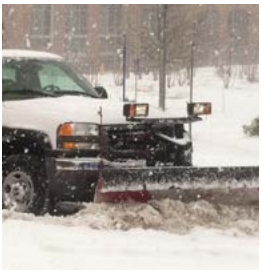
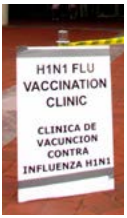










Mini Community Emergency Response Guide (CERG)

INTRODUCTION

Disasters happen, and they can affect you, your family, and your community. The Fairfax County Department of Emergency Management and Security (DEMS) is pleased to provide the community with this quick reference "Mini Community Emergency Response Guide (CERG)", a companion document to the **Community Emergency Response Guide (CERG)**. This guide offers first action steps to take during emergencies in an easy-to-read format.

If you are interested in an emergency preparedness presentation, please contact the **Fairfax County Department of Emergency Management and Security (DEMS)** at **www.fairfaxcounty.gov/emergencymanagement** or email **dems@fairfaxcounty.gov**.

We look forward to working with you toward a more ready and resilient Fairfax County!

To download a copy of the Community Emergency Response Guide and templates, please visit, **www.fairfaxcounty.gov/emergencymanagement/cerg**.

The full Community Emergency Response Guide is available in Arabic, English, Korean, Mandarin, Spanish, and Vietnamese.

Fairfax County Department of Emergency Management and Security (DEMS)
571-350-1000, TTY 711
dems@fairfaxcounty.gov

THE "FOUR PHASES" OF EMERGENCY MANAGEMENT

Emergency management professionals typically break down their responsibilities into four phases, **preparedness**, **response**, **recovery,** and **mitigation**. This four-phase cycle applies to you too. By using the resources provided in this Mini CERG, Fairfax County residents will become more resilient and self-sufficient during an emergency.

PREPAREDNESS (BEFORE): MAKE A PLAN/MAKE A KIT/STAY INFORMED/ GET INVOLVED

PREPAREDNESS

Preparedness is what we can all do **now** to ensure we are ready to handle an emergency. Developing emergency plans, learning about resources available during and after a disaster, and practicing what you would do in an emergency are key elements of preparedness.

Need help in drafting your emergency plan? Visit the Community Emergency Response Guide online and use the template in **Appendix B: Developing Your Family Preparedness Plan**. The template will provide a step by step guide in developing your written emergency plan.

STEP 1: MAKE AN EMERGENCY PLAN-START IT TODAY

Make a family plan before an emergency strikes. When you are making your plan, you should assume you have no power, water, heating/cooling, limited access to finances, no access to retail/pharmacy, and no outside help. Before an emergency strikes, you should:

- Call a family meeting (do this anually).
- Discuss your most concerning hazards.
- Determine your actions for each likely disaster.
- Determine your shelter-in-place plan and/or your evacuation plan, including where you will meet.
- Discuss how you will communicate if you are separated.
- Identify an out-of-area contact to act as a family communication point if local communication points are not functioning.

Keep a copy of your plan in your emergency kit. Keep a copy of your plan in your emergency kit and save it digitally in the cloud or on a USB. For a more detailed planning checklist, visit **www.fairfaxcounty.gov/emergencymanagement/cerg** and turn to the planning section.

Planning Considerations

To ensure personal safety in emergency situations, persons with disabilities, children, older adults and care providers should tailor their plan to meet their needs. Each person's needs and abilities are unique, but everyone can take steps to be prepared.

Persons with Access and Functional Needs - Create a support network and identify the type of assistance you need and the best ways to help you. If you use a personal care attendant, check to see if the agency has an emergency plan and if they provide service at another location should you need to evacuate.

Infants and Young Children - Incorporate your child's school's emergency plans, locations, and contact information into your plan. Know who is responsible for picking up whom, and where everyone will meet up. Talk with your children about the family plan.

Pets and Service Animals - Do not leave pets at home if you evacuate your house. Put together your pet's emergency kit and include vet records in your emergency documentation along with a picture of you and your pet for reunification.

Community Connect is a free, secure, and easy to use platform that allows residents and/or business owners to share critical information about their home or business that will aid FCFRD firefighters and paramedics during an emergency.

www.communityconnect.io/info/va-fairfax-county

Emergency Health Profile is a voluntary database for residents to enter their own "relevant mental health information and emergency contact information." The information entered into the profile is only seen when the registered phone number calls 911.

www.fairfaxcounty.gov/911/emergency-health-profile

Business Continuity Plans

Do you own or operate a business? Take the time to develop a business continuity plan that positions your company to recover with minimal disruption from a disaster. A business continuity plan outlines the impacts most likely to disrupt your business, the critical business activities that are essential to stay in business and recover quickly, and continuity strategies to keep those critical activities running.

Developing a business continuity plan is also an excellent non-disaster management practice. As you develop the plan, you will identify and eliminate single points of failure by introducing redundancies and identifying employees for cross-training.

You can use the Continuity Plan Template in the **Business Disaster Resilience Guide** to help you create a plan. This template will help you create a plan, ensure safety of your clients and employees, and find gaps within your current models.

STEP 2: PRACTICE YOUR PLAN

Take the time to test and practice your family plan. Practice evacuating your home as well as sheltering in place. Plan to practice your emergency plan at least once a year.

STEP 3: ASSEMBLE YOUR EMERGENCY KITS

Emergency kits of various types are essential resources in an emergency. Kits should be kept in places where they are both useful and accessible when needed. Update your emergency kit twice a year.

- **Shelter-in-place emergency kit:** place in a secure location in your home and at work (where you will shelter-in-place is best)
- **Evacuation "go bag":** placed near an exit route that is easy to grab and go
- **Vehicle kit:** keep in your vehicle

Check expiration dates on food and medication. As seasons change, update your clothing and shoes. If you have children, be sure your kit is age-appropriate as they grow.

Fairfax County recommends every household keeps 3-5 days' worth of food, water, and supplies for each member of your family. Emergency kits include basic supplies and are tailored to everyone's needs. You will need additional supplies if your household has children,

seniors, individuals with access and functional needs, or pets. Be sure to include important documents, cash, and any other items you may need.

For a complete list of emergency kit items, turn to page 45.

Consideration: Persons with Access and Functional Needs

Make an emergency kit that fits your needs and plan for backup for anything essential like medical information and equipment.

For individuals with access and functional needs:

- Medical device information (type and model number)
- Documentation of health information and physician contact information
- Assistive technology (include instructions)
- Extra wheelchair batteries
- Medication and medical supplies. Add medication to your emergency kit:

  1. A crucial task in medication preparedness is to start building your personal medicine list. Your medication list should include the full name of the medication, dosage, what the medication is taken for, relevant instructions (e.g., taken in morning or evening, with or without food), and the name, phone number, and address of your pharmacy. Make note of allergies to medicine both for you and members of your household.
  2. If you have health insurance, follow the steps below to ensure continuation of routine prescription medication in times of crises:
     - » Talk to your insurance provider and understand the circumstances under which when you can refill your medication earlier than scheduled.
     - » Consider setting up an automatic refill schedule with your pharmacy and home delivery for routine prescriptions.
  3. The Emergency Prescription Assistance Program (EPAP) helps people living in a disaster area who do not have health insurance get the prescription drugs and medical equipment that they need to stay healthy. If you have questions about using EPAP during a disaster, call the EPAP Hotline at 1-855-793-7470.

- Use the medication list in the Developing Your Family Preparedness Plan Template
- Food for service animals

STEP 4: STAY INFORMED DURING AN EMERGENCY

There are several ways to get information during emergencies in Fairfax County. Sign up for Fairfax Alerts, a free opt-in service that provides emergency notification to you by email, text, or "reverse-911" calls. Sign up: **www.fairfaxcounty.gov/alerts**.

You can also use:

- Fairfax County Emergency Blog:
  www.fairfaxcounty.gov/emergency/blog
- Fairfax County Social Media:
  @FairfaxCounty
- Fairfax County Government Radio: 571-350-2160 or
  https://www.fairfaxcounty.gov/publicaffairs/radio
- Fairfax County Cable TV:
  Channel 16
- Fairfax County Website:
  www.fairfaxcounty.gov
- NextDoor: Fairfax County
  www.nextdoor.com
- Fairfax Connector:
  www.fairfaxcounty.gov/connector/
- Washington Metropolitan Area Transit Authority (WMATA):
  www.wmata.com

For non-emergency communication, you can stay connected by signing up for the Emergency Preparedness Newsletter in Fairfax Alerts as well as following the Department of Emergency Management and Security (DEMS) on social media. **@ReadyFairfax**

STEP 5: GET INVOLVED

We are all in this together. Building a culture of preparedness makes Fairfax County a more resilient community. There are many ways to get involved so you can make a positive difference. To volunteer, connect with any of the below local organizations. To get involved, visit:

www.fairfaxcounty.gov/emergencymanagement/volunteer

Fairfax County Emergency Management Volunteer Corps:

The purpose of the DEMS Emergency Management Volunteer Corps is to make Fairfax County the most ready and resilient community in the world. The Volunteer Corps Volunteers will educate the public in emergency management and disaster preparedness throughout the whole community.

American Red Cross:

The American Red Cross in the National Capital Region offers training on CPR, First Aid, and numerous other skills. The Red Cross also provides volunteer opportunities to help respond to and recover from emergencies. Visit **www.redcross.org/dc/Washington** for more information.

Fairfax County Citizen Corps Council:

The purpose of the Fairfax County Citizen Corps is to harness the power of every individual through education, training and volunteer service to make communities safe, stronger and better prepared to respond to the threat of terrorism, crime, public health issues and disasters of all kinds. The Citizen Corps build on community strengths and develops action plans to involve the whole community, including local businesses.

National Weather Service - SKYWARN is a national network of volunteer severe weather spotters. Spotters are trained by local National Weather Service (NWS) Forecast offices on how to spot severe thunderstorms, tornadoes, hail, etc. For more information, visit **weather.gov/lwx/skywarn**.

Citizen Corps Core Programs:

Community Emergency Response Team (CERT): CERT trains people in neighborhoods, workplaces, and schools in basic disaster response skills, such as fire suppression and search and rescue. It helps Fairfax County residents take a more active role in emergency preparedness.

Fire Corps: Fire Corps volunteers are trained to perform non-operational administrative duties at the Fairfax County Fire and Rescue Department at volunteer fire stations.

Volunteers in Police Service (VIPS): The Fairfax County Police Department offers the opportunity to join Volunteers in Police Service (VIPS), which provides support for the police department by incorporating volunteers so that law enforcement professionals have more time for front line duty. VIPS includes auxiliary police officers, administrative volunteers, and the Citizen's Police Academy.

Medical Reserve Corps (MRC): The Medical Reserve Corps (MRC) provides training and volunteer opportunities through the Fairfax County Health Department. It is composed of medical and non-medical volunteers trained to assist the community in dispensing medication and other services during public health emergencies.

Neighborhood Watch: Neighborhood Watch brings residents and law enforcement together to reduce crime and improve the quality of life in our neighborhoods. Volunteers may join an existing group or establish one in their neighborhood.

RESPONSE (DURING): SHELTERING/ EVACUATION

RESPONSE

Response is the actions taken to save lives and protect property from damage during an emergency – it is putting preparedness plans into action. When disaster strikes, you may need to take specific action to remain safe.

SHELTER-IN-PLACE

In many emergencies, it is safer to stay indoors, referred to as **shelter-in-place**. Select a small, interior room with no or few windows, and take refuge there. If you are not in immediate danger, stay where you are until you can get more information from Fairfax Alerts, Fairfax County's website, or the local media.

How to:

- Follow instructions from authorities if available to decide whether you should shelter-in-place or evacuate.
- Follow your emergency plan.

Why you might need to shelter-in-place

- Acts of violence/terrorism events
- Civil disturbance
- Chemical, biological, or radiological contaminants released accidentally or intentionally into the environment
- Severe weather

LOCKDOWN

Lockdown refers to securing or protecting individuals from an immediate threat of violence, such as an active shooter or other assailant. There are procedures for an **exterior lockdown**, which are intended to keep a threat from entering the building, and an **interior lockdown**, which is implemented when the threat of violence is inside the building. A lockdown is anticipated to last only a few hours.

How to:

- Remain calm.
- Lock all doors and windows immediately. If a door can't be locked, quickly block the door with heavy items.
- Turn off all lights, and close blinds or curtains.
- Instruct everyone in the room with you to stay low and away from the windows and doors.
- Silence televisions, cell phones, and other electronics.
- Assist those with access and functional needs if safe to do so.
- Remain indoors and under lockdown until you receive an "all clear" from authorized personnel.
- Follow all instructions from law enforcement personnel.

Why you might need to lockdown

- Acts of violence/terrorism events
- Civil disturbance

For more information and guidance on responding to active shooters, visit:

- "Run, Hide, Fight" **www.dhs.gov/options-consideration-active-shooter-preparedness-video**
- "ALICE" **www.alicetraining.com**

EVACUATION

A wide variety of emergencies may require **evacuation**, whether from a building or an area. In some instances, you might have time to prepare and others might call for immediate action. Planning ahead helps evacuations go quickly and safely, no matter the circumstances.

How to:

- Do not panic – remain calm and do not run.
- In the event of a fire, do not open hot doors. Before opening any door, touch it near the top to see if it is hot.
- Do not use elevators.
- Do not break windows in a fire – oxygen feeds fires.

Why you might need to evacuate

- An internal chemical spill or gas leak
- Visible smoke, vapor cloud, or fire (inside the building)
- Bomb threat
- Suspicious mail
- Localized flooding

PREPARING FOR AN EMERGENCY SHELTER

Sometimes there are instances where Fairfax County will open emergency shelters. If you need to relocate to an emergency shelter, consider bringing the following items with you:

- Personal items (clothes, personal hygiene items, bedding, etc.).
- Your emergency kit (include: medical supplies, medication, assistive technology, etc.).
- Age-appropriate supplies (diapers, wipes, formula, food, toys etc.).
- Service animal or pet supplies.

HELPING YOUR COMMUNITY

Emergency preparedness is a shared responsibility that requires whole-community involvement. During or after a disaster, if you know someone on your block or building that has health concerns, (e.g. elderly, parents with small children, or otherwise needs assistance), check on them, or invite them to ride out the event with your family.

Get to know people on your block or in your building in advance. It is the neighborly thing to do – plus, past disasters show that prepared neighborhoods have less loss of life, reduced severity of injury and trauma, and less property damage.

Get trained! Visit the Ready Fairfax outreach calendar. Classes offered:

- Introduction to Preparedness
- Until Help Arrives

www.fairfaxcounty.gov/emergency/readyfairfax

5 STEPS TO NEIGHBORHOOD PREPAREDNESS

We never think a disaster will strike our neighborhood or at least we hope it won't. Use the 5 Steps to Neighborhood Preparedness guide and accompanying Toolkit in the Community Emergency Response Guide to build a disaster plan for your neighborhood.

1. **Define your area.** Identify a manageable area, your apartment building, one city block, a few small surrounding streets, etc. that you can organize with relative ease.
2. **Recruit leaders.** Develop a team of leaders who can help build the plan and can carry out emergency support activities when the time comes.
3. **Scout your area.** Get to know the lay of the land: what resources you have, what the landscape is, and disasters or other emergencies common in your area.
4. **Build your team.** Find out who lives in your area, find out how they can help in a disaster, and who may need extra help.
5. **Plan your approach.** Create a plan that outlines what your neighborhood will do before, during, and after a disaster.

Interested in learning more about putting together your Neighborhood Preparedness Plan? Request a workshop!
www.fairfaxcounty.gov/emergency/readyfairfax

RECOVERY (AFTER): DISASTER CLEANUP/ INSURANCE CLAIMS/ SCAMS

RECOVERY

Disaster recovery could take days to years, depending on the extent of the damage to your home and the community. Everyone has an important role to play in repairing or rebuilding their communities. For additional recovery information, visit **www.fairfaxcounty.gov/emergency/readyfairfax/recovery**.

DISASTER CLEANUP

During cleanup, think safety first. Hazards might include live power lines, leaking gas, wildlife, contaminated water, molds and toxins, exposed nails and screws, broken glass, twisted metal, and other debris.

- Turn off utilities before you begin cleaning up.
- Make sure the building is safe before you enter.
- Use appropriate safety gear.
- Check on your neighbors.

FILE INSURANCE CLAIMS AS SOON AS POSSIBLE

If you have insurance, its important to call and file a claim as soon as possible.

- Contact your insurance company and file a claim before applying for any government individual assistance.
- Photograph or video all damage sustained and create lists of damaged items, including model numbers, estimated value, and photos.
- File your insurance claims before you start any repairs.
- Keep receipts for any disaster-related expenses you have made, such as lodging, medical, repair, and cleaning supplies.

DISASTER RELIEF AND FINANCIAL ASSISTANCE

If disaster damages meet federal criteria, the governor may request a presidential declaration. The assistance is meant to help with necessary expenses. The Federal Emergency Management Agency (FEMA) has various forms of assistance that could be available to you and your family, including:

To see if you qualify for any type of assistance, visit **www.disasterassistance.gov**.

- Temporary housing
- Property repair, replacement, or reconstruction costs
- Disaster unemployment assistance
- Unmet disaster-related needs after insurance settlements

SCAMS AFTER DISASTERS

Reporting disaster related fraud

The National Center for Disaster Fraud (NCDF) seeks to improve and further the detection, prevention, investigation, and prosecution of fraud related to natural and man-made disasters, and to advocate for the victims of such fraud.

Calls can be made anonymously and confidentially to the National Center for Disaster Fraud at **866-720-5721**.

Some examples of fraud following a disaster include contractor solicitation, insurance fraud, and charity scams.

SINCE 2005, NCDF HAS RECEIVED:

- 70,000 complaints from 50 states, 6 territories, and 4 countries involving over 50 natural and man-made disasters.
- For Hurricane Katrina alone, federal prosecutors charged over 1,300 disaster fraud cases in 49 different districts.

MITIGATION (BEFORE & AFTER): PREVENT OR LESSEN IMPACTS OF DISASTERS

MITIGATION

Mitigation is what we can do now to prevent or lessen impact of future disasters. Mitigation is any sustained action taken to eliminate or reduce future risk to people and property from disasters. Mitigation saves time and money by decreasing real-world damages.

MITIGATION WORKS

A study by the National Institute of Building Sciences shows that investments in hazard mitigation (by exceeding local building code requirements) save $4 for every $1 spent.

WHAT MITIGATION ACTIVITIES SHOULD YOU DO?

Mitigation requires looking at the risks faced by the region and your particular property, identifying vulnerabilities, and taking steps to address them. Here are some examples:

Insurance

- Obtain insurance for your house or apartment (whether you own or rent): including fire, flood, or renter's insurance.
- Keep an inventory of what is in your house. Take photographs and video of each room and all your valuables.
- Make copies of the pictures and save them on a USB drive; keep the originals in a safe place.

Flooding

- Know if you are in a floodplain.
- Use flood-resistant materials in lower levels of your home, including replacing carpet with tile or using flood resistant insulation and concrete wallboard.
- Keep sandbags in your home.
- Purchase mobile flood barriers.
- Elevate utilities.

Fire

- Test smoke detectors monthly and change batteries twice a year.
- Landscape wisely; use fire resistant shrubs to minimize the spread of fire around your house.

High Winds

- Secure items outside your home, especially if high winds are forecasted.

Utility Continuity

- If you have medical needs that need a power source, be sure to plan ahead in case the power is out.
- Invest in alternative electrical sources. Have a generator and fuel to power essential needs.
- Consider adding a whole house surge protector.
- Only use generators away from your home and never run a generator inside a home or garage or connect it to your home's electrical system.

Financial Resilience

- Make copies of your family's vital records, identification, and proof of residence. Maintain copies of insurance and financial information (financial accounts).

Infectious Diseases

- Follow any guidance provided by the local Health Department.
- Get all recommended vaccines, including an annual flu shot. Put a copy of your vaccination records in your emergency kit.
- Wash your hands frequently with soap and water.
- Avoid close contact with people who are sick and stay home when you are sick.

WHAT ARE HAZARDS?

FAIRFAX COUNTY HAZARDS

Fairfax County is vulnerable to a wide range of hazards. These hazards threaten the safety of residents and have the potential to damage or destroy property and disrupt the economy. While we cannot eliminate hazards, we can lessen their potential impact.

The hazards in this guide are grouped by common characteristics and do not imply any rank-order. The hazard section provides examples of what to do for each of Fairfax County's most prevalent hazards.

- Natural Hazards
  - » Thunderstorm
  - » Hurricane/Tropical Storm
  - » Flooding
  - » Coastal Flooding
  - » Winter Weather/Extreme Cold
  - » Extreme Heat
  - » Tornado
  - » Earthquake
  - » Emerging Infectious Diseases
- Human-caused Hazards (including accident and intentional acts)
  - » Cyber Attack
  - » Acts of Violence/Terrorism
  - » Hazardous Materials
- "Everyday" Emergencies
  - » Structure Fire
  - » Power Outage/Blackout
  - » Medical Emergency

CORE PREPAREDNESS STEPS FOR EVERY DISASTER

Before

- Sign up for Fairfax Alerts.
- Make an emergency plan.
- Follow **@ReadyFairfax** and **@FairfaxCounty** on social media outlets.
- Know how and when to call (or text) 9-1-1.
- Assemble your emergency kits (shelter-in-place, evacuation kit, vehicle kit).
- Ensure you have insurance and inventory your personal property.
- Charge cell phones and battery-powered devices you use regularly.

During

- Listen to radio, television, and media outlets for official, up-to-date information.
- Drive only if necessary. If you are safe where you are, stay there.
- Do not drive through flooded roads, even if you have a vehicle with high clearance and even if the water appears to be shallow – "turn around, don't drown."
- Stay away from downed power lines to avoid the risk of shock or electrocution.
- Only use generators away from your home and never run a generator inside a home or garage or connect it to your home's electrical system.

After

- Seek medical attention as needed.
- Continue to monitor media outlets for the most up to date information and guidance and check in with family and friends by texting or using social media.
- Avoid damaged areas and return home when local officials say it is safe.
- Check personal property for damages and call your insurance agent to report any damages.
- Throw away any refrigerated food that has been exposed to temperatures 40 degrees or above for two hours or more, or that has an unusual odor, color, or texture. When it doubt, throw it out!

THUNDERSTORM

Thunderstorms are large, localized weather events. They are most common in summer but can occur in any season. All thunderstorms produce lightning and have the potential to produce tornadoes, strong winds, hail, wildfires, and flash flooding- the last of which is responsible for more fatalities than any other thunderstorm-related hazard.

Lightning is of concern because of its unpredictability- lightning often strikes beyond what is perceived to be the storm, sometimes occurring as far as 10 miles away from the rainfall.

KEY TERMS

A **Thunderstorm Watch** means there is a possibility of a thunderstorm in your area.

A **Thunderstorm Warning** means a thunderstorm is occurring or likely will occur soon.

WHAT TO DO:

BEFORE (PREPAREDNESS/MITIGATION)

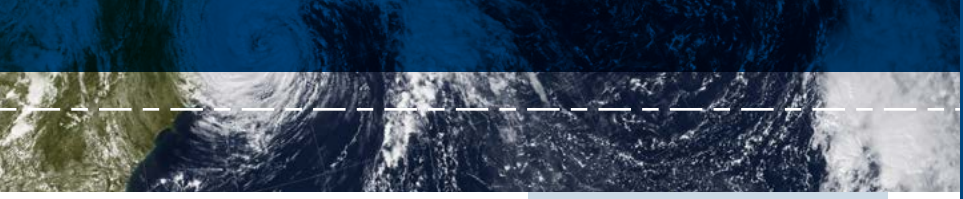
- Secure or bring inside any outdoor objects that could blow away or become "missiles" and cause damage.
- Unplug any electronic equipment.
- Clean gutters, ditches, and storm drains around your property.
- Remove dead or rotting trees or limbs that might fall.
- Report any storm drain obstructions.

DURING (RESPONSE)

- Upon seeing lightning or hearing thunder, immediately move indoors or into an enclosed vehicle. Remain inside until 30 minutes after the last clap of thunder.
- If you are driving in low visibility, try to safely exit the roadway and park. Stay in the vehicle and close the windows.
- If you cannot get inside or reach a safe building, avoid high ground, tall or isolated trees, poles and masts, and large metal objects (including fences and bleachers).
- If you are in open water (ocean, lake, pool, etc.), head to shore immediately.

AFTER (RECOVERY)

- Continue with activity or proceed where you are going when it is safe.
- Avoid any downed power lines.
- Report your outage. Never assume a neighbor has reported it.



HURRICANES/ TROPICAL STORMS

Hurricanes and tropical storms are violent weather systems with well-defined surface circulation. Threats from hurricanes include high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents, and tornadoes. The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October.

KEY TERMS

A **Hurricane/Tropical Storm Watch** means conditions are possible within the next 36 hours.

A **Hurricane/Tropical Storm Warning** means conditions are expected within 24 hours.

The **Saffir-Simpson Hurricane Wind Scale** rates hurricanes' maximum sustained winds on a scale of 1-5.

Sustained Winds are defined as a one-minute wind average, measured at 33ft. above the surface.

Storm Surge is an abnormal rise of water generated by a storm, over and above any predicted tides.

WHAT TO DO:

BEFORE (PREPAREDNESS/ MITIGATION)

- Secure or bring inside any outdoor objects that could blow away or become "missiles" and cause damage.
- Consider strapping and other structural hardening if your property is particularly vulnerable.
- Report any storm drain obstructions.

DURING (RESPONSE)

- Find a safe room within your home (an interior room, closet, or bathroom).
- Do not go outside until the National Weather Service's National Hurricane Center confirms the storm has left the area.
- Do not drive through flooded roads, even if you have a vehicle with high clearance and even if the water appears to appears to be shallow – "turn around, don't drown."
- Stay away from downed power lines to avoid the risk of shock or electrocution.

AFTER (RECOVERY)

- Avoid walking or driving through flood waters.
- Avoid any downed power lines.
- Report your power outage. Never assume a neighbor has reported it.

FLOODING

Flooding is one of Fairfax County's most common hazards. Depending on its depth and velocity, flooding can be a nuisance or a disaster. Be prepared for flooding no matter where you live, but particularly if you are in a low-lying area, near a body of water, downstream from a dam, or in other areas known to flood in previous storms.

KEY TERMS

A **Flood Watch** means there is a possibility of flooding or a flash flood in your area.

A **Flood Warning** means a flood is occurring or will likely occur soon. If you are advised to evacuate do so immediately.

A **Flash Flood Warning** means a flash flood is occurring. Seek higher ground immediately; do not wait for instructions.

Fairfax County Flood Information:
www.fairfaxcounty.gov/publicworks/stormwater/flood-information

Flood Zone and Flood Insurance Rate Map:
www.fairfaxcounty.gov/publicworks/dfirm

WHAT TO DO:

BEFORE (PREPAREDNESS/ MITIGATION)

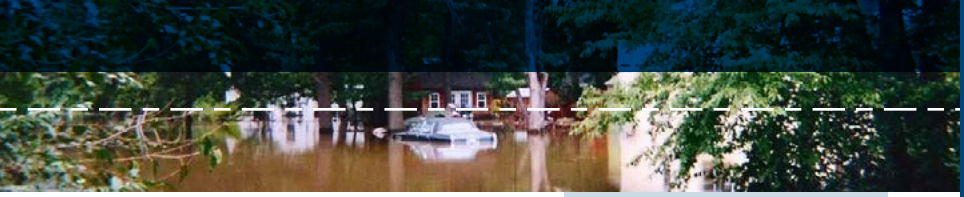
- Clean gutters, ditches, and storm drains around your property.
- Disconnect electrical appliances.
- Know if your residence or business is in a floodplain.
- Report any storm drain obstructions.
- Apply for flood insurance. Consider this even if you are not in the 100-year floodplain (the FEMA-designated "Special Flood Hazard Area") – many recent floods have exceeded the 100-year and 500-year marks!

DURING (RESPONSE)

- If you encounter rising water, move to higher ground immediately.
- Do not touch electrical equipment if you are wet or standing in water.
- Don't drive through flood roads - "turn around, don't drown."

AFTER (RECOVERY)

- Don't drive through flood roads - "turn around, don't drown."
- Do not drink from floodwaters or eat any food that may have come into contact with flood water. "When in doubt, throw it out."
- Do not drink or wash with water from a flooded household well until it is tested and found to be safe to use.
- Remove all porous items that have been wet for more than 48 hours and cannot be thoroughly cleaned and dried. These items can remain a source of mold growth and should be removed from the home.



COASTAL FLOODING

WHAT IT IS

Fairfax County has miles of shoreline and wetlands along the tidal Potomac River, which leaves several communities susceptible to tidal/coastal flooding. In fact, coastal flooding can happen on sunny days. Tidal anomalies, tropical systems, nor'easters, and even onshore winds can lead to flooding of property, streets, and homes in low-lying communities in eastern Fairfax County.

WHAT TO DO

BEFORE (PREPAREDNESS/ MITIGATION)

- Know if your residence or business is in or near a floodplain.
- Know your risk: Fairfax County has tidal flood inundation maps available online.
- Disconnect electrical appliances, elevate or move your furniture, valuables, and important documents, to the highest floor of your house.
- Elevate and anchor critical utilities, including electrical panels, appliances, and heating systems.
- Monitor National Weather Service forecasts and tide times.
- Apply for flood insurance. Consider this even if you are not in the 100-year floodplain (the FEMA-designated "Special Flood Hazard Area") – many recent floods have exceeded the 100-year and 500-year marks!

KEY TERMS

A **Coastal Flood Watch** is issued when moderate to major coastal flooding is possible. Such flooding would potentially pose a serious risk to life and property.

A **Coastal Flood Advisory** is issued when minor or nuisance flooding is occurring or imminent.

A **Coastal Flood Warning** is issued when moderate to major coastal flooding is occurring or imminent. This flooding will pose a serious risk to life and property.

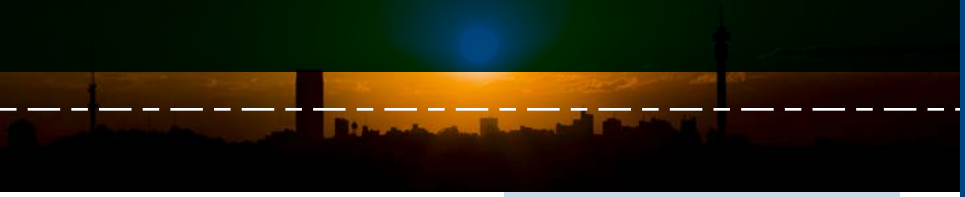
Riverwatch is a Fairfax Alerts subscription list designed specifically to provide information to flood prone areas along the Potomac River, such as Huntington, Belle View, & New Alexandria.

DURING (RESPONSE)

- If you encounter rising water, move to higher ground immediately.
- Do not touch electrical equipment if you are wet or standing in water.
- Park vehicles out of flood prone areas.
- Always stay clear of floodwaters.
- Do not drive through other flooded roads, even if you have a vehicle with high clearance and even if the water appears to be shallow – **"turn around, don't drown."**
- Stay away from downed power lines to avoid the risk of shock or electrocution.
- Avoid walking in flooded streets and sidewalks as manhole covers may become dislodged.

AFTER (RECOVERY)

- Avoid walking or driving through floodwaters.
- Be aware of areas where floodwaters have receded and watch out for debris. Floodwaters can erode roads and walkways.
- Do not drink from floodwaters.
- Do not drink or wash with water from a flooded household well until it is tested and found to be safe to use.
- Eliminate standing water where mosquitoes may breed.
- Do not eat any food that may have come into contact with flood water. "When in doubt, throw it out."
- Remove all porous items that have been wet for more than 48 hours and cannot be thoroughly cleaned and dried. These items can remain a source of mold growth and should be removed from the home.



EXTREME HEAT

Extreme heat – especially coupled with high humidity – can be deadly. Overexposure to heat and/or overexertion can trigger a heat-related illness: heat cramps, heat exhaustion, and eventually heat stroke. Heat-related illness is a particularly high risk for children, older adults, and those who are infirm or overweight.

WHAT TO DO:

BEFORE (PREPAREDNESS/ MITIGATION)

- If you have an air conditioner, have it serviced regularly.
- Dress in loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing reflects heat and sunlight and helps maintain normal body temperatures.
- Reschedule outdoor activities, if possible.
- Never leave children or pets alone in closed vehicles.

DURING (RESPONSE)

- Stay indoors as much as possible and limit exposure to heat and sun, especially during the warmest part of the day.
- Drink plenty of water or electrolyte sports drinks.
- If you feel woozy, overheated, or unwell, take action immediately!
- Check on older neighbors and any neighbors without air conditioning.

AFTER (RECOVERY)

- Consult a medical professional if a heat-related condition does not improve.

KEY TERMS

Heat Advisory Take Action! It is expected that very hot conditions will occur within about 24 hours. The combination of hot temperatures and high humidity will create a situation where heat related illnesses are possible. A heat index of 105-109 is expected.

Excessive Heat Watch Be Prepared! It is possible that a period of dangerous, excessive heat occurs within about 48 hours. There is potential for the heat index to exceed 110.

Excessive Heat Warning - Take Action! It is expected that unusually extreme heat will occur within about 24 hours. The combination of hot temperatures and high humidity will create a dangerous situation in which heat related illnesses are likely, especially those exerting themselves outside, or those susceptible to heat illness. A heat index of 110 or higher is expected.

WINTER WEATHER/ EXTREME COLD

Winter weather includes ice, heavy snow, and extreme cold conditions. These can cause power outages and loss of heat and communication services – sometimes for many days.

KEY TERMS

A **Winter Weather Advisory** means winter weather conditions are expected and may be hazardous.

A **Winter Storm Watch** means snow, sleet, or ice are possible – be prepared. (the next 36 to 48 hours).

A **Winter Storm Warning** means snow, sleet, or ice are expected – take action! (within 24 hours).

WHAT TO DO

BEFORE (PREPAREDNESS/ MITIGATION)

- Prepare your home by salting walkways, driveways, and entrances.
- Turn off outside spigots and drain the pipes.
- Learn how to operate your water's main shut off valve (in case a pipe bursts).
- Plan for snow removal: have shovels on hand or consider going in with a few neighbors for a community snow blower.
- Have your furnace serviced regularly and have emergency heating equipment available.

DURING (RESPONSE)

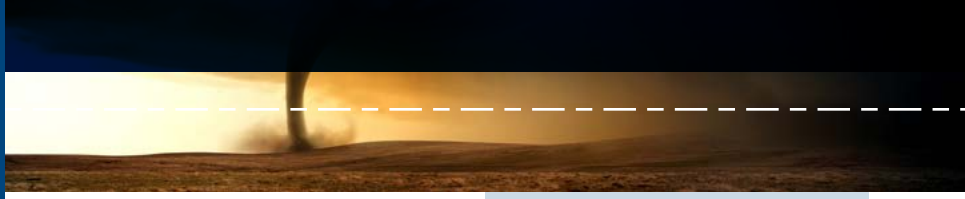
- Stay indoors during the storm if possible.
- Dress appropriately for cold weather. Wear loose-fitting, lightweight, warm layers, rather than one heavy layer of clothing.
- Drive only if necessary – especially if you are inexperienced in winter conditions or you have rear-wheel drive.
- If you are driving and your vehicle stops working, pull off the road, turn on your hazard lights, stay in your car, and use your phone to call for help.

AFTER (RECOVERY)

- Be sure paved areas on your property and adjacent rights-of way (including sidewalks) are shoveled. Un-shoveled snow is a hazard to your neighbors, and it may eventually turn to ice.
- "Adopt" a fire hydrant near your home or business and keep it clear of snow.
- Be careful when shoveling snow. Overexertion can cause injury and even trigger heart attacks. If you plan to shovel, stretch before going outside, take breaks, stay hydrated, and don't overexert yourself.
- If you have neighbors who are older or have access or functional needs, shovel for them; if you are concerned about your ability to shovel, reach out to your neighbors for help.

Watch for signs of **hypothermia**, including uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If signs are detected, get medical help as soon as possible.

Watch for signs of **frostbite**, including loss of feeling and white or pale appearance in extremities such as fingers, toes, earlobes, or the tip of the nose.



TORNADO

Tornadoes can accompany thunderstorms, tropical storms, and hurricanes. They can appear suddenly, without warning, and can be invisible until dust and debris are picked up or a funnel cloud appears.

Note: There are no tornado sirens in Fairfax County.

KEY TERMS

A **Tornado Watch** means current weather conditions may result in a tornado.

A **Tornado Warning** means a tornado has been sighted or indicated by a weather radar.

The **Enhanced Fujita Scale** measures tornado strength by wind speed (EF0 to EF5).

Since 1972, Fairfax County has experienced 20 tornadoes, including touchdowns in:

- Tysons in 2022
- Herndon in 2017
- Centerville in 2018
- Bell Haven 2014
- Lincolnia in 2018

WHAT TO DO

BEFORE (PREPAREDNESS/MITIGATION)

- Practice sheltering in place in the interior of your residence or business.
  - » If there is a tornado watch, pay attention to a weather radio, commercial radio, television, or a news website for up to date information.
  - » During a tornado watch (not a warning), secure or bring inside any outdoor objects that could blow away or become "missiles" and cause damage.
- Watch for signs of a tornado: dark or greenish skies, hail, large, dark low-lying clouds, loud roar.

DURING (RESPONSE)

- Go immediately to the lowest level of your building, to an interior room or hallway.
- Stay away from windows and doorways.
- Do not stay in a trailer or a mobile home. Go immediately to a building with a strong foundation.
- If you are in a car, or if shelter is not available, lie flat in a ditch or other low-lying area. Do not seek refuge under a bridge or overpass.
- Plan to stay in your shelter location until the danger has passed.

AFTER (RECOVERY)

- Return home when local officials say it is safe.
- Stay clear from damaged buildings and infrastructure.

EARTHQUAKE

An earthquake is a shaking of the ground that can cause damage to buildings and infrastructure. Following an earthquake, fire is a significant risk due to gas leaks and water pressure failures.

KEY TERMS

An **Aftershock** is an earthquake of similar or lesser intensity that follows the main earthquake.

The **Epicenter** is the place on the earth's surface directly above the point on the fault where the earthquake rupture began.

WHAT TO DO

BEFORE (PREPAREDNESS/MITIGATION)

- Locate safe spots in each room under a sturdy table or against an inside wall.
- Hold earthquake drills with your family members.
- Understand how your home or structure will react and consider hardening if there are areas of concern.

DURING (RESPONSE)

- Drop, cover, and hold on. Drop to your hands and knees, if you can, protecting your head and neck.
- Stay away from windows if you are indoors.
- Stay indoors until the shaking stops or if you are sure it is safe.
- If you are outside, find a clear spot away from tall buildings and drop to the ground until the shaking stops.
- If you are in a vehicle, pull over to a clear location and stop.

AFTER (RECOVERY)

- Expect aftershocks (smaller earthquakes) for hours or days after the initial quake.
- Look for cracks in your foundation or drywall, as this may be a sign of structural damage. If you find damage, have the structure inspected before reoccupying it.

If you have difficulty getting on the ground or getting back up, you can sit on a chair or bed and cover your head and neck with both hands until the shaking stop. If you are in a **recliner or in bed**, cover your head and neck with your arms or pillow until the shaking stops. If you use a **walker or wheelchair**, lock your wheels and cover your head and neck with your arms, book or pillow until the shaking stops.

EMERGING INFECTIOUS DISEASES

Emerging infectious diseases are defined as infectious diseases that are newly recognized in a population or have existed but are rapidly increasing in incidence or geographic region. Factors contributing to emerging infectious disease include population growth, spread in healthcare facilities, aging population, global travel, and changing vector habits related to climate change. Infectious diseases are one of the leading causes of death worldwide.

The amount of a particular disease that is usually present in a community is referred to as the baseline or endemic level of the disease. Endemic refers to the constant presence and/or usual prevalence of a disease or infectious agent in a population within a geographic area. Sometimes, the amount of disease in a community rises above the expected level. Epidemic refers to an increase, often sudden, in the number of cases of a disease above what is normally expected in that population in that area. Outbreak carries the same definition of epidemic, but is often used for a more limited geographic area. Pandemic refers to an epidemic that has spread over several countries or continents, usually affecting a large number of people. Emerging infectious diseases have pandemic potential and pose significant global risk.

KEY TERMS

Epidemic refers to an increase, often sudden, in the number of cases of a disease above what is normally expected in that population in that area

Pandemic refers to an epidemic that has spread over several countries or continents, usually affecting a large number of people

Nonpharmaceutical interventions (NPIs) actions, apart from getting vaccinated and taking medicine, which people and communities can take to help slow the spread of disease. Many NPIs are provided below, in the list of "What to do: Before."

WHAT TO DO:

BEFORE (PREPAREDNESS/MITIGATION)

- Get a yearly flu vaccine.
- Wash or sanitize your hands and household items often.
- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest.

DURING (RESPONSE)

- Listen to official information.
- If you are sick, keep your distance from others to protect them from getting sick too.
- Avoid close contact with people who are sick.
- If you have a fever, make sure you are fever-free for 24 hours before you return to work and school.
- Follow public health guidance surrounding use of masks and social distancing practices (regardless of illness status).
- Consider seeking testing when exhibiting symptoms of illness as well as following public health guidance surrounding other vaccination and treatment options as available.

AFTER (RECOVERY)

- Clean surfaces such as counters, doorknobs, fixtures, phones, remotes, and linens.
- Common household cleaning products can kill the flu virus, including products containing:
  - » Chlorine
  - » Hydrogen peroxide
  - » Detergents (soap)
  - » Iodine-based antiseptics
  - » Rubbing alcohols

CYBER ATTACK

Cybersecurity involves preventing, detecting, and responding to cyber incidents. Virtually all modern organizations rely on computer systems for their operations and data management, and are therefore vulnerable to cyber attacks.

WHAT TO DO:

BEFORE (PREPAREDNESS/MITIGATION)

- Install or update antivirus/antispyware software.
- Use strong, unique passwords, and change them on a regular basis.
- Be careful what you download. Never click on an attachment, link, or macro in an unsolicited email or text.
- Turn off your computer when you are not using it.
- Always verify the source of emails, and if in doubt delete them.

DURING (RESPONSE)

- Disconnect an infected device from your network.
- If you are at work, inform your information technology staff of any suspected or confirmed attacks on your devices, and provide a screenshot.
- If an incident incurs in loss of financial, personal, or medical information, file a police report.

AFTER (RECOVERY)

- Notify anyone that could be adversely affected, including your credit accounts, bank accounts, clients, employer, family, and friends.
- Change your accounts and all passwords.
- Run appropriate scans and utilities to remove any infections.
- Monitor your credit report, banking statements, investments, and credit card statements.

KEY TERMS

A **Cyber Attack** may originate from individuals, networking groups, terrorist groups, or countries, and may cause severe (and dangerous) problems for government, business, utilities, and the general public.

Hacking is a direct attack against a system "through the wires" in which an attacker (be they live or an automated "bot") gains direct access to secured/restricted data or operations.

Phishing consists of broadly disseminating email or text communications in the hope that a few recipients will click somewhere in the message (for example an attachment, a link, an "enable macros" button) that activates a virus or other malware.

ACTS OF VIOLENCE/ TERRORISM

Terrorism refers to the use of force or violence against persons or property for purposes of intimidation, coercion, or ransom. A terrorist assailant might use everyday items such as firearms, knives or vehicles; purpose-made weapons such as improvised explosive devices; or weapons of mass destruction such as toxic or poisonous chemicals, biological weapons, or radiological-release devices.

An active assailant is an individual actively engaged in killing or attempting to kill people, usually in a confined and populated area, and typically through the use of firearms. An individual may or may not have terrorist motives, and they may or may not have accomplices.

KEY TERMS

Sheltering-In-Place is selecting a small, interior room, with no or few windows, and taking refuge there.

Lockdown means securing a building or physical space against intruders.

The **National Terrorism Advisory System (NTAS)** is the U.S. Department of Homeland Security's threat advisory system, which provides timely information about credible terrorist threats.

WHAT TO DO

BEFORE (PREPAREDNESS/MITIGATION)

- Be aware of your surroundings – if you see something, say something. Call 9-1-1.
- Take notice of the behavior of individuals – if anything is out of place, report it. "See something, say something."
- Identify the two nearest exits in any facility you visit.
- Become familiar with "Run, Hide, Fight." (**www.dhs.gov/options-consideration-active-shooter-preparedness-video**)
- Learn First Aid, "Stop the Bleed" program (**www.stopthebleed.org**), ALICE (**www.alicetraining.com**) or Until Help Arrives.(**community.fema.gov/PreparednessCommunity/s/until-help-arrives**)

DURING (RESPONSE)

- Quickly determine the most reasonable way to protect your own life.
- In an active shooter/assailant situation:
  - » Use Run Hide Fight principles.
  - » Silence your cell phone and remain quiet.
  - » Leave your belongings behind.
  - » Be out of an assailant's view.
- Listen to official information and directions.

DURING (WHEN POLICE ARRIVE)

- In an active shooter/ assailant situation:
  - » Be out of an assailant's view.
  - » Remember the primary responsibility of first responders is to stop the threat – stay out of their way and do not expect their help until the situation is secure.
  - » If you see law enforcement officers, raise your arms and spread your fingers out.
  - » Comply with all instructions from law enforcement officers.
  - » Officers are charged with clearing the building; they will enter every room. Be patient.

AFTER (RECOVERY)

- Receive physical first aid and/or mental health first aid, if necessary.
- Report any medical conditions to first responders.
- Do not interrupt the law enforcement investigation.
- If you did take pictures or witness any of the events, please notify law enforcement.
- You may be treated as one of the suspects when law enforcement first arrives and may be told to raise your arms and walk out in that position. This is being done out of caution.

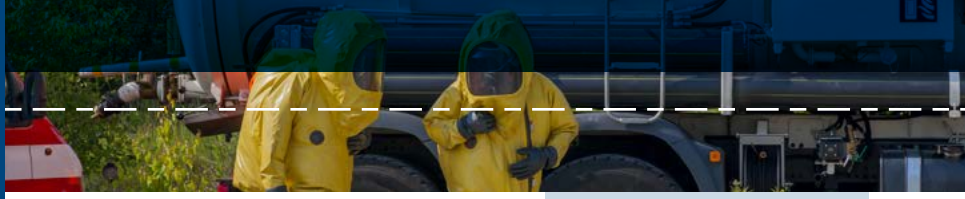
ACTIVE VIOLENCE RESPONSES:

"Run, Hide, Fight"
(www.dhs.gov/options-consideration-active-shooter-preparedness-video)

- **Run:** If there is an accessible escape path, attempt to evacuate.
- **Hide:** If you can't evacuate, find a place to hide.
- **Fight:** If you can't run or hide, attempt to disrupt or incapacitate the assailant.

"ALICE"
(www.alicetraining.com)

- **Alert:** Become aware, overcome denial, get ready to act.
- **Lockdown:** If you can't evacuate, barricade entry points to the room you are in.
- **Inform:** Communicate information out, if it is possible and safe to do so.
- **Counter:** Create noise, movement, distance, and distraction (this may be distinct from "fighting").
- **Evacuate:** When safe, remove yourself from the danger zone.



HAZARDOUS MATERIALS (HAZMAT)

Some industrial or transportation accidents (including fires, explosions, and spills) have the capacity to release dangerous levels of hazardous substances. These incidents sometimes require extended cleanup efforts and may result in residents being unable to be in their homes for long periods of time.

KEY TERMS

A **Local Emergency Planning Committee (LEPC)** is a group charged with identifying industrial hazardous materials and keeping the community informed of the potential risk. For more information about hazardous materials in your area, you can ask your LEPC about storage and usage. For more information, visit lepcfairfax.org.

WHAT TO DO

BEFORE (PREPAREDNESS/ MITIGATION)

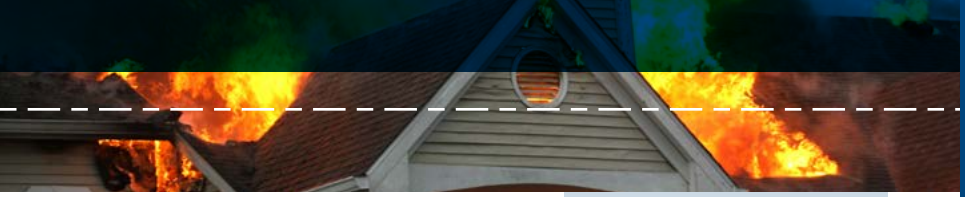
- Know the number to Poison Control (800-222-1222).
- Identify a shelter-in-place area within your home and know your evacuation plan.
- Contact your Local Emergency Planning Committee (LEPC) to know what hazardous materials are being moved, used, or stored in your area.

DURING (RESPONSE)

- Listen to official information. If you are told to evacuate, do so.
- If you are told to stay inside:
  - » Take family members and pets to your predetermined shelter-in-place location.
  - » Close all windows and vents, seal windows and doors with tape or wet towels, and turn off all fans and air-exchange heating or cooling systems.
- If you are outside at the time of the incident, try to stay upstream, uphill and upwind.
- If you are in a vehicle, stop and find shelter in a permanent building.

AFTER

- Leave your shelter-in-place location or return home when officials say it is safe.



STRUCTURAL FIRE

Over 4,000 Americans die each year and 25,000 are injured in fires. Fire can start fast – in less than 30 seconds a small flame can turn into a major fire. It also spreads quickly, both vertically and across enclosed spaces. In five minutes a residence can be engulfed in flames.

KEY TERMS

Types of burns:

First-Degree Burn - a superficial burn that produces redness.

Second-Degree Burn - a partial thickness burn that produces redness and blistering.

Third-Degree Burn - a full thickness burn that kills nerve endings and completely burns flesh.

WHAT TO DO

BEFORE (PREPAREDNESS/ MITIGATION)

- Install smoke alartms, test smoke detectors monthly, and change batteries twice a year.
- Have fire extinguishers on each floor in your house and ensure extinguishers are sufficiently pressurized every six months.
- Identify two ways to get out of each room of your house.
- Get your chimney cleaned on a regular basis.
- Be careful when using alternative heat sources and never leave them unattended.

DURING (RESPONSE)

- Use a fire extinguisher to put out small fires. Never use water on an electrical or grease fire.
- If your clothes are on fire, “stop, drop, and roll” until the fire is extinguished.
- Crawl low under the smoke to your exit.
- Once you are out safely, call 9-1-1.
- Once the fire department arrives on the scene, tell them if everyone is accounted for and if not, the last place you saw them.

AFTER (RECOVERY)

- Do not go back into a burning building structure to for any reason until authorities say it is safe to do so.
- Contact your insurance agent.

POWER OUTAGE/ BLACKOUT

Outages may occur on their own, but more often they are a secondary effect of tornadoes, hurricanes, thunderstorms, winter storms, extreme heat (from system overload), or even deliberate acts such as an explosive or cyber-attack.

KEY TERMS

A **Power Outage** is a state of electric power loss. It could affect a single meter (house or building), or a system, depending on the extent damage/root cause of the outage.

A **Blackout** is the total loss of power in a given area.

WHAT TO DO

BEFORE (PREPAREDNESS/ MITIGATION)

- Unplug electrical equipment. Spikes and surges could occur as power is restored, damaging equipment.
- Fill a bucket or two as a water source and potentially for bathing and flushing the toilet - if municipal water pressure relies on electricity, pressure in the system may fail.
- Report your outage - refer to important contacts section.
- Consider purchasing a generator and keeping it fueled.

DURING (RESPONSE)

- Report your outage. Never assume a neighbor has reported it.
- Use a flashlight only for emergency lighting. Consider using battery-operated flameless candles.
- Stay away from downed power lines.
- Unplug electrical equipment until a steady power supply returns.
- Keep tabs on food storage/food safety. When in doubt, throw it out.
- If water pressure fails, a bucket of water dumped manually into a toilet will cause it to flush.

AFTER (RECOVERY)

- If power is restored, be certain it is steady before you plug equipment into it.
- Throw away any refrigerated food that has been exposed to temperatures 40° F or above for two hours or more, or that has an unusual odor, color, or texture. When in doubt, throw it out!

MEDICAL EMERGENCY

A medical emergency is any acute injury or illness that poses an immediate risk to a person's life or long-term health.

WHAT TO DO

BEFORE (PREPAREDNESS/ MITIGATION)

- Put together a list of emergency contacts.
- Fill out a File of Life and put it on your refrigerator door.
- Learn the warning signs of medical emergencies.
- Participate in trainings such as CPR, First Aid, Basic Life Support (BLS), or Stop the Bleed to prepare yourself for emergencies.

DURING (RESPONSE)

- If you think you are having a medical emergency, seek immediate medical care.
- If you have only a brief time with the 9-1-1 operator, make sure you share your address and your medical issue first.

AFTER (RECOVERY)

- Review all your documentation to ensure your emergency contact and medical information are up to date.

KEY TERMS

Cardiopulmonary Resuscitation (CPR) is an emergency procedure in which the heart and lungs are made to work by compressing the chest overlying the heart and forcing air into the lungs. It is used to maintain circulation when the heart has stopped pumping on its own.

First Aid refers to a course of basic injury treatment and lifesaving skills offered by many community organizations.

An **Automated External Defibrillator (AED)** is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm.

File of Life is a form that you keep on your refrigerator door that provides emergency personnel critical medical and emergency-contact information in case you are unable to provide that information to them yourself.

IMPORTANT CONTACTS

Emergency Contacts		
AGENCY	PHONE NUMBER	WEBSITE
Emergency (Police or Fire)	911	
Text to 911	911	
Police-Out-of-Area Emergency	703-691-2233	www.fairfaxcounty.gov.police
Poison Control	1-800-222-1222	www.poison.org

Non-Emergency Contacts		
AGENCY	PHONE NUMBER	WEBSITE
Police-Non-Emergency	703-691-2131	www.fairfaxcounty.gov/police
Fire and Rescue Department	703-246-2126	www.fairfaxcounty.gov/fire-ems
TTY/TDD	703-877-3715 or 571-350-1939	
Department of Emergency Management and Security (DEMS)	571-350-1000	www.fairfaxcounty.gov/emergencymanagement
Public Works and Environmental Services	703-324-5033	www.fairfaxcounty.gov/dpwes
Health Department	703-246-2411	www.fairfaxcounty.gov/health
Animal Shelter	703-830-1100	www.fairfaxcounty.gov/animalshelter
Fairfax Alerts		www.fairfaxcounty.gov/alerts

Non-Emergency Contacts		
AGENCY	PHONE NUMBER	WEBSITE
Emergency Blog		www.fairfaxcounty.gov/emergency/blog
Herndon Police Department	703-435-6846	https://www.herndon-va.gov/departments/public-safety
Vienna Police Department	703-255-6366	www.viennava.gov/index.aspx?NID=136
City of Fairfax Police	703-385-7924	www.fairfaxva.gov/government/police

Utility Resources		
AGENCY	PHONE NUMBER	WEBSITE
Fairfax Water	703-698-5613	www.fairfaxwater.org
Dominion Energy	866-366-4357	www.dominionenergy.com
Northern Virginia Electric Cooperative	703-335-0500	www.novec.com
Washington Gas	844-927-4427	www.washgas.com
Columbia Gas of Virginia	800-544-5606	www.columbiagasva.com
Xfinity	800-934-6489	www.xfinity.com
Cox Communications	703-480-2830	www.cox.com
Verizon	800-837-4966	www.verizon.com
AT&T	800-288-2020	www.att.com

Regional Resources		
RESOURCE	PHONE NUMBER	WEBSITE
VDOT	511	www.511virginia.org
211 Social Services	211	www.211virginia.org
Call Before You Dig	811	www.va811.com
Virginia Relay	711	www.varelay.org

National Resources	
RESOURCE	WEBSITE
American Red Cross	www.redcross.org
Federal Emergency Management Agency (FEMA)	www.fema.gov
Centers for Disease Control and Prevention	www.cdc.gov
Ready	www.ready.gov
Citizen Corps	www.ready.gov/citizen-corps
National Weather Service	www.weather.gov
National Hurricane Center	www.nhc.noaa.gov

Recovery Resources		
RESOURCE	TYPE OF RESOURCE	WEBSITE
Disaster Assistance Program	Disaster assistance	www.disasterassistance.gov
Environmental Protection Agency	Flood cleanup/ mold prevention	www.epa.gov
Occupational Safety and Health Administration	Hazard cleanup	www.osha.gov
Department of Labor	Unemployment assistance due to disaster	www.dol.gov
Internal Revenue Service	Disaster assistance and emergency relief for individuals and businesses	www.irs.gov
Small Business Administration	Disaster loan assistance	www.sba.gov
Substance Abuse and Mental Health Services Administration	Mental Health	www.samhsa.gov

EMERGENCY KIT CHECKLIST

FAIRFAX COUNTY EMERGENCY KIT CHECKLIST

Make a Kit-How to Assemble an Emergency Kit

- ☐ Make several kits-shelter-in-place/go-bag/vehicle/work
- ☐ Have at least three days of supplies in case of an emergency
- ☐ Have copies of your family's vital records: identification, proof of residency, insurance, medical and financial information
- ☐ Keep electronic devices charged and have backup chargers available for electronic devices
- ☐ Maintain your kit every six months

Items for your Basic Emergency Kit

- ☐ Water/Canned Food/Can Opener/Snacks
- ☐ Personal Hygiene Products
- ☐ Trash Bags/Gloves/Tools
- ☐ Battery Powered Weather Radio/Batteries
- ☐ Blankets
- ☐ First Aid Kit/Protective Mask
- ☐ Medication/Glasses/Contacts
- ☐ Backpack
- ☐ Important Documents for your Family
- ☐ Family Contact List
- ☐ Map of Surrounding Area
- ☐ Solar Device Charger
- ☐ Flashlight
- ☐ Paper/Pen
- ☐ Tissues/Anti-Bacterial Wipes/Hand Sanitizer

Infant/Toddler

- ☐ Formula/Bottles/Pacifiers
- ☐ Food/Snacks/Baby Food
- ☐ Utensils/Bowls/Sippy Cup
- ☐ Diapers/Wipes/Diaper Cream
- ☐ Medication
- ☐ Clothes/Socks/Blankets
- ☐ Activities/Toys
- ☐ Baby Carrier/Stroller

Pre-K/School Aged

- ☐ Milk/Juice/Food/Snacks/ Baby Food
- ☐ Utensils/Bowls/Sippy Cup
- ☐ Medication
- ☐ Clothes/Socks/Blankets
- ☐ Toys/Stuffed Animal/Books/ Games

Individuals with Special Needs

- ☐ Assistive Technology/ Instructions
- ☐ Backup Medical Equipment
- ☐ Health Info/Medication
- ☐ Caregiver Information

Pets and Service Animals

- ☐ Tags/Leash/Carrier
- ☐ Medication/Vet Records/Vet Contact Info
- ☐ Pictures of Pet
- ☐ Water/Food/Snacks
- ☐ Toys/Blankets

Vehicle Kit

- ☐ Basic Emergency Kit Items
- ☐ Jumper Cables/Tools/Flashlight
- ☐ Flares/Ice Scraper
- ☐ Car Charger
- ☐ Maps/First Aid Kit
- ☐ Poncho/Blanket/Handwarmers

PRESCRIPTION MEDICINE KIT

1. A crucial task in medication preparedness is to build your personal medication list. Your medication list should include the full name of the medication, dosage, what the medication is taken for, relevant instructions (e.g., taken in morning or evening, with or without food), and the name, phone number, and address of your pharmacy. Also, take note of allergies to medicine for both you and members of your household.
2. If you have health insurance, follow the steps below to ensure continuation of routine prescription medication in times of crises:
   - » Talk to your insurance provider and understand the circumstances under which when you can refill your medication earlier than scheduled.
   - » Consider setting up an automatic refill schedule with your pharmacy and home delivery for routine prescriptions.
3. The Emergency Prescription Assistance Program (EPAP) helps people living in a disaster area who do not have health insurance get the prescription drugs and medical equipment that they need to stay healthy. If you have questions about using EPAP during a disaster, call the EPAP Hotline at 1-855-793-7470.

IF WE CAN'T REACH YOU, WE CAN'T ALERT YOU!

Fairfax County's FREE alert system sends you important information during an emergency

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- Receive alerts for 5 geographic locations such as home, work and school
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In the know, on the go.

The information contained in this book was pulled from the Community Emergency Response Guide. More information about this topic may be found by visiting:
www.fairfaxcounty.gov/emergencymanagement/cerg

To request this information in an alternate format, contact the Department of Emergency Management and Security (DEMS) at 571-350-1000, TTY 711 or **dems@fairfaxcounty.gov**