

Emergency Preparedness

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This Is National Preparedness Month; Are You Ready?

September, is National Preparedness Month (NPM). Now in its 10th year, NPM is a nationwide, month-long effort hosted by the Ready Campaign encouraging households, businesses and communities to prepare and plan for emergencies.

“National Preparedness Month is the perfect opportunity to take a few minutes and make sure that you and your family are prepared for any emergency,” said Fairfax County Emergency Management Coordinator David McKernan.

“Make sure your family knows how to communicate during an emergency and where to meet if you can’t make it home, and make sure you have emergency food, water, medications and other supplies in an emergency kit so you can sustain yourself for at least three days,” he added.

McKernan stressed the need for personal preparedness and to not forget an emergency kit for your office and vehicles.

“One of the best ways people can help their community and first responders is to be self-sufficient after a disaster,” said FEMA Regional Administrator MaryAnn Tierney.

“By being self-sufficient, people can take a lot of pressure and strain off of vital resources. Additionally, resources may not be able to reach you for a variety of reasons so you should be prepared by having important items already on hand.”

There are a number of basic items that should go into your kit: water, food, a flashlight, a first-aid kit, a can opener and a radio. Other items you may not have thought of include dust masks, moist towelettes, garbage bags or a sleeping bag.

Take into account the needs of everyone – remember diapers, formula, medications, contact lenses and supplies, special food or coloring books and activities for kids. Get a full listing at www.ready.gov/build-a-kit.

For more preparedness information, visit www.fema.gov, www.ready.gov and www.fairfaxcounty.gov/emergency.

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Build Your Emergency Supply Kit

Having a disaster readiness kit is one of the best ways to stay prepared. This can be as simple as a backpack containing items like a flashlight, a small radio, extra batteries, a solar-powered or hand-cranked cellphone charger, energy bars, water and first-aid supplies.

- Use the checklist below as a guide to build your kit.
- And remember, have one for your home, as well as your office and your car. Learn more from the American Red Cross at www.redcross.org/prepare and www.ready.gov/build-a-kit.



Recommended Items to Include in a Basic Emergency Supply Kit:

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

Are You Prepared?

Disasters and emergencies can affect anyone at anytime. Do you have the plans and supplies in place to help withstand the first three to five days after a disaster?

The Fairfax County Office of Emergency Management suggests three steps that each individual and family should take to prepare for an emergency:

1. **Make a Plan** – Determine how you will contact your family, and get back together, if you are separated during an emergency. Be sure to identify what you will do in various situations. More information is available at www.ReadyVirginia.gov and www.fairfaxcounty.gov/emergency.
2. **Assemble a Kit** – An emergency kit should contain basic supplies to help you withstand a disaster. It's best to think first about the basics of survival: fresh water, food, clean air and warmth.
3. **Stay Informed** – The most convenient way to stay up-to-date about local emergencies is to register for the Community Emergency Alert Network (CEAN), which delivers important emergency alerts, notifications and updates during a major emergency, in addition to regular weather and traffic alerts. Register for alerts online at www.fairfaxcounty.gov/cean.

**Subscribe to the
Emergency
Information Blog**

Get updates by email

www.fairfaxcounty.gov/emergency/blog



As a business owner or manager, you are a leader in your community and have the opportunity to set an example for your employees, customers and community to follow.

Disasters not only devastate individuals and neighborhoods, but entire communities, including businesses of all sizes. As an employer in your community, having a business continuity plan can help protect your company, its employees and its infrastructure, and maximizes your chances of recovery after an emergency or disaster.

Ready Business asks companies to take three simple steps:

- Plan to stay in business.
- Encourage your people to become ready.
- Protect your investment.

Ready Business, an extension of the Ready Campaign, helps business owners and managers of small- and medium-sized businesses prepare their employees, operations and assets in the event of an emergency. At www.Ready.gov/business, companies can find vital information on how to get started preparing their organization and addressing their unique needs during an emergency.



Fairfax County, Va., publication.

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

Bureau of Insurance Reminds Residents to Review Property Coverage Before a Disaster

Sept. 1 marked the midpoint of the Atlantic hurricane season. With three months to go, the Virginia State Corporation Commission’s (SCC) Bureau of Insurance reminds Virginians to act now to protect their property from loss. There have been six named storms so far during the 2013 Atlantic hurricane season, which began June 1 and runs through Nov. 30.

The bureau encourages residents to plan ahead and know what to do before a hurricane or other disaster strikes your home or business property. Review your insurance policy carefully to make sure you have enough coverage in the event of a disaster. Know what your policy does and does not cover. Contact your insurance agent or company or the Bureau of Insurance if you have any questions.

Ask your insurance company or agent how you can minimize property damage and, if such damage occurs, how to expedite the processing of claims with your insurance company.

Prepare a complete inventory of your personal property ahead of time including serial numbers, photographs and videotapes. Keep your home inventory and your insurance policies in a safe place, and take them with you if you evacuate.

If your property is damaged by a hurricane, call your insurance agent or company as soon as possible. Make any necessary emergency repairs and take reasonable steps to prevent further damage to your property. Record all damage to your property and include photographs, notes and repair-related receipts.

If you must evacuate, know the name of your insurance companies and take your homeowners, auto and other insurance policies with you. They will contain your policy number and insurance company phone number should you have questions or need to file a claim.

- The bureau also encourages policyholders to consider the following:
- Does your homeowners policy contain a special deductible for wind or hurricane losses? Some companies have wind or hurricane deductibles. These deductibles are applied separately from any other deductible on a homeowners policy and may be written as a flat amount, such as \$1,000, or applied to a loss as a percentage of the insurance coverage on the dwelling.
- Is your home covered in the event of a flood, surface water or storm surge? Homeowners insurance policies issued in Virginia generally do not provide coverage for damage to your home and belongings due to flood, surface water or storm surge. However, flood insurance is available through the National Flood Insurance Program (NFIP). For more information on this program, contact your insurance agent or the NFIP at 1-888-225-5356 or visit www.floodsmart.gov.
- Does your homeowners policy provide any coverage for such things as sewer backup? Most homeowners policies do not provide coverage for sewer backup, but policyholders may purchase additional coverage for this.
- Are automobiles and other vehicles covered in the event of a hurricane or other windstorm? If you have comprehensive coverage – also known as other than collision coverage – for your vehicle under your automobile policy, you will be covered for flood and wind damage.

The Bureau of Insurance cautions that once a hurricane develops in the Atlantic, it will be difficult to find an insurance company willing to write related coverage until the storm threat passes.

The Bureau of Insurance can assist consumers with their insurance-related questions and concerns. For more information, contact the Bureau of Insurance Property and Casualty Division toll-free at 1-877-310-6560. Consumers who are hearing or speech impaired may call through the SCC’s Telecommunications Device for the Deaf and hard of hearing (TDD) at 804-371-9206.

The Bureau of Insurance offers free consumer guides for homeowners and commercial property owners with information about what to do when a disaster strikes, available at www.scc.virginia.gov/boi.



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



Get Ready to ShakeOut

Join in multi-state earthquake drill

The second annual Great Southeast ShakeOut multi-state earthquake drill is Thursday, Oct. 17, at 10:17 a.m. By signing up for the ShakeOut, you can learn about earthquake safety and also join in the largest simultaneous earthquake drill ever held.

Wherever you are at home, school, work or play, you can participate in the ShakeOut and learn how to drop, cover and hold on, which is the safe response to an earthquake.

- **Drop to the ground** (before the earthquake drops you).
- **Take cover** by getting under a sturdy desk or table.
- **Hold on** to it until the shaking stops.

Earthquakes happen without warning, and the shaking may be so severe that you cannot run or crawl. So drop, cover and hold on immediately

If there isn't a table or desk near you, drop to the ground in an inside corner of the building, and cover your head and neck with your hands and arms. Do not try to run to another room to get under a table.

Also during an earthquake, don't run outside. Trying to run is dangerous because the ground is moving and you can easily fall or be injured by falling bricks, glass and other building materials. In the U.S., you are much safer to stay inside and get under a table.

Last year nearly 1 million Virginians took part in the first Great Southeast ShakeOut. Sign up to participate today and let's increase the participation level this year!

Learn more and sign up for the Oct. 17 ShakeOut at www.ReadyVirginia.gov or www.shakeout.org/southeast.

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



The Cost of Preparedness

Here's a great Infographic (at right) that compares some of the costs of being prepared – and not.

Take a look at these items and then think about you and your family. Many of these same costs will apply to you and your loved ones during an emergency.

Have you updated the supplies in your emergency kit – or do you even have a kit for your home, office and vehicles?

Are your supplies easy to get to if and when needed? It doesn't do much good to have emergency food, water, first-aid items, etc. if they are scattered all over the house and you have to go searching for them if the power goes out.

September is National Preparedness Month. Use this time to concentrate on the items you and your family need to be safe in case of severe weather or a prolonged emergency event that may require you to shelter in place.

Reprinted from the Virginia Department of Emergency Management; <https://twitter.com/VDEM/status/368078823998226432/photo/1>

OEM is available to deliver emergency preparedness presentations to community organizations and homeowners associations. Contact OEM at 571-350-1000, TTY 711, or via email at oem@fairfaxcounty.gov.

Save by being prepared!

Being prepared for big storms, power outages and other emergencies is smart for families and their wallets. A well-stocked emergency supply kit, which can sustain a family for up to three days, costs hundreds of dollars less than the potential tab for not being prepared to shelter in place.

<p style="font-size: 2em; font-weight: bold; color: black;">\$279</p> <p>The average cost of a well-stocked emergency supply kit for a family of four</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 45%;"> <p>food, water, plates, etc. \$119</p> <p><i>Includes bottled water, paper plates and plastic cups and utensils, canned fruits and vegetables, peanut butter, tuna, protein bars, cereal, dried fruit, Pop-Tarts, bread, jelly, chips and other nonperishable foods</i></p> <div style="display: flex; align-items: center;"> <p>\$84</p> </div> <p>safety items</p> <p><i>Includes work gloves, ponchos, watertight bags, weatherproof NOAA radio, flashlights and batteries, battery-powered radio, duct tape, bleach, extra batteries and other items.</i></p> <div style="display: flex; align-items: center; justify-content: center;"> <p>first aid</p> <div style="border: 1px solid black; padding: 5px; margin: 0 10px; text-align: center;"> + </div> <p>\$36</p> </div> <p><i>Includes a first-aid kit, sunscreen, bug spray and rolling cooler</i></p> </div> <div style="width: 45%;"> <p>clothing \$40</p> <p><i>Includes shoes starting at \$5 and shirts and pants at \$3 each</i></p> </div> </div>	<p style="font-size: 2em; font-weight: bold; color: red;">\$888</p> <p>The potential cost of having to leave home for three days</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 45%;"> <p>eating out \$345</p> <p><i>Includes eating out three meals a day for three days, plus snacks</i></p> </div> <div style="width: 45%;"> <p>hotel \$450</p> <p><i>Includes three nights at a moderately priced hotel</i></p> </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 20px;"> <div style="width: 45%;"> <p>travel \$18</p> <p><i>Traveling 25 miles per day for three days (could increase significantly based on fuel prices and vehicle gas mileage)</i></p> </div> <div style="width: 45%;"> <p>pet boarding \$75</p> <p><i>To board one pet for three days</i></p> </div> </div>
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Costs provided by Chesterfield County Emergency Management and based on a survey of local prices for an average family of four.

Produced by the Chesterfield County, Va., Department of Public Affairs

Individual Needs May Vary; a Consideration for Emergency Plans

When making emergency plans, remember that each person's needs and abilities are unique. If you or someone you know has access or functional needs (www.ready.gov/individuals-access-functional-needs), additional steps should be taken to stay safe, healthy, mobile and independent during a disaster.

Individuals with access and functional needs include:

- Those who are hard of hearing, of limited sight or with limited English proficiency.
- Single parents.
- People without vehicles.
- People with special dietary needs.

Register in advance with Fairfax County's Medical Needs Registry (www.fairfaxcounty.gov/specialneeds).

Stay mobile and independent by including items in your disaster kit that meet your needs such as:

- Medical prescriptions.
- Extra eyeglasses and hearing aids.
- Written descriptions of service needs.
- Batteries and chargers for assistance devices.

More ways to plan for those with access and functional needs is available in the "Prepare for Emergencies Now, Information for People With Disabilities" (www.ready.gov/sites/default/files/FEMA_Disabilities_R-6_web_june2012.pdf) guide.

Reprinted from FEMA's Individual and Community Preparedness e-Brief, Aug. 28 edition



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

The Importance of Being Self-Sufficient

After an emergency happens resources can be strained quickly and you may have to do without electricity, water service, telephone service and access to a grocery store just to name a few. That's why it's so important for everyone to have the ability to be self-sufficient after an emergency occurs.

One of the easiest ways to be self-sufficient is to build an emergency supply kit. These kits are simply a collection of basic items your household may need in the event of an emergency.

You should assemble your kit well in advance of an emergency because you may not have time to search for the supplies you need or shop for them. Keeping your kit organized in some sort of container also ensures that if you have to evacuate you can quickly take your kit with you.

While building your emergency supply kit can seem like a daunting task, it doesn't have to be.

When you go out to the store, see what's on sale that you need and pick up a few things at a time, that way you don't break the bank.

Another tip is rather than buying bottled water; you can disinfect empty two-liter bottles and fill them with water.

Can't think of what you want for a birthday or holiday; why not suggest people buy you preparedness supplies, that way you get something you'll actually use.

There are many tips and tools to help you become self-sufficient after an emergency. Go online to www.ready.gov to learn more.

McGruff the Crime Dog Shares “Back-to-School” Tips to Protect Kids

Kids around the country are back in school and their safety is always a top priority. The National Crime Prevention Council (NCPC) offers several important tools and tips for administrators, parents and students.

Tips for Administrators

- Encourage students and parents to report to law enforcement and school administrators any threats to bring weapons or harm others.
- Enforce school policies toward the presence of weapons, alcohol and illegal drugs.
- Develop protocols between law enforcement and the school about ways to share information about school safety concerns.
- Involve teens in designing and running programs such as conflict resolution, mentoring, peer assistance, School Crime Watch and graffiti removal programs.
- Insist that all students put outerwear in their lockers during school hours.
- Establish a policy of positive identification such as ID badges for administrators, staff, students and visitors.

Tips for Parents

- Ask about the safety and emergency plans for your children’s school. How are local police involved? How are students and parents involved? What emergencies have been considered and planned for?
- Talk to your children about their day. Ask your children if they see anyone bullied, if they are bullied or if anything else makes them feel uncomfortable. Look for warning signs of bullying, such as a sudden drop in grades, loss of friends or torn clothing.
- If you see something that is suspicious in your neighborhood, report to local law enforcement and share updates with your neighbors.
- Teach children to resolve problems without fighting. Talk to them about other ways they can work out a problem, such as talking it out, walking away, sticking with friends or telling a trusted adult.
- Keep an eye on your children’s Internet use. Talk to your children about what they do online – what sites

- they visit, who they email and who they chat with.
- Encourage them to speak up if something makes them uncomfortable, or if they witness forms of cyberbullying such as threats or harassment.

Tips for Students

- Map out with your parents a safe way to walk to school or to the bus stop. Avoid crossing busy roads and intersections, if possible. Discuss with your parents areas to avoid along the way, such as vacant lots, construction areas and parks where there aren’t many people.
- Discuss with your parents the trusted adults you should approach if you need to ask for help along your route to and from school.
- Walk to school or the bus stop with a sibling or friend and wait at bus stops with other children.
- Follow traffic signals and rules when walking or biking. You should cross the street at crosswalks or intersections with crossing guards whenever possible.
- Do not talk to strangers or people you “sort of know,” and do not go anywhere with or accept gifts from them without your parents’ permission. If you see a suspicious stranger hanging around or in your school you should tell a trusted adult.
- Memorize your phone number and full address, including area code and ZIP code. Write down other important phone numbers such as your parents’ work and cellphone on a card to carry with you.



For more information on school safety, visit NCPC’s website at www.ncpc.org/topics/school-safety.

Reprinted from the National Crime Prevention Council. Find more at www.ncpc.org/topics/school-safety.

