

Emergency Preparedness

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When Thunder Roars, Go Indoors!

To be safe from dangerous lightning follow this simple rule: **When thunder roars, go indoors.**

Lightning kills an average of 55-60 people a year in the U.S. But 90 percent of those who are struck survive, often with permanent neurological disabilities. Eighty percent of lightning fatalities occur among men who were fishing, boating, golfing, biking or working outdoors.

To be safe remember the 30/30 rule: If you see lightning and cannot count to 30 before hearing thunder, lightning is close enough to strike you.

Immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up. Stay in the safe shelter at least 30 minutes after you hear the last sound of thunder.

Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Stay away from plumbing, including sinks, baths and faucets.
- Stay away from windows and doors and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.

Outdoor Risk Reduction Tips

- If you are in a forest, seek shelter in a low area under a thick growth of small trees.
- In an open area go to a low place such as a ravine or valley. Be alert for flash floods.
- On open water get to land and

find shelter immediately.

- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Get away from ponds, lakes and other bodies of water.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)



To find out more and for resources to stay safe from lightning dangers, go to www.ready.gov/thunderstorms-lightning or www.lightningsafety.noaa.gov.

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Protect Your Family and Property

By *Laura Southard*

What should property owners, business owners and renters be doing now since the start of hurricane season?

- **Consider getting flood insurance.** Most homeowners insurance does not cover flood damage. Inland flooding is often a problem in Virginia, so a direct hit from a hurricane isn't necessary for there to be extensive damage. Get free info at www.floodsmart.gov or call 1-888-379-9531. Talk to your insurance agent now. Coverage usually takes 30 days before it goes into effect.
- Install permanent storm shutters. These are the best protection for windows; tape doesn't prevent windows from breaking. Another option is to cover windows with 5/8" plywood.
- Be sure trees and shrubs around your property are well trimmed.
- Clear loose and clogged rain gutters and downspouts.
- Get a portable battery-powered/hand-crank radio with NOAA weather band so you can hear information even

Staying Safe on Social Networking Sites

Social networking sites are used widely, but we must learn how to be safe on such sites. While these sites can increase your circle of friends, they also can increase your exposure to people with less-than-friendly intentions. Learn how to help your kids – and other family members – socialize online safely. What can you do to protect yourself?

- Make sure your computer is protected from viruses before visiting sites.
- Do not assume you are in a trusted environment.
- Be cautious in how much personal information you provide.
- Use common sense when communicating with users you DO know.
- Use common sense when communicating with users you DON'T know.
- Understand what information is collected and shared.
- Make sure you know what sites your child is visiting.

For more, visit <http://msisac.cisecurity.org/newsletters/2011-12.cfm>. For daily tips, visit <http://msisac.cisecurity.org/daily-tips/>.

- when the power is out. Have plenty of batteries on hand.
- Store drinking water. Have at least a three-day supply: one gallon per person per day.
- Families should have an emergency plan. Print out a plan or fill in your plan at www.ReadyVirginia.gov or use the family and business emergency planner at www.ReadyNoVa.org.
- Download the new Ready Virginia app and the Fairfax County app. The free app from the Virginia Department of Emergency Management provides emergency planning and guidance; Fairfax County's app includes emergency news and information, as well as general news and information.
- Businesses should take steps to prepare for hurricane season. Visit www.vaemergency.gov/ready-virginia/business or www.ReadyNoVa.org for planning resources.

What Should You do if a Tropical Storm Warning is Issued?

- **If power is out, listen to a battery-powered/hand-crank radio for instructions from local officials.**
- Keep a supply of flashlights and extra batteries. Don't use open flames such as kerosene lamps and candles for light.
- Be sure you have at least a three-day supply of food that doesn't need refrigeration or electricity for preparation.
- Store personal papers in a waterproof container on the highest level of your home.
- Stay inside, away from windows, skylights and glass doors.
- Those in mobile homes should check tie downs and go to a sturdier building for shelter.
- If power goes off, turn off major appliances to reduce power surge when electricity is back on.

Laura L. Southard is public outreach coordinator with the Virginia Department of Emergency Management.

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.

Most Say Disaster Spending Does Not Require Offsetting Cuts

A majority of Americans (59 percent) say federal spending in response to natural disasters is emergency aid that does not need to be offset by cuts to other programs, while 29 percent say such spending must be offset by cuts to other programs.

Democrats (69 percent), Independents (57 percent) and Republicans (52 percent) say that federal spending in response to natural disasters does not require offsetting spending cuts elsewhere.

The national survey by the Pew Research Center and the Washington Post, conducted May 23-26 among 1,005 adults, finds broad support across demographic groups for the view that federal spending in response to natural disasters is emergency aid and does not need to be offset by cuts to other programs. Comparable majorities of those living in the Northeast (62 percent), Midwest (58 percent), West (58 percent) and South (57 percent) all agree that federal spending in response to disasters is emergency aid.

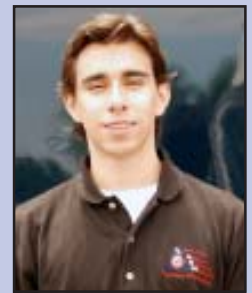
Young people under the age of 30 are about as likely to say emergency disaster spending requires offsetting cuts (42 percent) as not (48 percent). Broad majorities of all other age groups say federal spending in response to natural disasters is emergency aid that does not require cuts to other programs.

From the Pew Research Center for the People and the Press: www.people-press.org/2013/05/29/most-say-disaster-spending-does-not-require-offsetting-cuts/



Marcelo's Minute

Traveling This Summer?



Marcelo Ferreira

Many of us take vacations or short trips during the summer. Here are a couple of quick tips from the U.S. Centers for Disease Control and Prevention (CDC) to help ensure your safety while on the road.

- Fill your automobile's gas tank. I like to keep at least a quarter tank at all times.
- Prepare an emergency kit for your car with food, flares, booster cables, maps, tools, a first-aid kit, fire extinguisher, sleeping bags, etc.
- Place vehicles under cover, if at all possible.

And since we are in the hurricane and summer thunderstorm season, remember these tips in case of bad weather and/or loss of electricity.

- Tune in the radio or television for weather updates.
- Secure any items outside that may damage property in a storm, such as bicycles, grills, propane tanks, etc.
- Place vehicles under cover, if possible.
- Fill sinks and bathtubs with water as an extra supply for washing.
- Adjust the thermostat on refrigerators and freezers to the coolest possible temperature. And refrain from opening the freezer door to retain cold air.

For more tips and emergency preparedness information about hurricanes, visit <http://emergency.cdc.gov/disasters/hurricanes/>; for extreme heat safety information, visit CDC at <http://emergency.cdc.gov/disasters/extremeheat/index.asp>. And don't forget to read our emergency blog: www.fairfaxcounty.gov/emergency/blog.

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).

Emergency Operations Plans for Schools, Institutions of Higher Education and Houses of Worship

On June 18, the Obama administration released the “Guide for Developing High-Quality School Emergency Operations Plans,” the “Guide for Developing High-Quality Emergency Operations Plans for Institutions of Higher Education” and the “Guide for Developing High-Quality Emergency Operations Plans for Houses of Worship.”

These guides are the culmination of years of emergency planning work by the federal government and the first joint product of the U.S. Department of Education, Department of Homeland Security, Department of Justice and the Department of Health and Human Services on this critical topic.

The guides incorporate lessons learned from the recent shootings in Newtown, Ct., and Oak Creek, Wis., as well as the recent tornadoes in Oklahoma. The information can be customized to each type of community and may be used to create new emergency plans as well as to revise and update existing plans.

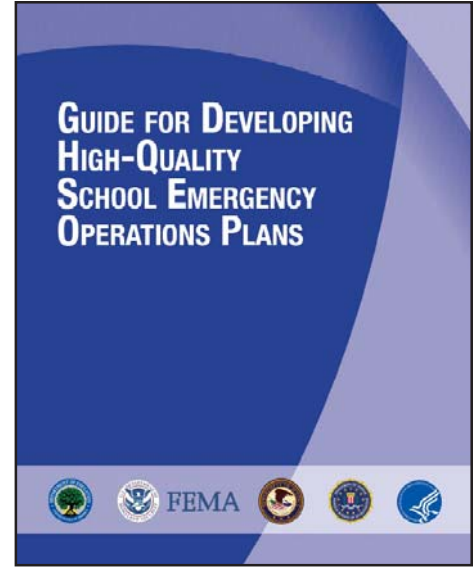
The planning process outlined in the guides will help schools, institutions of higher education (IHEs) and houses of worship align their emergency planning practices with those at the national, state and local levels.

National preparedness efforts, including emergency planning, are now informed by Presidential Policy Directive (PPD) 8, signed by the president in March 2011, which describes the nation’s approach to preparedness. This directive represents an evolution in our collective understanding of national preparedness,

based on the lessons learned from terrorism, hurricanes, school incidents and other emergencies.

The new guides translate the planning guidance from these recent developments, ensuring that the audiences benefit from these advancements. They introduce schools, IHEs and houses of worship to a new approach to planning that includes walking through different emergency scenarios to create a course of action for each objective the team is trying to accomplish, whether it be providing fire prevention training to all students and staff that work with combustible materials or evacuating everyone in the building.

The guides can be accessed on the Readiness and Emergency Management for Schools Technical Assistance Center website (<http://rems.ed.gov>) at <http://rems.ed.gov/EOPGuides>.



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IT'S HOT OUTSIDE! STAY COOL. STAY HYDRATED. STAY INFORMED.

- Drink plenty of water and **don't wait** until you're thirsty to drink.
- Drink from two to four cups of water every hour when you exercise or work outdoors.
- Avoid alcohol or liquids containing large amounts of sugar.

www.cdc.gov/nceh/extremeheat  Centers for Disease Control and Prevention
National Center for Environmental Health

NOAA Extreme Weather Case Study Useful for Utility Managers and Communities

NOAA has released a case study on the National Capital Region's recent extreme weather events, including data on Superstorm Sandy and the 2012 derecho.

According to the report, "Two exceptional extreme events ... provide insight into the value and cost of utility and community preparedness. With little warning, a rare derecho windstorm left a swath of wind damage in its path. Four months later and after a week of tracking and preparation, Superstorm Sandy devastated much of the East Coast. The Washington region was largely spared, but many lessons were learned from full-scale emergency preparation. These two events highlighted critical interdependencies between power, transportation, and water infrastructures and the need for more coordinated planning for resiliency."

Download the study at http://cpo.noaa.gov/sites/cpo/Reports/SARP/Nat%20Cap_Case%20Study%20Factsheet_Extreme%20Weather%20Events_2013-4-4v1-1.pdf.

Coping With Disasters

The Disaster Distress Helpline is the first national hotline dedicated to providing year-round crisis counseling for anyone in distress before, during or after natural or human-caused disasters. This toll-free, multilingual, crisis support service is available 24/7 via telephone (1-800-985-5990) and SMS (text 'TalkWithUs' to 66746; Spanish-speakers text 'Hablanos' to 66746) to residents in the U.S. and territories. Calls and texts are answered by trained, caring counselors from a network of crisis call centers across the country.



Learn more about coping with disasters from the CDC Public Health Matters blog: <http://blogs.cdc.gov/publichealthmatters/2013/06/coping-with-disasters-3/>.

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



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)

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



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



Comments Requested for National Infrastructure Protection Plan Update

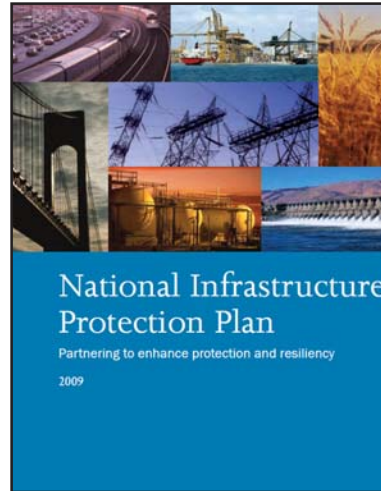
The Department of Homeland Security (DHS) invites the public to contribute suggestions and comments for the rewrite of the National Infrastructure Protection Plan (NIPP) by submitting written data, views or ideas.

Comments that will provide the most assistance to DHS in updating the NIPP will explain the reason for any recommended changes to the NIPP and include data, information or authority that supports such recommended change. Linking changes to specific sections of the NIPP would also be helpful.

There will be an opportunity to review a revised document reflecting the various changes sometime this summer.

On Feb. 12, President Barack Obama signed Presidential Policy Directive 21 (PPD-21), Critical Infrastructure Security and Resilience, which builds on the extensive work done to date to protect and enhance the resilience of the nation's critical infrastructure. This directive aims to clarify roles and responsibilities across the federal government and establish a more effective partnership with owners and operators and state, local, tribal and territorial entities to enhance the security and resilience of critical infrastructure.

The president also signed Executive Order (EO) 13636 on Feb. 12, entitled Improving Critical Infrastructure Cybersecurity. By issuing the EO and PPD together, the administration is taking an integrated approach to strengthening the security and resilience of critical infrastructure against all hazards, through an updated and overarching national framework that acknowledges the increased role of cybersecurity in securing physical assets.




PPD-21 sets forth several actions that the secretary of the Department of Homeland Security shall take to implement the directive. One of these is to develop a successor to the NIPP to address the implementation of PPD-21; the requirements of Title II of the Homeland

Security Act of 2002, as amended; and alignment with the National Preparedness Goal and System required by Presidential Policy Directive 8 (PPD-8).

The 2009 NIPP set forth a comprehensive risk management framework and defined roles and responsibilities for DHS; the sector-specific agencies (SSAs); other federal departments and agencies; state, local, tribal and territorial governments; critical infrastructure owners and operators; and other stakeholders in industry, academia and non-governmental organizations.

The NIPP provides a coordinated approach for establishing national priorities, goals and requirements so that resources can be applied in the most effective manner. The NIPP risk management framework responds to an evolving risk landscape; as such, there will always be changes to the NIPP – from relatively minor to more significant – to ensure it remains relevant to the critical infrastructure mission over time.

For more information and to submit comments, visit <https://www.federalregister.gov/articles/2013/06/06/2013-13427/review-and-revision-of-the-national-infrastructure-protection-plan#h-9>.



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



Fairfax County, Va., publication.

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

Outdoor Electrical Safety

Lighting to improve the look and safety of our homes, electric tools to make our outdoor work easier and power lines to our home, all need to be handled with care.

When working outside, it is important to:

- Have a professional tree cutting service trim branches that might fall on electric wiring.
- Use a wooden or fiberglass ladder outside and remember to keep the ladder at least 10 feet away from power lines.
- Never touch anyone or anything that is in contact with a downed wire. Power lines may still be energized, so stay a safe distance away. Report downed power lines to the power company right away.
- Have a qualified electrician do all of the electrical work when conducting outside electrical work.
- Make sure all your outside electrical receptacles are



ground fault circuit interrupter (GFCI) protected to prevent an electrical shock.

When using power equipment keep these tips in mind:

- Use lighting and tools that have a UL or FM label and make sure they are made for outdoor use.
- Store your electric tools inside and keep all power tools away from children; they are not toys.
- Check lighting and extension cords for damage before using. Replace damaged ones immediately.
- Extension cords are not meant for long term use.

Reprinted from the City of Fairfax Fire Department's fire safety message of the month.

An infographic titled "Be Ready! Wildfires" showing a house with various safety tips. The tips include: Windows/Vents (Close all windows, doors, vents, blinds before evacuating), Smoke Detector (Install a dual-sensor smoke alarm on each level of your home. Test monthly and change the batteries at least once each year), Flame/Smoke (Smoke from wildfires is a mixture of gases and fine particles. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. Listen and watch for air quality reports and health warnings about smoke. You can suffer from smoke even if you are not in the direct path of the wildfire.), Radio (Stay tuned to local radio or television station for information and instructions from local officials. IF ADVISED TO EVACUATE DO SO IMMEDIATELY!), Escape Route (Have several planned escape routes away from your home—by car or foot.), Go-Kit (Have a disaster supply kit ready to take with you.), and Additional Tips (Firewood: Stack firewood away from house; Vegetation: Clean gutters, rake leaves, and remove dead limbs from around your home; Water: If there is the threat of a wildfire, you can use your hose or sprinkler to wet your roof and shrubs around your home.)

Infographic courtesy of CDC; online at www.cdc.gov/php/documents/BeReady_Wildfires.pdf

National Preparedness Report

On Thursday, May 30, FEMA and its partners released the 2013 National Preparedness Report (NPR). The NPR is an annual status report on the nation's progress toward reaching the national preparedness goal of a secure and resilient nation.

Overall, the NPR found the nation continues to make progress building preparedness in key areas and identifies several significant areas of national strength. The report also identified areas for national improvement in enhancing the resilience of infra-structure systems and maturing the role of public-private partnerships.

The report was developed to meet the requirements of Presidential Policy Directive 8/PPD-8: National Preparedness. PPD-8 is aimed at strengthening the security and resilience of the U.S. through systematic preparation for the threats that pose the greatest risk to the security of the nation, including acts of terrorism, cyber attacks, pandemics and catastrophic natural disasters. The NPR identifies national areas of strength and progress made toward building a secure and resilient nation while identifying opportunities for improvement.

Key overarching findings from the 2013 NPR include:

- The nation continued progress in key areas of national strength, including planning, operational coordination, intelligence and information sharing and operational communications – identified in last year's inaugural NPR.
- The nation has made notable progress in improving national areas for improvement – including cybersecurity, recovery-focused core capabilities and integration of individuals with disabilities and access and functional needs.
- Experiences from Hurricane Sandy and other events in 2012 confirmed that enhancing both physical and cyber resilience of infrastructure systems is a newly identified national area for improvement.
- Maturing the role of public-private partnerships is also a newly identified national area for improvement. Specifically, recent assessments of preparedness-related public-private partnerships across mission areas revealed challenges in addressing long-term resourcing and support for these partnerships.
- Hurricane Sandy response and recovery efforts

highlighted strengths in the nation's ability to expedite resources, develop innovative solutions to meet survivor needs and work with nongovernmental partners. Hurricane Sandy demonstrated that challenges remain with the federal government's ability to coordinate efforts when sending resources to respond to disasters.

- States and territories continue to report the highest capability levels in areas they cited as high priorities.
- Whole community partners continue to use federal preparedness assistance programs to maintain capability strengths and address identified gaps, while key federal sponsors are identifying strategies to improve program effectiveness and efficiency. Resilience initiatives are improving the nation's ability to measure how well communities can prepare for and adapt to changing conditions and withstand and recover rapidly from disruptions.

FEMA updated the NPR in close coordination with leaders of federal departments and agencies and the report reflects input from state, local, tribal and territorial governments, private and nonprofit sector partners and the general public. Data from the inaugural regional Threat and Hazard Identification and Risk Assessment (THIRA) process, as well as SPRs, was analyzed and integrated. FEMA also conducted research to identify any recent, independent evaluations, surveys and other data related to the core capabilities.

For a copy of the full report go to www.fema.gov/national-preparedness-report. For more on Presidential Policy Directive 8, visit www.fema.gov/ppd8.



Community Emergency Alert Network (CEAN)
 Get emergency alerts by email, as well as by text or pager. Sign up at www.fairfaxcounty.gov/cean. Businesses can also register up to five people in their organizations – such as security officers – who can receive alerts and then share that information with their workforce.