



# Jefferson County Office of Homeland Security & Emergency Management

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

**August 1, 2022**

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## JCOHSEM Staff:

Stephen S. Allen, Director  
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Coordinator

## From the Director's Chair

Welcome to the August 2022 edition of the Jefferson County Office of Homeland Security and Emergency Management's (JCOHSEM) newsletter.

This newsletter includes information on Back to School — Children & Youth Preparedness and also continued emphasis on Extreme Heat Safety.

This edition is full of details which we hope you find informative.

## Back To School - Children & Youth Preparedness

### Prepare Your Family

Being prepared for disasters starts at home. Everyone can be part of helping to prepare for emergencies. Young children and teens alike can be a part of the process. As a parent, guardian, or other family member, you have an important role to play when it comes to protecting the children in your life and helping them be prepared in case disaster strikes.

### Family Emergency Planning

Some disasters strike without any warning, and family members may not all be in the same place. How will you get in touch with each other? Where will you meet? How will you get out of your house in case of a fire? What if your neighborhood is being evacuated? It's important to make a plan, now, so that you will know what to do, how to find each other, and how to communicate in an emergency.

### Make a Plan

Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. And, don't forget to think about specific needs in your family. Your family's needs change over time, so update your plan regularly.

### Who Will We Contact?



## Who Will We Contact? (cont'd)

Pick the same person for each family member to contact. Pick someone out of town - they may be easier to reach in a disaster.

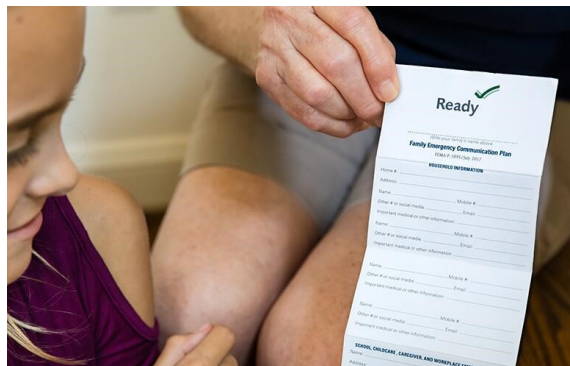
Text, don't talk. In an emergency, phone lines may be tied up. It may be easier to text and this leaves phone lines open for emergency workers.

## Where Will We Meet



Decide on a safe, familiar, accessible place where your family can go for protection or to reunite. If you have pets or service animals, think about animal-friendly locations. Consider places in your house, in your neighborhood, and outside of your city or town so you are prepared for any situation.

## Practice, Practice, Practice!



On your own list or using resources obtained from links I have attached, write down your contacts and plans. Make sure everyone the family has copies and keeps them in a safe space, like in a backpack, wallet, or taped in a notebook. Put them in your cell phone if you have one. Hold regular household meetings to review and practice your plan.

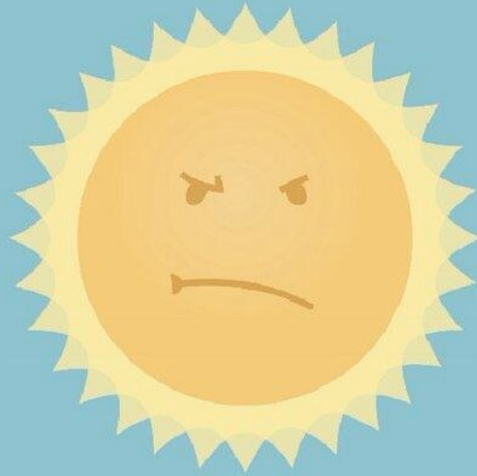
Family Communications Plan (Kids) : [https://www.ready.gov/sites/default/files/2019-06/family\\_communications\\_plan\\_kids.pdf](https://www.ready.gov/sites/default/files/2019-06/family_communications_plan_kids.pdf)

Family Communications Plan (Adults) : [https://www.ready.gov/sites/default/files/2019-06/family\\_communications\\_plan\\_parents.pdf](https://www.ready.gov/sites/default/files/2019-06/family_communications_plan_parents.pdf)

Family Emergency Communications Plan Fillable Cards : [https://www.ready.gov/sites/default/files/2019-06/family\\_commfillable\\_cards.pdf](https://www.ready.gov/sites/default/files/2019-06/family_commfillable_cards.pdf)

# Extreme Heat

He's a killer.



There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

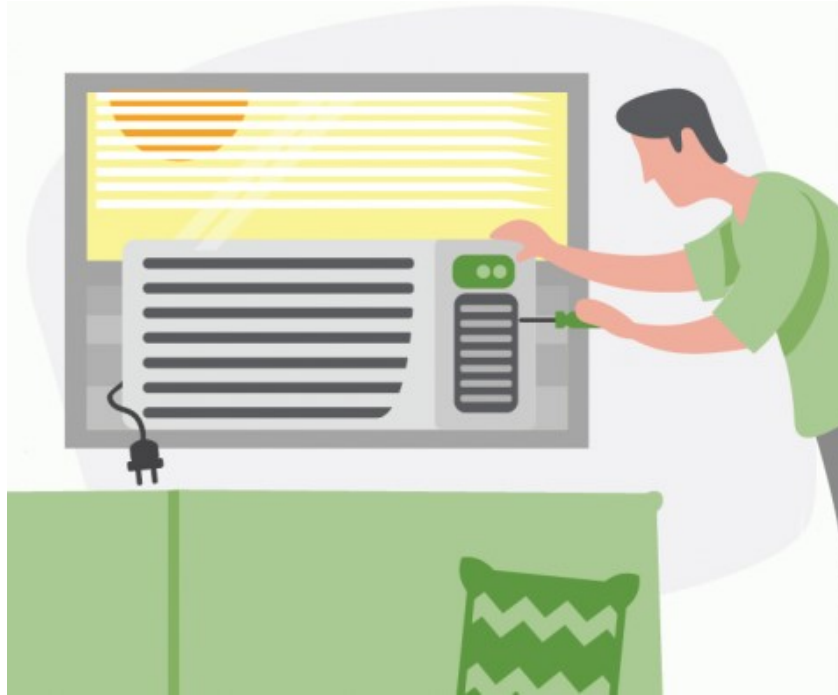
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat.



## Prepare for Extreme Heat

- Learn to [recognize the signs of heat illness](#).
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.

## Prepare for Extreme Heat (Cont'd)



- Hurricanes are not just a coastal problem. Find out how rain, wind, water and even tornadoes could happen far inland from where a hurricane or tropical storm makes landfall. [Start preparing now.](#)
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.

## Know your Evacuation Zone

- You may have to evacuate quickly due to a hurricane if you live in an evacuation zone. [Learn your evacuation routes](#), practice with your household and pets, and identify where you will stay.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
- Install window air conditioners and insulate around them.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

## Be Safe DURING

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.

## Be Safe DURING (Cont'd)



- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, seniors and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.

## Heat-Related Illnesses

Know the signs of heat-related illnesses and ways to respond. If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency call 9-1-1.

Get more detailed information about heat-related illnesses from the [CDC](#) and [National Weather Service](#).





## Heat-Related Illnesses (cont'd)

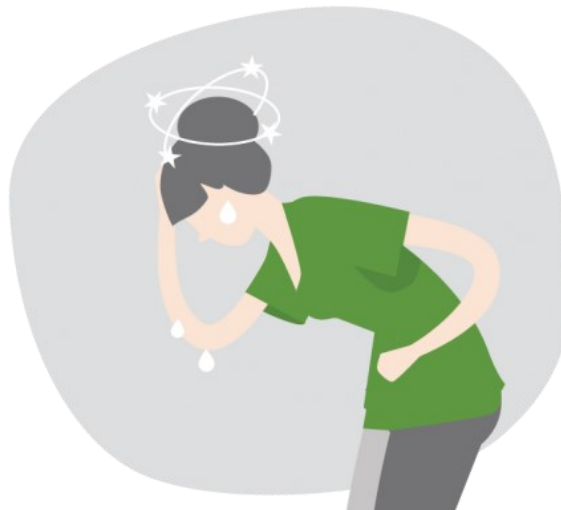
### HEAT STROKE

- **Signs:**
- Extremely high body temperature (above 103 degrees F) taken orally
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness



### HEAT CRAMPS

- **Signs:**
- Muscle pains or spasms in the stomach, arms or legs



## Heat-Related Illnesses (cont'd)

### HEAT EXHAUSTION

- **Signs:**

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting.

**If you have signs of heat cramps or heat exhaustion,** go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

### Associated Content

[Extreme Heat Information Sheet](#) (PDF)

[Children, Pets and Vehicles](#) ([weather.gov](http://weather.gov))

[Extreme Heat Safety Social Media Toolkit](#)

[You Can Help Prevent Hot Car Deaths](#) (NHTSA)

[Protective Actions Research for Extreme Heat](#)

[National Weather Service Heat Safety Tips and Resources](#)

[National Weather Service - Heat Illnesses](#)

[Centers for Disease Control and Prevention: Extreme Heat](#)

[Warning Signs and Symptoms of Heat-Related Illness](#)

[National Integrated Heat Health Information System](#)

## 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.

**\*\*Due to the current Coronavirus (COVID-19) situation, many of the previously scheduled courses have been cancelled. Please check <http://www.onlinelearning.wv.gov/dmapscm6> or contact Chuck Bennett at [charles.w.bennett@wv.gov](mailto:charles.w.bennett@wv.gov) with any questions in regards to cancelled or rescheduled courses.\*\***

### Upcoming Local Training

None Scheduled at this time.

## UPDATE Disaster Exercise Series 2022



The Smoking Mountains II “Functional” exercise is now scheduled for Jefferson County and the rest of Region 3 counties. It is going to be held on Tuesday, October 4, 2022 in Hardy County at the Hardy County National Guard Armory located at 157 Freedom Way in Moorefield, WV 26836. All 7 counties will meet and set up their Emergency Operations Centers (EOCs) at various locations within the gymnasium/drill hall. We are also going to make the exercise virtual in order to allow outside agencies who could not participate in-person to engage with us on-line by connecting through the use of MS Teams or another virtual meeting platform. More information regarding the start time and other details will be sent out at a later date.

The scenario we participated in for the table top exercise consists of a series of fires in a mountainous environment, with additional needs for investigations and securing of the scenes. We assume the scenario for the functional exercise will follow this baseline of events. It involved the evacuations of residences and the need for sheltering and feeding of the evacuees and the first responders. Secondary to the mountain fire is an intentionally set fire in construction equipment at a local industrial plant. There is also a hazardous materials incident involving a train and a tractor-trailer. There are many needs for assistance and mutual aid to cover the unmet needs.

An After Action Report/Improvement Plan (AAR/IP) will be compiled by the U.S. EPA and its START contractors following this functional exercise. The participating agencies will be receiving a copy of the draft document to review and report any changes or corrections to the document along with a response to the shortcomings or discrepancies presented in the exercise along with actions which may be taken to mitigate the problems encountered. As this document is finalized, copies will be distributed to all of the agencies for their review and future corrective actions.

If you or your organization are interested in participating in the next portion of the 2022 exercise series, please contact Stephen Allen at: [sallen@jeffersoncountywv.org](mailto:sallen@jeffersoncountywv.org).



## Online FEMA Training

FEMA offers a number of online courses at <https://training.fema.gov/is/>. 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 in the federal, state, local or tribal governments.

JCOHSEM recommends the following FEMA Independent Study Courses. These courses are free and available online. After the course is completed an online test can be taken. Once the test is passed you will receive a completion certificate.

### IS-100.C: Introduction to the Incident Command System

**Course Overview:** ICS 100, Introduction to the Incident Command System, introduces the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS).

**Primary Audience:** The target audience includes persons involved with emergency planning, and response or recovery efforts.

**Course Length:** 2 hours

**Course Link:** <https://training.fema.gov/is/courseoverview.aspx?code=IS-100.c>

### IS 200.C - Basic Incident Command System for Initial Response

**Course Overview:** Basic Incident Command System for Initial Response, reviews the Incident Command System (ICS), provides the context for ICS within initial response, and supports higher level ICS training. This course provides training on, and resources for, personnel who are likely to assume a supervisory position within ICS.

**Primary Audience:** The intended audience (s) are response personnel at the supervisory level who are involved with emergency planning, response, or recovery efforts.

**Course Length:** 4 hours

**Course Link:** <https://training.fema.gov/is/courseoverview.aspx?code=IS-200.c>

### IS 908 - Emergency Management for Senior Officials

**Course Overview:** The purpose of this course is to introduce senior officials to the important role they play in emergency management. The responsibility for preparing for, responding to, and recovering from incidents, both natural and manmade, begins at the local level – with individuals and public officials in the county, city, or town affected by the incident. This course presents:

- Simple steps official can take to become acquainted with their emergency management role, authorities, and team members.
- Video presentations sharing lessons learned from officials of the City of Baton Rouge, East Baton Rouge Parish, Louisiana.

**Primary Audience:** Senior officials, including mayors, city managers, and county managers.

**Course Length:** 1 hour

**Course Link:** <https://training.fema.gov/is/courseoverview.aspx?code=IS-908>

# **Jefferson County Office of Homeland Security and Emergency Management-Committees**

## **Steering Committee, John Sherwood, Chair**

The Steering Committee works with the JCOHSEM director to guide the activities of JCOHSEM. A fourteen-member Steering Committee is made up of public and private representation. JCOHSEM 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 Local Emergency Planning Committee (LEPC) Meetings held on the third Wednesday of February, April, June, August, October, and December. 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 JCOHSEM's programs. They work with the director and other staff to keep the entire community focused on the objectives of JCOHSEM, 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. This committee is responsible in assisting the director in setting up speaking engagements and public awareness events. This committee meets monthly on the second 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 examines 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, West Virginia Emergency Management Division of the West Virginia Department of Homeland Security (WVEMD) and FEMA in July 2003. The plan was updated in 2008 and 2013. The 2013 plan was approved by WVEMD and FEMA in June 2013 and the 2018 plan was approved in November 2018.

## **Counter Terrorism Committee, Stephen Allen, 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 counterterrorism or human-caused disasters. Meetings are held on the second 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 [sallen@jeffersoncountywv.org](mailto:sallen@jeffersoncountywv.org)

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

Jefferson County Office of  
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 (JCOHSEM) is responsible for the coordination of preparedness, , response, recovery and mitigation of disasters and large emergencies in Jefferson County, West Virginia. Volunteer and community participation is encouraged 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, StormReady, Community Rating System, Resilient Neighbor Network and Project Impact programs. JCOHSEM is also responsible for the Jefferson County R.A.C.E.S. group.

## August Meetings & Events

- Sterling National Weather Service calls every Monday and Thursday at 10:30 a.m.
- WV State weather calls on Mondays and Fridays at 10 a.m.
- WV Emergency Management Council calls each Tuesday at 9 a.m.
- Public Awareness, Education and Training committee meeting Wednesday, August 10, 9:00 a.m. in the Jefferson County EOC (28 Industrial Blvd., Kearneysville)
- LEPC meeting— Due to a scheduled exercise with the Board of Education, the LEPC meeting has been rescheduled for Thursday, August 18th at 8:15 a.m. at Hospice of the Panhandle
- Steering Committee meeting Thursday, August 18th after the LEPC meeting at Hospice of the Panhandle
- Counter-Terrorism Committee meeting Thursday, August 18th 2:00 p.m. in the Jefferson County EOC (28 Industrial Blvd., Kearneysville)