Supplies

- Be prepared to take care of yourself and your family for at least three days in case roads are blocked and/or there are power outages.
- A three-day supply of food includes a gallon of water per person per day and food that does not require electricity to prepare it.
- A battery-powered and/or hand-crank radio (with extra batteries) will provide emergency information. Be sure to listen to local stations for weather and emergency information.
- Have flashlights and extra batteries on hand. Don't use candles when the power is out.
- Get more details and an emergency supply checklist at [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov) or on the Ready Virginia mobile app.

## Driving

- Roads can become very hazardous very quickly. Only travel if absolutely necessary, and if you do, be sure to wear your seat belt.
- Know road conditions before you leave. Road condition information is available 24/7 by calling 511 or

going to [www.511Virginia.org](http://www.511Virginia.org).

- Even after roads have been treated with salt and/or sand, drivers should reduce speed and keep a safe driving distance from other vehicles on the road.
- Driving is most dangerous when the temperature is at or under 32° F. If the road is wet, ice is likely, especially on bridges, ramps and overpasses.
- Put emergency supplies in your car. Use an old backpack or small container. If you become stranded, you will need water and non-perishable food; blankets, hats and mittens; a flashlight and extra batteries; and a whistle to blow to get attention. Other items to include are an ice scraper, can of deicer spray, jumper cables and road flares or a bright LED light that attaches to the vehicle, a bright colored cloth to use as a flag, hand wipes and paper towels and a small first-aid kit. Add a bag of kitty litter or sand for extra weight in your vehicle and also to use for traction in case you get stuck.
- Stay with your car. The Virginia Department of Transportation recommends running the car engine for heat for 10 minutes and then turning off the engine for 20 minutes.

## Emergency Heat

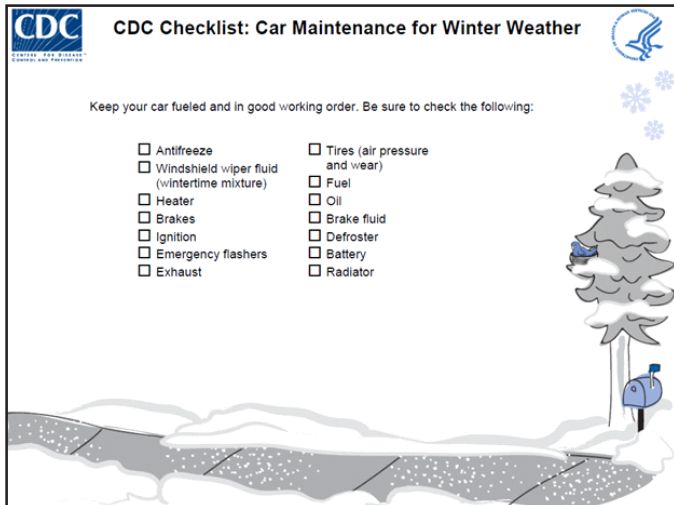
- If you use space heaters, plug them directly into wall sockets – don't use extension cords. Keep space heaters at least 3 feet from furniture, bedding and draperies. Don't leave space heaters unattended and turn them off when you go to bed or leave your home.
- Generators should always be run outside, in well-ventilated areas. Follow manufacturer's directions exactly. Get to fresh air immediately if you start to feel sick, weak or dizzy.
- Kerosene and propane heaters can cause fires if left unsupervised. If you use one, use only the recommended fuel. Always refuel outdoors safely away from your home.
- Have your fireplace and wood stove chimneys inspected and cleaned. These often build up creosote, which is the residue left behind by burning wood. Creosote is flammable and must be professionally removed.

After a winter storm, there may be fallen trees. If you use a chainsaw to cut them, be careful; chainsaws can be very dangerous. Follow the instructions in the manual to safely operate the chainsaw and wear protective gear. Learn more from CDC at <http://emergency.cdc.gov/disasters/chainsaws.asp>.



Office of Emergency Management  
4890 Alliance Drive, Fairfax, VA 22030  
571-350-1000, TTY 711





## Winter Care for Your Vehicles

**S**o you've prepared your home for winter weather but what about your car? You can avoid many dangerous winter travel problems by planning ahead.

Before you hit the road, have a mechanic check the following items on your vehicle:

- Antifreeze levels – ensure they are sufficient to avoid freezing.
- Battery and ignition system – terminal should be clean.
- Brakes – check for wear and fluid level.
- Tires – make sure they have adequate tread.

Changes in weather call for changes in your emergency supply kit. For winter weather, update the emergency kits in your vehicle with:

- Matches.
- Booster cables.
- Tow chain or rope.
- A fluorescent distress flag.

Need a quick and easy way to remember what items to check on your car each winter? Download the car maintenance checklist from the Centers for Disease Control and Prevention ([www.bt.cdc.gov/disasters/winter/pdf/checklist-prepare-car.pdf](http://www.bt.cdc.gov/disasters/winter/pdf/checklist-prepare-car.pdf)) as seen above.

*Reprinted from FEMA's Individual and Community Preparedness e-Brief, Dec. 13 edition. Disclaimer: The federal government does not endorse any non-federal entities, organizations, services or products.*

### 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/police/getinvolved/120711volunteers.htm](http://www.fairfaxcounty.gov/police/getinvolved/120711volunteers.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](http://www.fairfaxcounty.gov/oem/citizencorps/nw.htm)



### Medical Reserve Corps (MRC)

The Medical Reserve Corps is composed of medical and non-medical volunteers of the Fairfax County Health Department that could support the Health Department if called upon to prepare for, respond to and recover from natural and man-made disasters and emergencies. [www.fairfaxcounty.gov/MRC](http://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](http://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](http://www.fairfaxcounty.gov/oem/citizencorps/firecorps.htm)



# Engineering Resilience: The Resilience STAR Home Pilot Project

By Mike Kangior and Matt Fuchs

A key priority of the Department of Homeland Security (DHS) is to work with state, local and private sector partners to make communities more resilient in the face of disasters. As part of that effort, DHS is undertaking a pilot project designed to promote building design that recognizes best practices that help make buildings more resilient.

The initiative, the DHS Resilience STAR Home Pilot Project, will be a government-led, public-private initiative. Through the pilot project, DHS will work together with the private sector to engage homeowners, builders and contractors in communities at high risk for certain natural disasters to identify proactive steps to enhance the resilience of the homes.

The project will allow the private sector to identify and designate residential homes that are voluntarily built or remodeled that could employ design features that are both affordable and proven to enhance resilience to disasters.

The Resilience STAR designation, which is modeled after the Environmental Protection Agency's successful ENERGY STAR campaign, will be given to structures that are built to withstand damage from certain disasters, utilizing the standards and third-party verification process in the Insurance Institute for Business & Home Safety's (IBHS) FORTIFIED programs.

The FORTIFIED standards are designed to improve the quality of residential construction and feature practical,



meaningful solutions for new and existing homes throughout the United States.

The first pilot project will take place in the next few months along the hurricane-prone Gulf Coast. DHS is currently soliciting applications from builders, contractors and homeowners who would like to participate in this project.

For more information on the Resilience STAR Home Pilot Project, and to apply to participate, visit [www.disastersafety.org/resilience-star/](http://www.disastersafety.org/resilience-star/).

You can also visit [www.dhs.gov/blog/2013/11/18/engineering-resilience-resilience-startm-home-pilot-project](http://www.dhs.gov/blog/2013/11/18/engineering-resilience-resilience-startm-home-pilot-project).

*Reprinted from the Private Sector Update, Dec. 5, created and distributed by the U.S. Department of Homeland Security, Private Sector Office. Written by Mike Kangior, director of Resilience Policy and Matt Fuchs, deputy director of Resilience Policy; originally published on the DHS blog (<http://www.dhs.gov/blog>).*

## Emergency News

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# Community Resilience and Functional Needs

By Bruce McFarlane

An article, “Community Resilience & Functional Needs,” in the *DomesticPreparedness.com* journal focused on a recent judicial ruling that New York City’s emergency planning inadequately accommodates people with disabilities and stated NYC is in violation of various local laws and the Americans with Disabilities Act (ADA).

Specific aspects of the city’s emergency plans identified evacuation, sheltering and communication failures that became evident during Superstorm Sandy in 2012.


Fairfax County residents should rest assured that the county’s Office of Emergency Management (OEM) is very serious about emergency planning for residents with access and functional needs (residents with disabilities, the elderly, children under 15 and people with ongoing medical needs).

In fact, Fairfax County OEM is one of the few county OEMs in the country that has a full-time staff position responsible for ensuring that all emergency plans meet ADA requirements for accessibility. Every emergency plan and annex that is developed, reviewed and tested is checked to make sure that evacuation, sheltering and communication aspects are accessible to all county residents and visitors.

However, OEM needs your help in making sure all residents are safe during emergencies.

The article also covered some steps residents and their caregivers can take to help themselves and others in times of emergencies. These steps include the development and implementation of preparedness plans, participation in disaster drills and working more closely with emergency responders before disasters strike. Additionally, many residents with access and functional needs are taking multiple prescription medications and may or may not be able to renew their prescriptions immediately following a disaster.

OEM took the lead two years ago in developing and implementing the [www.ReadyNova.org](http://www.ReadyNova.org) website where



Fairfax County and Northern Virginia residents can use the family and business emergency planners at [www.ReadyNOVA.org](http://www.ReadyNOVA.org).

all Northern Virginia residents can access an ADA-compliant template for developing a family emergency plan as well as a business emergency plan. The website was recently revised for users to select from seven languages and download a mobile app for their iPhone or Android phone. This free-to-use website is not a database program, so as you go through each section of the emergency planner, be sure to save the file to your personal computer or mobile device, as well as to a backup device or location.

OEM also conducts several drills and exercises every year and always ask members of the disability community to participate as “victims” impacted by the event. This enables residents with disabilities to learn how emergency responders will react when trying to evacuate or medically assist them in a simulated disaster drill and teaches the responders how to handle the needs of residents and visitors with disabilities.

True effective resiliency requires participation by the whole community. OEM cannot write and develop your family emergency plan or fill your prescription medications. OEM makes sure shelters are accessible to everyone if they are opened.

If evacuations are needed, OEM will provide accessible transportation for those that need assistance. The Community Emergency Alert Network (CEAN) – register online at [www.fairfaxcounty.gov/cean](http://www.fairfaxcounty.gov/cean) – also is accessible to all that register for emergency alerts on traffic, weather and emergency events. As always, if you are having an emergency, call 9-1-1.

Getting prepared while the sky is blue takes your personal safety and well-being to a proactive level, not reactive. Winter has arrived; be safe out there!

*Bruce McFarlane Sr., outreach supervisor for the Office of Emergency Management, holds the associate emergency manager (AEM) credential from the Virginia Emergency Management Association (VEMA).*



## A New Year...

*continued from Page 1*

- Garbage bags and plastic ties.
- Duct tape and plastic sheeting.
- Manual can opener for food (if kit contains canned food).
- Local maps.
- Infant formula and diapers.
- Cellphone and chargers.
- Prescription medications and glasses.
- Pet food and extra water for your pet.
- Important family documents (insurance policies, identification and bank account records).
- Emergency reference materials (first-aid book).
- Sleeping bag or warm blanket for each person.
- Change of clothing.
- Fire extinguisher.
- Matches in a waterproof container.
- Food supplies, such as mess kits, paper cups, plates and plastic utensils, paper towels.
- Paper and pencil.
- Books, games, puzzles or other activities for children.

### Make a Plan – Now

It may be difficult to communicate with family and friends through traditional means during and after an emergency. Establish your out-of-town emergency contact and where you will meet your family if you are unable to return home.

Not sure how to get started? Go to [www.ReadyNova.org](http://www.ReadyNova.org) for an easy-to-use template for making a personalized family emergency plan.

### Stay Informed

Learn the resources available to you before a disaster. Bookmark Fairfax County's emergency blog to keep up with weather updates, county closings and more at [www.fairfaxcounty.gov/emergency/blog](http://www.fairfaxcounty.gov/emergency/blog). And sign up for the Community Emergency Alert Network (CEAN) for timely emergency alerts at [www.fairfaxcounty.gov/cean](http://www.fairfaxcounty.gov/cean).

Now is the time to prepare for the unexpected. Resolve to make your emergency kit and then follow through! For more on emergency kits, visit [www.fairfaxcounty.gov/emergency](http://www.fairfaxcounty.gov/emergency).

*Whitney Kazragis is the community outreach liaison with OEM and holds a master's degree in mass communication and a disaster management certificate from the University of Georgia.*

## Staying Safe Outdoors

Many of us are entering the coldest time of the year. Cold temperatures make your body lose heat faster than it can be produced. This condition results in abnormally low body temperature, also known as hypothermia.

Hypothermia affects the brain, leaving the victim unable to think clearly or move well. This inability makes hypothermia particularly dangerous because a person may not know it's happening.

Victims of hypothermia are often:

- Seniors with inadequate heating, food or clothing.
- Babies sleeping in cold rooms.
- People who remain outdoors for long periods like the homeless, hikers or hunters.

In extreme cold, make outside trips as brief as possible to protect your health and safety. However, if you must be outside take a few special precautions:

- Dress warmly and in layers. A waterproof jacket will help you stay warm and dry if it starts to snow.
- Work slowly if you have to do heavy outdoor chores.
- Notify friends and family where you will be before you go hiking, camping or skiing.

Do not ignore shivering. It is an important first sign that the body is losing heat. Learn the other signs of hypothermia ([www.nia.nih.gov/health/publication/hypothermia](http://www.nia.nih.gov/health/publication/hypothermia)) and how to care for someone who may be suffering from it before your next outdoor winter excursion.

More information is available online from the U.S. Centers for Disease Control and Prevention (CDC) at [www.bt.cdc.gov/disasters/winter/duringstorm/outdoorsafety.asp](http://www.bt.cdc.gov/disasters/winter/duringstorm/outdoorsafety.asp).

*Reprinted from FEMA's Individual and Community Preparedness e-Brief, Dec. 18, 2013, edition.*



Emergency Blog ([www.fairfaxcounty.gov/emergency/blog](http://www.fairfaxcounty.gov/emergency/blog))



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