

Emergency Preparedness

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July 2015

Have You Registered Yet for Fairfax Alerts?

Fairfax Alerts – Fairfax County’s new alerting system that launched last month – includes several new features to enhance messages and message delivery, such as:

- A new **smart weather module** to customize weather alerts and the times they are received. Weather alerts can be targeted by the address you provide, such as home or work.
- A **mobile app** for receiving alerts.
- Select **two-way communication** between you and our emergency managers.
- The ability to **register up to five physical addresses**, such as home, work, children’s school or day care providers and even grandparents’ home.

You can receive information how you want it – by text, email, cellphone and/or mobile app. Fairfax Alerts will send a message to the device you designate as your primary means of notification. If the system does not reach you, it will then try the other methods.

Go online and subscribe at www.fairfaxcounty.gov/alerts.



**If we can't reach you,
we can't alert you.**



For more information on Fairfax Alerts and several explanatory videos, visit the Fairfax Alerts Web page: www.fairfaxcounty.gov/alerts. Be sure to register for an account while there.

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This newsletter is published by the
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Emergency Management



12,000 ★ **70** ★ **60** ★ **53** ★ **10**

POLICE & FIRE ATHLETES COUNTRIES SPORTS VENUES DAYS

Fairfax County, Virginia and the National Capital Region 26 June - 5 July 2015

World Police and Fire Games – Fairfax 2015

By Roy Shrout

With just over a year left to go until the kickoff of the World Police and Fire Games, Fairfax 2015, the organizing committee announced on May 23 the establishment of its Honorary Board and new funding commitments totaling \$5 million from public and private sources.

At a press conference last month in Fairfax County, Governor Terry McAuliffe announced he will chair the Games' Honorary Board.



Governor Terry McAuliffe shows off the Fairfax 2015 jersey. Looking on are Bill Knight, CEO of Fairfax 2015, and James Corcoran, president and CEO of the Fairfax County Chamber of Commerce.

Sharon Bulova, chairman of the Fairfax County Board of Supervisors welcomed attendees. "We are honored to host the Fairfax 2015 Games," Bulova said, adding "I am so proud of our public safety officers."

She also acknowledged Police Chief Edwin Roessler Jr.; Fire Chief Richard Bowers Jr. and Sheriff Stacey Kincaid as instrumental in implementing services and lending personnel.

"I am delighted to support our first responders and public safety heroes who have given their service and sometimes their lives to protect us. I will serve as chairman of these exciting Fairfax 2015 Olympic-style games," said McAuliffe.

"If there is one thing I have learned supporting law enforcement and fire organizations over my years in public service, it's that police, sheriffs deputies and firemen are immensely competitive. Fairfax 2015 will support the commonwealth's tourism industry and economic development."

The games will be held June 26 through July 5, 2015.

For additional information on the World Police and Fire Games, visit www.fairfax2015.com or call 202-480-WPFG (9734).

Roy Shrout is deputy coordinator for the Fairfax County Office of Emergency Management. He is a certified emergency manager (CEM).

Photo courtesy of the World Police and Fire Games, Fairfax 2015.

78% of teens and young adults say they have read an SMS message while driving. Source: NHTSA.gov

71% of teens and young people say they have composed/sent SMS messages while driving. Source: NHTSA.gov

iCrashed
because I called my boyfriend while driving

WRECK IT ALL www.distraction.gov

Learn more about the dangers of texting and driving at www.distraction.gov.

The annual **National Night Out** is Tuesday, Aug. 5, from 6-9 p.m. in a community near you. This unique event is conducted in the U.S. and Canada to bring attention to the prevention of crime and drug activity, strengthen neighborhood spirit and police-community partnerships while sending a message to criminals that neighborhoods are organized and fighting back, as well as promoting emergency preparedness.

In Fairfax County, the National Night Out event is a joint effort between the Fairfax County Police Department and Neighborhood Watch groups.

Neighborhood Watch is one of the core programs of the Fairfax County Citizen Corps Council, which brings together first responders and other community organizations crucial to emergency preparedness. The Neighborhood Watch program began in Fairfax County in 1979 and has grown to include hundreds of established community-based programs.

The involvement and donation of a small amount of time can help reduce crime in your neighborhood through keeping a watchful eye on neighbor's homes and being alert to suspicious or unusual activity that is occurring close to home.

There are various types of Neighborhood Watch programs ranging from a passive observation where residents look and report suspicious activity, up to the mobile patrols that are used in larger communities due the distance homes are from one another.

Regardless of what type of program your community selects, the benefits are many and worthy of your participation. Each Fairfax County Police Department district has a crime prevention officer who can assist with training Neighborhood Watch members, notify the group of crime trends and patterns that may threaten the neighborhood and serve as a resource for information.

An overview of the county program is available at www.fairfaxcounty.gov/police/stations/franconia/img/20120301introtow.pdf or you can contact your district station to learn more about this important program.

Join in your neighborhood's celebration of National Night Out on Aug. 5 and join others as part of your Neighborhood Watch in working toward a safer and more crime-free community. For more information, go to www.fairfaxcounty.gov/police/nno/.

Outreach Events

- **July 11, gates open at 5:30 p.m.** – Burke Centre outdoor movie at Burke Centre ballfield.
- **July 16, 7:30 p.m.** – Aging in Place Committee Meeting – Braddock District Council.
- **July 17, 7 p.m.** – Child Care Center Emergency Preparedness Workshop – South County Center.
- **July 18** – 5 Star Home Health Care for Seniors emergency preparedness presentation.
- **July 31, 6:45 p.m.** – Citizen Corps Council meeting at the Fairfax County Government Center.

To learn more about emergency preparedness or having an OEM representative attend your event or give a presentation at your homeowners association or civic association meeting, call 571-350-1000, TTY 711; email oem@fairfaxcounty.gov.

Stay Connected to Emergency Information



Fairfax County Emergency Alerts
www.fairfaxcounty.gov/alerts



Emergency Information Blog
www.fairfaxcounty.gov/emergency/blog



Fairfax County Government Radio
www.fairfaxcounty.gov/radio



Fairfax County on Twitter
www.twitter.com/fairfaxcounty



Fairfax County on Facebook
www.facebook.com/fairfaxcounty



Fairfax County on YouTube
www.youtube.com/fairfaxcountygov



Fairfax County, Va., publication.

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

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.

DHS Homeland Security Review

The Department of Homeland Security (DHS) has released its second Quadrennial Homeland Security Review (QHSR), taking an important foundational step toward one of Secretary of Homeland Security Jeh Johnson’s highest priorities: strengthening departmental unity of effort.

“The 2014 QHSR sets priorities for homeland security over the next four years based on risk and charts a path forward to proactively address rapidly evolving threats and hazards,” said Johnson.

The DHS unity of effort initiative is focused on ensuring that the department invests and operates in a cohesive, unified fashion, and makes decisions that are transparent and collaborative to drive the secretary’s strategic guidance to results.

The 2014 QHSR report provides that strong strategic guidance and analytic foundation by outlining clear, risk-informed priorities over the next four years that will drive operational planning, analysis of resource and capability options and sound acquisition decisions.

Four years ago, the Department of Homeland Security’s first quadrennial review answered the question, “What is homeland security?,” laying out the vision, five mission areas, and goals and objectives for homeland security.

Reflecting deep analysis of the evolving strategic environment and outlining the specific strategic priorities for keeping the nation secure, this second quadrennial review represents the more focused, collaborative departmental strategy, planning and analytic capability that Johnson has named as a priority for achieving departmental unity.

In addition, the second review reiterates DHS’s commitment to its five enduring missions – prevent terrorism and enhance security, secure and manage our

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Slow... Take It Slow

By Dean Sherrick

To make a slight adjustment to the Gershwin song, “Summertime and the living is anything but easy,” we look at the beginning of our warmest season. Extreme heat is one of the natural disasters listed by www.Ready.gov, which also provides a listing of actions we should take in preparation for the hot summer days.

If you haven’t already done so, build an emergency kit that will provide sufficient water, food and other materials to sustain you, your family and pets over at least a 72-hour (three days) period.

Check the air conditioning system of your residence to ensure that it is operating in the most efficient manner possible. Make sure that doors and windows are leak-free so the cool air stays inside. Also, consider covering windows that receive morning or afternoon sun to reduce heat from entering the home. Think of alternative places such as a mall or a large store – or one of Fairfax County’s Cooling Centers – that you could go to cool off, should you be without power for an extended period.

Know the people in your neighborhood who have health issues. The very young or elderly are more likely to become victims of excessive heat and may require some assistance.

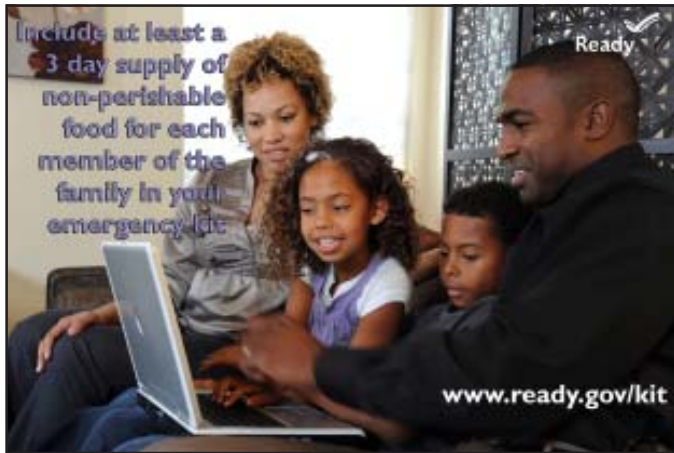
Knowing the conditions that can induce heat-related illnesses, such as poor air quality and stagnant atmospheric conditions, can assist in preventing prolonged exposure and reduce the possibility of a life-threatening condition such as heat stroke. And learn what actions you can take if you need to assist someone who might be suffering the effects of exposure to high heat conditions.

Now is the time to make preparations for the hot, humid days. Plan now to be ready so you can “Take it slow” when those days arrive.

Dean Sherrick is community liaison assistant with the Fairfax County Office of Emergency Management (OEM). He has nearly 40 years of experience in public safety.



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



What's in your emergency preparedness kit? FEMA has a list for you and your family. For tips and information visit www.ready.gov/kit.

QHSR

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borders, enforce and administer our immigration laws, safeguard and secure cyberspace, and strengthen national preparedness and resilience.

The QHSR also recognizes the responsibility the department shares with hundreds of thousands of men and women across the federal, state, local, tribal and territorial governments, the private sector and other nongovernmental organizations, and provides a path forward for engaging in public-private partnerships.

These are the people who regularly interact with the public, who are responsible for public safety and security, who own and operate the nation's critical infrastructure and services, who perform research and develop technology, and who keep watch, prepare for, and respond to emerging threats and disasters.

www.dhs.gov/quadrennial-homeland-security-review-qhsr



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/fr/cert



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



Business Preparedness Corner

Lockdown and Shelter-in-Place... Do You Know the Difference?

By Whitney Kazragis

What's the difference between a lockdown and shelter-in-place? Here are a few guidelines:

Lockdown

A lockdown is an emergency safety procedure in which people are confined in a locked indoor space. Lockdowns typically have a law enforcement component and require immediate intervention. There may be various levels of lockdown at your facility, so be sure to research your organization's lockdown procedures and notification methods.

Shelter-in-Place

Shelter-in-place calls for people to go inside the nearest safe building and stay there for a period of time ranging from a few hours to several days until first responders declare it safe to leave. The indoor structure can shield people from anything ranging from snow to a hazardous chemical incident.

Guidelines for shelter-in-place include:

- Bring employees, family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air-conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with as few windows as possible.



Whitney Kazragis

- Seal all windows, doors and air vents with 2-4 mil.- thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.
- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

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.



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

www.fairfaxcounty.gov/alerts



**If we can't reach you,
we can't alert you!**

Beat the Heat

Summer is here – and so is the hot weather! What better ways to enjoy the sun and warm weather than a dip in the pool, a baseball game or maybe a neighborhood BBQ. And while summer is a great time to sit back and enjoy the weather, heat hazards can turn a picnic into panic.

Heat can be harmful because it pushes the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. It's important to always be prepared, so that the only heat you're feeling is off the grill.

According to Ready.gov, here are a few simple things you can do to beat the heat:

- Build an emergency supply kit.
- Check air-conditioning ducts for proper insulation.
- Cover windows that receive morning or afternoon sun with drapes or awnings.
- **Never leave children or pets, older adults or disabled persons alone in closed vehicles** even for a minute, because it could be deadly.
- Drink plenty of water, even if you aren't feeling thirsty.



Local weather forecasts are a great way to stay aware of upcoming temperature changes. Learn how to get tuned into local alerts and warnings with America's PrepareAthon! "Be Smart: Know Your Alerts and Warnings" guide, online at <http://1.usa.gov/1mfBplB>.

For more information, visit the NWS Beat the Heat website at <http://nws.noaa.gov/os/heat/index.shtml>.

Reprinted from FEMA's Individual and Community Preparedness e-Brief, June 12

CapitalRegionUpdates.Gov



News & Info - Around the Region

Financial Preparedness

What would you do if all your important financial records were destroyed during a disaster?

Be ready when disasters strike. Get suggestions for how to protect and manage the financial aspects of life before and after disasters and easy steps you can take. Access financial preparedness resources online at www.ready.gov/insurance-vital-records.

Heat Safety Tips for Kids

Make sure your child's safety seat and safety belt buckles aren't too hot before securing your child in a safety-restraint system, especially when your car has been parked in the heat.

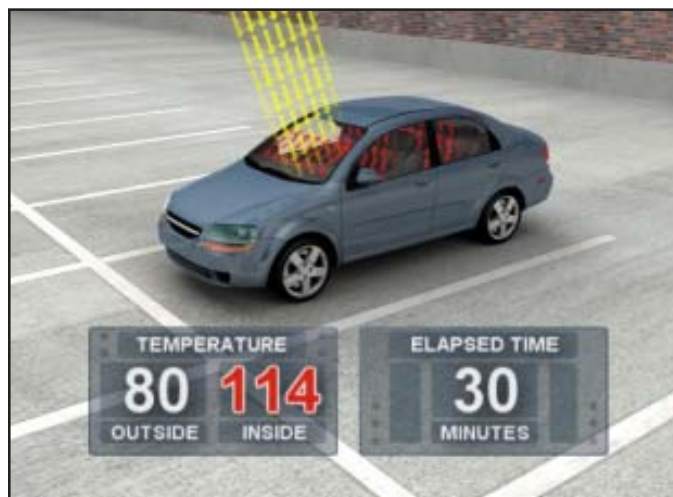
Never leave your child unattended in a vehicle, even with the windows down.

Teach children not to play in, on or around cars.

Always lock car doors and trunks – even at home – and keep keys out of children's reach.

Always make sure all children have left the car when you reach your destination.

Don't leave sleeping infants in the car – ever.



Never leave children or pets unattended in a vehicle, even if you crack the windows. As seen above, on an 80 degree day, the temperature inside a car can reach 114 degrees in as little as 30 minutes. See more graphics and an animation of temperatures inside a vehicle online at nws.noaa.gov/os/heat/index.shtml.

Be Prepared, Have a Family Emergency Plan

Severe weather can happen any time of the year. The best way to prepare for it is with a family emergency plan. If you don't have one, develop one. If you have an emergency plan, review and update it, then go over it with your family at least once a year.

An emergency plan should include how everyone will contact each other, where to go, how you will get back together and what to do in different situations. A good place to begin is www.Ready.Gov, the disaster preparedness website managed by the Department of Homeland Security and the Federal Emergency Management Agency.

Forms are available at that site for contact information on each family member, phone numbers of out-of-town contacts, work locations and other important phone numbers.

Also inquire about emergency plans in places where your family spends time, such as work, school and day care. Incorporate this information into your plan.

Identify an out-of-town friend or relative as a contact person for your family members. During an emergency each member of the family will call the contact and let them know they are safe. An out-of-town contact may be in a better position to communicate among separated family members.

Decide where to go in an emergency. Plan for different scenarios, such as where to go if there is a fire. Where in the home is the safest place if a tornado hits? If you live in an area susceptible to hurricanes, decide whether to evacuate or stay. Plan several evacuation routes, if possible, in case some roads become impassable. Identify where you will stay until it is safe to return home. If you have pets, find, in advance, places to board them or hotels and shelters that are pet friendly.

During a wide-scale disaster, such as tornado or hurricane, prepare for power outages. Keep fresh batteries for flashlights, keep cellphones fully charged. If you don't have one, consider purchasing a cellphone charger for your vehicle. Also, keep your gas tank full.

During hurricane season, keep a basic disaster supply kit of nonperishable food, water, first-aid supplies, medicines, disposable diapers, formula and baby food (if necessary), plus extra food and water for pets. Don't

forget a manual can opener. Keep these items in a waterproof container and include enough food and water for several days.

A battery-operated weather radio will be invaluable in an emergency. These radios can be programmed to your local weather service office and will provide information on approaching severe weather in your area. Heed their advice if you are directed to evacuate.

Keep enough cash on hand to get through several days. Banks will likely be closed and ATMs won't function during a power outage.

Reprinted from FEMA;
www.fema.gov

For additional information, download FEMA's "Are You Ready? Guide" (PDF) at www.fema.gov/media-library/assets/documents/7877 or visit www.ready.gov/are-you-ready-guide.



2014 Patriots Rise State Managed Shelter Exercise

The state will be conducting a shelter exercise (Patriots Rise) at George Mason University on Aug. 19 and **volunteers are needed**. As a volunteer evacuee during the exercise, you can help state officials test plans, policies and procedures for the registration, intake, medical assessment and dormitory coordination of the shelter and staffing. Learn more and register at <http://bit.ly/1oe0LOT>.