



Jefferson County Homeland Security & Emergency Management

http://www.jeffersoncountywv.org/county-government/departments/homeland-security-and-emergency-management

June 2019

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Sand and Sun, Summer Has Almost Begun!



With the sun shining, the pools open, and the beaches busy, summer will officially arrive on Saturday, June 21st! In this edition of the Jefferson County Homeland Security and Emergency

Management (JCHSEM) newsletter, we will examine weather issues that could impact Jefferson County as the weather heats up.

This month we will be recognizing National Cardiopulmonary Resuscitation/Automated External Defibrillator Awareness Week (CPR/AED), National Lightning Safety Week, and National Insurance Awareness Day. The themes include pet preparedness, extreme heat, and National Weather Service (NWS) Summer Safety. We will discuss upcoming training opportunities offered locally as well as training offered by the Federal Emergency Management Agency (FEMA). We will also be sharing with you some tips and tricks for preparedness for any extreme hazards and weather June could bring!

National CPR/AED Awareness Week

June 1st through the 7th is National CPR/AED awareness week. Congress designated the first week of June as CPR/AED awareness week on December 13, 2007, to encourage all states, cities, and towns to establish

organized programs to provide training to the public. CPR stands for Cardiopulmonary Resuscitation and is defined as a lifesaving technique to restore oxygenated blood flow to vital organs in a person who has



stopped breathing or whose heart has stopped. CPR is the act of repeatedly compressing a person's chest to manually create a heartbeat.

Sudden cardiac arrest (when an individual's heart suddenly stops) can cause death if not immediately treated. AED stands for Automated External Defibrillator and is used to restore a normal heart rhythm. CPR restores blood flow to vital organs while an AED can restart the heart.

If you or someone you know would like to become CPR certified, Jefferson County offers several different courses throughout the year, visit <u>http://www.jeffersoncountywv.org/county-government/county-agencies/jcesa/community-cpr-first-aid</u>. Registration deadlines are soon approaching, so don't delay!



National Lightning Safety Week

Summer can mean barbeques, sports, boating, festivals, and camping as more people will be spending significant periods of time in the great outdoors. However, summer is the peak time for one of our nation's deadly phenomena, lightning. Summer storms can be magnificent and some people enjoy the sheer wonder of them, but lightning can be very dangerous and we have to be careful when thunderstorms head our way. National Lightning Safety Week is June 23 - June 29.



Although thunderstorms can occur all year long, they are most common during the spring and summer in the afternoon and evening hours. This happens because the air temperature differential is higher. A thunderstorm occurs when warm moist air meets colder drier air and the warm air is forced to rise. The water vapor then condenses and releases.

Lightning is a giant spark of electricity in the atmosphere. As the storm rises into freezing air, ice particles are created. When these ice particles collide one particle can grab some of the electric charge. When a number of these collisions and exchanges of energy happen, electric charges build up and create lightning. Lightning can occur intra cloud, between opposite charges within the cloud, or between opposite charges in the cloud and the ground. Lightning heats the air quickly and causes the air to expand. This rapid expansion creates the sound waves we hear as thunder. You can hear thunder about 10 miles from any lightning strike. So, if you can hear it you are most likely within striking distance of the storm.

Each year lightning strikes the United States about 25 million times and kills an average of 47 people. Tune into local media weather forecasts when planning outdoor activities and heed any watches or warnings issued by the National Weather Service (NWS). Here are some tips to stay safe during thunderstorms.



• When thunder roars, go indoors! Don't get caught outside, it is not safe to be outside when thunderstorms are in your area.

Bring pets inside, they are just as susceptible to lightning strikes as you.

• Stay away from metal conductors such as wires or fences. Although these objects do not attract lightning, lightning can travel long distances through them.

• Stay out of and away from any water, avoid plumbing, i.e. taking a shower or washing dishes.

• Stay off corded phones or any other item connected to an electrical outlet.

• If someone is struck call 911 immediately. Move them to a safe place, if possible, and start CPR.

There are often misconceptions when dealing with thunderstorms and lightning. Lightning is very dangerous and very deadly. Here is the truth on some of the most common myths.

1. Myth: If you're caught outside during a thunderstorm, you should crouch down to reduce your risk of being struck.

Fact: Crouching doesn't make you any safer outdoors. Run to a substantial building or hard topped vehicle. You are not safe anywhere outdoors.

2. Myth: Lightning never strikes the same place twice.

Fact: Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit an average of 23 times a year

3. Myth: A lightning victim is electrified. If you touch them, you'll be electrocuted.

Fact: The human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid. This is the most chilling of lightning myths. Imagine if someone died because people were afraid to give CPR!

Be prepared and know the signs of thunderstorms this summer!

Thunderstorm Warning

A Severe Thunderstorm Warning is issued when a severe storm is **happening** or **imminent**.

Take shelter immediately!

Check for **forecast updates**, as conditions can change rapidly.

weather.gov/safety/thunderstorm

Take Action!

Thunderstorm Watch

A Severe Thunderstorm Watch is issued when severe storms are **possible in the near future**.

Stay tuned to forecast updates and monitor sky conditions.

Know where to take shelter.



National Insurance Awareness Day

National Insurance Awareness Day is Thursday, June 28th. This day is created so you can review your

insurance coverage. Insurance is defined as "a practice or arrangement by which a company or government agency provides a guarantee of compensation for specified loss, damage, illness, or death in return for payment of a premium." Insurance is needed for many things including our cars, our homes, and our lives. Insurance offers security



and gives peace of mind to those who have it. Look over your insurance and make sure you are covered!

Pet Preparedness

For some, our pets are our family. This month we will be focusing on pet preparedness. Preparing ourselves for emergencies and disasters is crucial in mitigating the hazards of these events. The same goes for your pets. Preparing them for unexpected events just makes sense! There are three steps essential when developing plans for an emergency involving your pet. (1) Prepare: Get a pet emergency supply kit; (2) Plan: What will you do in an emergency; and (3) Stay Informed: Know about types of emergencies.

The first step is to prepare a supply kit for your pet. This is very similar to preparing a kit for yourself. Many of the same things you need in a disaster supply kit also apply to your pet. Here is a list of items you need:

- Food: At least a three day supply in an airtight, waterproof container.
- Water: At least a three day supply of water specifically for your pets.
- Medicine and medical records.
- Important documents: Registration information, adoption papers and vaccination documents. Talk to your veterinarian about microchipping and enrolling your pet in a recovery database.
- First aid kit: Cotton bandage rolls, bandage tape and scissors, antibiotic ointment, flea and tick prevention, latex gloves, isopropyl alcohol and saline solution.
- Collar or harness: With ID tag, rabies tag and a leash.
- Crate or pet carrier: Have a sturdy, safe crate or carrier in case you need to evacuate.
- Sanitation: Pet litter and litter box, if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach.
- A picture of you and your pet together: If you become separated, a picture of you and your pet together will help you document ownership and allow others to assist you.
- Familiar items: Treats, toys and bedding can help reduce stress for your pet.

Put each of your family's emergency supply kits in an easily accessible place.

- For your feathered friends ensure they have a secure travel carrier. Keep a blanket on hand to cover the cage in cold weather and a spray bottle to moisten his feathers in warm weather.
- For reptiles ensure you have a sturdy bowl large enough for your pet to immerse in. A hot pad or other warming device is also good to keep on hand. Your lizard friends can be transported like birds.
- For small animals such as hamsters, gerbils, and mice, ensure they have secure transportation carriers with plenty of bedding and food. Items to keep on hand include a salt lick, and a small box to hide in or tube.
- For horses or other large animals ensure that your means of transportation such as a trailer is inspected regularly and stocked with items your animals may need in the event of an emergency. Socialize your horse to ensure he is able to be handled by different people. Set up a phone tree with nearby horse owners Here are examples of pet emergency supply kit:



(Be sure to include bowls, food, and water in your emergency supply kit. Pictured to the left is a dog meal replacement bar. Dry food or canned dog food with a pop open top can also be included.)



(Here is a first aid kit with gauze, gloves, antiseptic wipes, tweezers, scissors, and rolled bandages.)

The next step is to plan. When preparing for a potential disaster, create a plan to get away. How will you assemble your family and your pets if an evacuation is needed? Consider the place where you will go if you are displaced from your home. Talk to family members, hotels, and local shelters and remember to check to make sure your pets can stay with you. Developing a buddy system is also key in formulating your plan. Tell neighbors, family, and friends about what you plan to do during an emergency. Talk with your pet care buddy about evacuation plans and show them where you keep your supply kit. Your vet is a great resource for information about local emergency vets, identification such as a microchip, and ideas on other things to include in your disaster kit that are specific to your animal. You should also make a list of emergency contact information of your local animal shelters, animal control, and emergency vets. Obtain a 'pet inside' sticker to

place on home windows and doors. Include number and types of pets in your home to alert first responders and rescue workers.

The final step in preparing your animals for disaster is to stay informed. It is very important to stay upto-date about potential hazards in your area. What types of emergencies may affect you and your family? Is your area prone to flooding, tornadoes, or thunderstorms? Knowing this can help you better prepare for specific disasters. In addition stay informed, on your region's emergency plans. Check out the Federal Emergency Management Agency's (FEMA) video '*Preparing Makes Sense for Pet Owners*' for more information <u>https://www.youtube.com/watch?v=aUbSF_S20bE&feature=youtu.be</u>. Those who take the time to prepare themselves and their pets are likely to encounter less stress, difficulty, and worry in an emergency situation. Take the time to prepare yourself and your pet now!

Join us at Bark In The Park on Saturday, June 1st at Jefferson Memorial Park! We will be joining the Animal Welfare Society of Jefferson County to celebrate your furry friends. We will also have plenty of information on how to prepare your pets for disaster.

Extreme Heat

The weather is heating up! The start of summer includes the rising of temperatures across the country. Extreme heat can cause a number of issues up to and including death. Heat kills by pushing the human body beyond its limits. The body has to work extra hard to maintain a normal temperature. Sickness can occur if someone has over exercised or has been in the heat for too long. Heat stroke is when the body temperature gets

too high and can make someone breathe fast, feel dizzy, vomit, get headaches, or feel weak. Hyperthermia is a dangerous condition where the body absorbs more heat than it can expel. Each of these can cause severe sickness and death. Be aware of the heat!

Here are some tips to help reduce heat impact:

- Dress in loose fitting, light weight, and light colored clothes. Avoid dark colors that absorb the sun's rays.
- Never leave children or pets in the car! It only takes minutes for the inside of your car to reach high temps.
- Keep strenuous activity to a minimum during the hottest hours of the day (11 a.m. and 2 p.m.).
- Drink plenty of water.
- Check on neighbors and family members, especially those who are elderly or disabled.



- Pay attention to the heat index, which factors in the humidity for the real feel temperature.
- Be able to recognize the signs of heat stroke and be able to act quickly.
 - Heat Cramp Signs: Muscle pains or spasms in the stomach, arms, or legs.
 - Heat Exhaustion Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting.
 - Heat Stroke Signs: Extremely high body temperature, red, hot, and dry skin with no sweat, rapid and strong pulse, dizziness, confusion, or unconsciousness.

If someone is exhibiting signs of heat stroke call 911 or get the individual to the hospital immediately. Cool the person down, if possible, before help arrives.

National Weather Service Summer Safety

With rising temperatures and the increase of summer activities it is important to be aware of summer safety tips to protect you and your loved ones from harm. Car safety, beach safety, camping safety, boat safety, and pet safety are all important topics to know before you enjoy the outdoors.

Car safety is very important during the summer months. Temperatures can rise in a parked car within minutes. Even with the windows cracked the flow of air is minimal and temperatures can reach 125 degrees



quickly. Cracking the windows does not help to slow the heating process nor does it help to lower the temperature. Do not leave children or pets unattended in a car, even for a minute. In 2018, 52 children died as a result of a heatstroke from being left in a car. Nine children have died already in 2019 (National Weather Service, NWS). A child's body temperature heats up three to five times faster than an adult's. When a child's internal temperature reaches 104 degrees Fahrenheit their internal organs begin to shut down. A child can die when their internal temperature reaches 107 degrees. Remember to look before you lock to ensure no child or pet is left alone in your car! If you see a child or pet alone in a car

do not hesitate to act and call 911 immediately. Try to locate the owner of the car and don't leave until the situation is resolved.

With many people headed to the beach this summer here are some important tips to stay safe! First off make sure to bring sunscreen. Remain hydrated and find shade when it gets too hot. If you are going to cool off in the water ensure you know how to swim. Swimming in a pool is much different than swimming in the crashing waves. Always swim with a buddy and only in designated areas with a lifeguard present. Be aware of the signs of a rip current. A rip current is a powerful current of water flowing outward from shore.

These tides can sweep away even the strongest swimmer. If you get caught in a rip current relax and do not try and swim against the current. Try to swim out of the current and then make your way back to shore. Try to get the attention of another individual or the lifeguard so they can help. Pay attention to posted signs and current beach risks and hazards. If you hear thunder or see storm clouds forming get out of the



water and head indoors immediately. Remain weather ready to avoid potential threats.

Many people prefer to take to the great woods rather than the beach and bring their campers or tents for some one-on-one with nature! Here are some tips to keep safe while camping this summer. First keep alert for flash flooding. Avoid hiking in canyons and try not to camp too close to streams or rivers. Rivers and



streams can rise very quickly with heavy rainfall. Know the weather. Keep alert for high heat indexes and be sure to drink plenty of water. Try and avoid excess exercise during hot weather and make sure to take breaks in the shade. Always use sunscreen and wear light colored and loose fitting clothing. If you hear thunder or see lightning, go immediately to a shelter location or a hard topped vehicle. Do not stand near tall trees or ridge tops. Never use fuel

burning equipment inside tents as dangerous carbon monoxide levels can build up. Use insect repellent to reduce bug bites. When building a campfire be sure to check any local burning laws in your area. Only burn in designated areas and always completely extinguish the fire before heading in for the night, or breaking camp.

Taking the boat out on the lake is a great way to enjoy the warmer weather. But remember to be safe while out on the water! When there is high wind or waves reduce your boat speed and head to shore. Pay attention to thunderstorm watches and warnings and do not go out on the water if thunderstorms are expected. Stay in the boat's cabin if you cannot get to shore immediately. Even though it may be hot outside the water can be cold! Remain calm if the water



becomes too cold and control your breathing. Minimize your time in cold water and get warm and dry as soon as possible. Always wear a properly fitting life jacket when on a boat.

Here are some pet summer safety tips to keep your furry friends safe this summer! Make sure to visit your vet for a check up. Ensure your pet is up to date on all vaccines and on the proper flea, tick, and heartworm medication. This will reduce the risk of disease in your furry friend. Make sure your pet has plenty

of fresh clean water and be careful not to over exercise them when it is hot outside. Also be mindful of hot asphalt. Asphalt retains heat and your dog's paws can burn just like your feet when the pavement is too hot. Limit your dog's exposure to asphalt on hot days and keep walks to early morning or late evening when pavement has cooled. Never leave a pet unattended in a car for



any period of time. The temperatures inside a hot car can rise within minutes and can cause heat stroke and death in an animal. Cracking a window or parking in the shade offers little help in reducing the temperatures in your car. Be careful and be smart when it comes to summer heat and your pets!

Disaster Exercise Series 2019

The West Virginia Region 3 Table Top Exercise will be held on Tuesday August 6, 2019 at Charles Town Middle School (located at 817 High Street, Charles Town, WV, 25414) beginning at 9 a.m.

An effective exercise program is an essential component of our preparedness as it validates plans, tests operational capabilities, maintains leadership effectiveness, and examines ways to utilize the whole community. Exercise program management involves a collaborative approach that integrates resources, organizations, and individuals in order to identify and achieve program priorities.

If you or your organization is interested in participating in the 2019 exercise series, please contact Stephen Allen at: sallen@jeffersoncountywv.org

Water Security Table Top Exercise



Jefferson County Homeland Security and Emergency Management participated in the Water Security Table Top Exercise on Thursday, May 9th at the Jefferson County Health Services Building. The goal of this table top exercise was to engage water and wastewater utilities, response partners, and other independent sectors in a discussion about their specific roles in the event of a major water disaster. We reviewed the roles of water operators in the event of a water contamination incident, discussed methods for

timely and accurate information sharing with partners and with the public, and examined the process of requesting assistance through mutual aid agreements.

Need Training?

Emergency management is a constantly-changing field. Whether it is keeping up with the latest technology, to working with stakeholders to develop plans, conducting successful floodplain management, performing damage assessments, managing debris after a disaster, helping our communities to recover, or just learning the fundamentals, there are plenty of options available to you. Here are some great opportunities for training that you may or may not know about:

<u>West Virginia Military Affairs and Public Safety's Training Center, CourseMill</u>. If you are involved in emergency management in West Virginia, you can set up your free account at <u>http://www.onlinelearning.wv.gov/dmapscm6/home.html</u>.

Here is a listing of upcoming state sponsored training opportunities. These courses are free to attend. However, registration is required.

Community Planning and Response to Disasters

Date: June 18-19, 2019 8am to 5pm.

Location: Cedar Lakes, Ripley, WV.

Course Description: This course provides comprehensive planning tools to mitigate impacts on communities during large-scale incidents and examines the need for collaboration among responders in a community-wide disaster response. It is taught through a combination of facilitated discussion, hands-on training and traditional instruction. Recognizing that response to disasters differs by locale, the course can be tailored to local participant needs. Several activities rely on the varied expertise and experiences of the audience to provide information about their planning considerations and response roles.

Basics of Floodplain Management

Date: July 10, 2019 8:30am to 4:30pm

Location: Parsons Volunteer Fire Department

Course Description: The Basics of Floodplain Management is a free State sponsored comprehensive one day, hands on, participatory training course on program aspects of the National Flood Insurance Program (NFIP) presented five times annually (in various WV locations) for Floodplain Administrators and Local officials of our Counties and Communities. Class size is limited to thirty-first come- first served. Class content is geared toward newly appointed Floodplain Administrators; however, ALL are welcome. The focus is to update NFIP Program Elements for permitting and enforcement of FEMA minimum development standards and regulations for established flood zone areas. This one-day course is taught by WV NFIP staff utilizing PowerPoint modules to cover topics including floodplain mapping, flood insurance, legal issues, permitting, and other aspects of the NFIP program. As well, daylong attendance at this course will serve to satisfy the six-hour annual training in floodplain management requirement as stipulated by WV State Code § 15-5-20 A.

Planning - Basic EM Academy L0103

Date: August 13-14, 2019

Location: Days Hotel and Suites, Flatwoods

Course Description: This course in the National Emergency Management Basic Academy is designed to give basic concepts and planning steps to those new to the field of emergency management so that they may apply planning discipline and skills to challenges in their jobs. The course content includes emergency management planning doctrine and steps to take to accomplish writing plans and using them to deal with special events, which are common challenges for all jurisdictions. The content also derives from Comprehensive Preparedness Guide 101, Developing and Maintaining State, Territorial, Tribal and Local Government Emergency Plans and its six-step planning process and inclusive Whole Community philosophy. Likewise, doctrine from Comprehensive Preparedness Guide 201, Threat and Hazard Identification and Risk Analysis, is included in

the course. Special event planning is then explained in the course and table group activities to analyze plans for special events are conducted.

To Register for these FREE Classes, go to: <u>http://www.onlinelearning.wv.gov/dmapscm6</u>.

For questions about the course or registration, contact <u>Gregory.c.fernley@wv.gov</u> or call 304-558-5380.

Once you set up your account, you can log on and look at the list of available courses taught in West Virginia.

FEMA also offers a number of online courses at <u>https://training.fema.gov/emi.aspx</u>. From this training portal, anyone can take their online independent study courses for free. There are over 100 courses to choose from. You can also browse the schedules and information about their on-campus resident courses for those who are involved in emergency management at the federal, state, local or tribal governments.

Jefferson County Homeland Security and Emergency Management recommends the following FEMA Independent Study Courses. These courses are free and available online. Those courses can be found at: <u>https://training.fema.gov/is/</u>.

IS-393.b - Introduction to Hazard Mitigation

IS-317 - Introduction to Community Emergency Response Teams

IS-248 - Integrated Public Alert and Warning System (IPAWS) for the American Public

IS-10 - Animals in Disasters: Awareness and Preparedness

Jefferson County Homeland Security and Emergency Management-Committees

Steering Committee, John Sherwood, Chair

The Steering Committee works with the JCHSEM Director to guide the activities of JCHSEM. A fourteen-member Steering Committee is made up of public and private representation. JCHSEM is a Department within the Jefferson County Commission, who has overall responsibility for the department and its employees. The Jefferson County Commission appoints all members to the steering committee. This committee meets following the Quarterly Partnership Luncheons held in January, April, July, and October and meetings are scheduled as needed. Please call the office for exact dates, locations, and times.

Public Awareness, Education and Training Committee, Paula Marrone-Reese, Chair

Any interested person can serve on this committee. The Public Awareness, Education and Training Committee is responsible to communicate the organization's activities to the public and to build support for JCH-SEM's programs. They work with the Director and other staff to keep the entire community focused on the objectives of JCHSEM, the opportunities for additional involvement and support by updating citizens and businesses about what the partners are doing and how the community will and is benefiting from these efforts. Additionally, they are responsible to assist the program manager is setting up speaking engagements and public awareness events. This committee meets monthly on the 2nd Wednesday of the month at 0830 in the EOC at 28 Industrial Blvd., Kearneysville, unless otherwise announced.

All Hazards Mitigation Planning Committee, Mason Carter, Chair

Any interested person may serve on this committee. The All Hazards Mitigation Planning Committee examine the community's risks and vulnerability to all hazards and assess the community's vulnerability to those risks. An All Hazards Mitigation Plan was completed and adopted by the Jefferson County Commission, all Jefferson County municipalities, WVHSEM, and Federal Emergency Management Agency in July, 2003. The plan was updated in 2008 and 2013. The 2013 Plan was approved by WVDHSEM and FEMA in June 2013 and the 2018 plan was approved in November 2018.

Counter Terrorism Committee, Stephen Allen, Director, Chair

Membership to this sub-committee of the Risk Assessment and Mitigation Planning Committee is limited to members of law enforcement, emergency management, homeland security, emergency communications, Red Cross, schools, health care, fire companies, ambulance authority/EMS, and government, due to sensitive homeland security issues. The committee works on issues of planning and training for counter terrorism or human-caused disasters. Meetings are held on the 2nd Tuesday of the month at the EOC at 28 Industrial Blvd., Kearneysville, unless otherwise announced.

If you are interested in joining any of our committees, contact Stephen Allen at <u>sallen@jeffersoncountywv.org</u>

Times, dates, places may need to be changed due to inclement weather, scheduling conflicts or EOC activation. If you have questions, call the JCHSEM office at (304) 728-3290.

Jefferson County Homeland Security and Emergency Management

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> PUBLIC SAFETY; PUBLIC TRUST

The Jefferson County Commission's Office of Homeland



Security and Emergency Management (JCHSEM) is responsible for the coordination of preparedness, planning, response, recovery and mitigation of disasters and large emergencies in Jefferson County, West Virginia. Volunteer and community participation is encour-

aged and welcome. We currently have committees on All Hazards Mitigation Planning; Public Awareness, Education and Training; Counter Terrorism; and a Steering Committee that acts as an advisory group.

We are responsible for the Citizen Corps/CERT, Storm-Ready, Community Rating System, Resilient Neighbor Network and Project Impact programs. JCHSEM is also responsible for the Jefferson County R.A.C.E.S. group.



June Meetings & Events

- Sterling National Weather Service Calls every Monday at 9 a.m.
- Weather calls every Monday and Friday at 10 a.m. with State EOC and National Weather Service
- June 1 Bark in the Park
- June 5 Department Head Meeting
- June 6 County Commission Meeting
- June 11 Counterterrorism Meeting
- June 12 Public Awareness, Education and Training Committee Meeting
- June 20 West Virginia Day, Offices Closed
- June 25 IT Squad Meeting