



## February 2023

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## From the Director's Chair

Hello and welcome to the February 2023 edition of the Jefferson County Office of Homeland Security and Emergency Management's (JCOHSEM) newsletter.

This newsletter contains information about various topics including Winter Weather Safety and National Canned Food Month and continued preparedness tips on flooding.

So, this edition is full of details about several topics which we hope you find informative and helpful. We wish you a Happy Valentine's Day and a Happy President's Day!




## Winter Weather is Coming....



# Winter Safety

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms, including blizzards, can bring extreme cold, freezing rain, snow, ice and high winds.

A winter storm can:

	Last a few hours or several days.
	Cut off heat, power and communication services.
	Put older adults, children, sick individuals and pets at greater risk.

## How to Protect Yourself from Winter Weather

**IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY!!**

### Know your winter weather terms:

#### **Winter Storm Warning**

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

#### **Winter Storm Watch**

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

#### **Winter Weather Advisory**

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

#### **Know Your Risk for Winter Storms**

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and [National Oceanic and Atmospheric Administration \(NOAA\) Weather Radio](#) also provide emergency alerts.

### Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.



#### **In Case of Emergency**

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

# Stay Safe During Winter Weather

- Stay off roads, if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

## Learn the signs of and basic treatments for frostbite and hypothermia.



**Frostbite** causes loss of feeling and color around the face, fingers and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.



**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.



# Emergency Car Kit for Winter Weather

- Include enough food, water, meds & anything used daily in your emergency kit to last for at least 72 hrs [#WinterSafety](#)
  - Before a #WinterStorm: Have emergency supplies ready in your home; when the storm hits, stay put and off the roads. #WinterSafety
  - [#Winter](#) is just around the corner. Get prepared by updating your emergency kit: [www.ready.gov/kit](http://www.ready.gov/kit) [#WinterSafety](#)
  - Get ahead of [#Winter](#) storms by making sure your emergency kit for your car is fully stocked: [www.ready.gov/car](http://www.ready.gov/car) [#WinterSafety](#)
  - Keep water, non-perishable food, and an extra set of warm clothes in the car in case you get stranded during winter weather. #WinterSafety
- Prepare for [#winter](#) by keeping an emergency supply kit in your car with these extras:

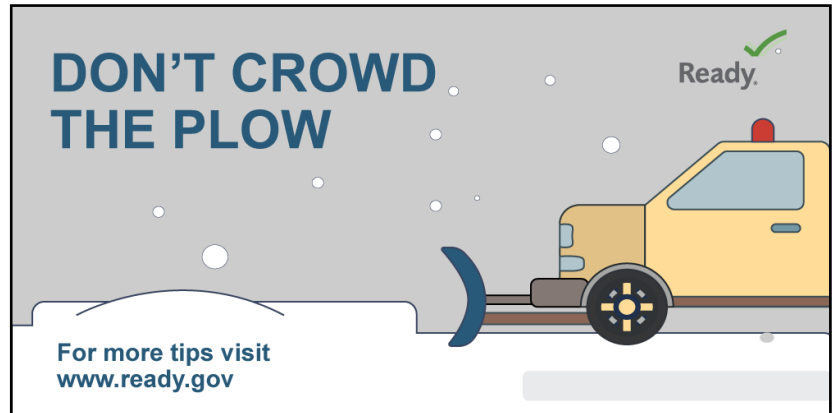


- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Cat litter or sand for better tire traction

More: [www.ready.gov/car](http://www.ready.gov/car) [#WinterSafety](#)

# Outdoors & Traveling

- Cold can kill. Dress in layers, cover skin and limit time outside. [www.ready.gov/winter](http://www.ready.gov/winter) #WinterSafety
- Shoveling snow can be a health risk, so remember to take it easy. Learn more at <http://weather.gov/winter> #WinterSafety
- Stay off icy roads when #WinterStorm advisories & watches are issued. #WinterSafety
- [#WinterWeather](#) travel tip: follow directions from local officials & build an emergency car kit. More tips [www.ready.gov/winter](http://www.ready.gov/winter)
- Stay off roads during & after a [#WinterStorm](#). If you must drive "Don't Crowd the Plow!" #WinterSafety
- Hitting the road this winter? An emergency kit for your car might come in handy when you least expect it! #WinterSafety
- Prepare your car for winter: keep your gas tank near full to help avoid ice in the tank and fuel lines. #WinterSafety
- Ice and snow, take it slow—slower speed, slower acceleration, slower steering, and slower braking. #WinterSafety
- #SnowStorm tip: clear snow & ice off of fire hydrants so fire departments can gain access.



- Layers of loose-fitting, lightweight clothing will keep you warmer than one bulky sweater. #WinterSafety
- When it's freezing limit time outside and check on your neighbors! #WinterSafety
- Freezing temperatures increase #frostbite risk. Learn the warning signs of frostbite: [www.cdc.gov/disasters/](http://www.cdc.gov/disasters/)

[winter](#) #WinterSafety

- Many people die each year from heart attacks brought on by shoveling snow. Pace yourself & get your neighbors involved. [#WinterSafety](#)
- Do your part to keep everyone safe on the roads this winter. Learn more at <http://weather.gov/winter> #WinterSafety

# Pet Safety During Winter Months



- #WinterSafety Tip: Bring your furry friends inside when temperatures take a dip! More pet prep tips: [www.ready.gov/pets](http://www.ready.gov/pets)
- Tip: Wipe dog's paws after each trip outside. Ice-melting chemicals or rock salt can cause irritation, sickness or be fatal #WinterSafety
- #WinterSafety Tip: Bring your furry friends inside when temperatures take a dip! More pet prep tips: [www.ready.gov/pets](http://www.ready.gov/pets)
- Your pet may think antifreeze is sweet, but it can be deadly. Find out more: [www.humanesociety.org/resources/five-ways-protect-pets-winter](http://www.humanesociety.org/resources/five-ways-protect-pets-winter) #WinterSafety



**Prepare your pal for the snow.**

Don't forget to wipe their paws to  
remove ice-melt chemicals.





# Generator Safety

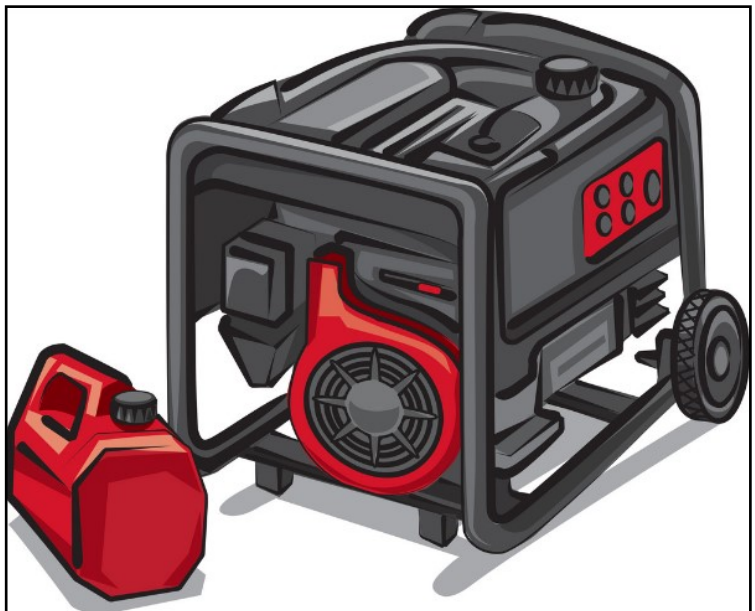


Generators can be helpful when the power goes out. It is important to know how use them safely to prevent carbon monoxide (CO) poisoning and other hazards.



**Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.**


- Generators and fuel should always be used outdoors and *at least* 20 feet away from windows, doors and attached garages.
- **Install working carbon monoxide detectors on every level of your home.** Carbon monoxide is a colorless, odorless gas that can kill you, your family and pets.
- Keep the generator dry and protected from rain or flooding. Touching a wet generator or devices connected to one can cause electrical shock.
- Always connect the generator to appliances with heavy-duty extension cords.
- Let the generator cool before refueling. Fuel spilled on hot engine parts can ignite.
- Follow manufacturer's instructions **carefully**.



# Power Outage Safety


Extended power outages may impact the whole community and the economy. A power outage is when the electrical power goes out unexpectedly. A power outage may:

- Disrupt communications, water and transportation.
- Close retail businesses, grocery stores, gas stations, ATMs, banks and other services.
- Cause food spoilage and water contamination.
- Prevent use of medical devices.



## Ice Storms can Leave You in the Dark

- 💡 Ice weighs down trees and powerlines causing them to fall
- 💡 Power outages can last several days
- 💡 Make an emergency supply kit before the storm hits

[weather.gov/winter](https://weather.gov/winter) 

# Power Outage Tips

- Keep freezers and refrigerators closed.
- Use a generator, but **ONLY** outdoors and away from windows.
- Do not use a gas stove or oven to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Have alternative plans for refrigeration medications or using power-dependent medical devices.



# POWER OUTAGES



## DO

Surround your food with ice in a cooler or refrigerator.

## DO

Install carbon monoxide alarms in your home if you use a generator.

## DON'T

Eat food exposed to temperatures higher than 40° F.

## DON'T

Use candles for light. Instead, use a flashlight.

## Returning After a Power Outage

- When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color or texture.
- If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. Consult your doctor or pharmacist immediately for a new supply.

## Eat Safe Food after a Power Outage



**During** a power outage, keep refrigerator & freezer doors closed

⚡ If the doors stay closed, food will stay safe for up to:



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)



**4**  
Hours in a  
Refrigerator

**48**  
Hours in a  
**FULL**  
Freezer



**24**  
Hours in a  
**HALF-FULL**  
Freezer

CS310309-C

# February is National Canned Food Month



“To help support nutrition education and reduce nutrition insecurity of low-income families, USDA’s National Institute of Food and Agriculture (NIFA) provides funding to the Supplemental Nutrition Education Program – Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP). During National Canned Food Month, celebrate with NIFA as we highlight a few federally funded programs aimed to help families obtain nutritional foods.”—Rachel Dotson, Public Affairs Specialist for National Institute of Food and Agriculture.

## SNAP-Ed

NIFA's involvement with [SNAP-Ed](#) began in 1999, as Land-grant University administrators identified the need for national leadership through their federal partner. NIFA supports SNAP-Ed by providing leadership, establishing collaborative relationships and strengthening communication across federal, state, and local partners. Specifically, it promotes well-trained staff; effective program planning, management and reporting; identification and use of effective and appropriate resources; and improved consistency and clarity of communication among SNAP-Ed's many partners.

## Expanded Food and Nutrition Education Program

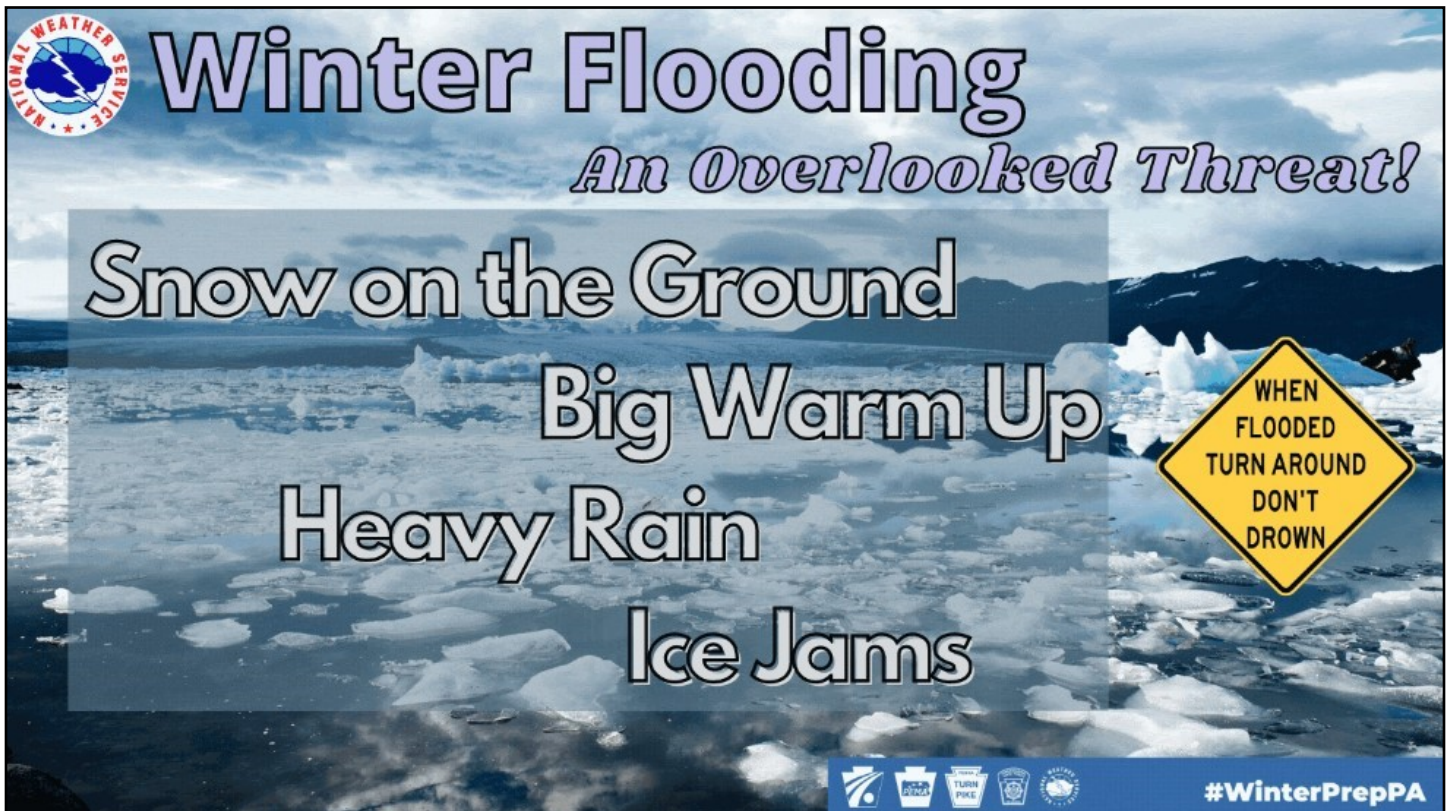
The Expanded Food and Nutrition Education Program ([EFNEP](#)) is a Federal Extension (community outreach) program that currently operates through the 1862 and 1890 Land-grant Universities in every state, the District of Columbia, and the six United States territories – American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico and the Virgin Islands. EFNEP uses education to support participants’ efforts toward self-sufficiency, nutritional health and well-being. EFNEP combines hands-on learning, applied science and program data to ensure program effectiveness, efficiency and accountability.

## Program Impacts

The [Plan. Eat. Move.](#) program— through the **University of Kentucky College of Agriculture, Food and Environment**— encompasses SNAP-Ed and EFNEP to show individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behaviors necessary to have a healthy lifestyle. Plan. Eat. Move. provides resources surrounding healthy eating, adapting physically activity and numerous recipes.



# Flooding



Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. Failing to evacuate flooded areas or entering flood waters can lead to injury or death.

## Floods may:

- Result from rain, snow, coastal storms, storm surges and overflows of dams and other water systems.
- Develop slowly or quickly. Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings and create landslides.



# Preparing for a flood:

## Know Your Risk for Floods

Visit [FEMA's Flood Map Service Center](#) to know types of flood risk in your area. Sign up for your community's warning system. The [Emergency Alert System \(EAS\)](#) and [National Oceanic and Atmospheric Administration \(NOAA\)](#) Weather Radio also provide emergency alerts.

## Purchase Flood Insurance

Purchase or renew a flood insurance policy. Homeowner's insurance policies do not cover flooding. It typically takes up to 30 days for a policy to go into effect so the time to buy is well before a disaster. [Get flood coverage under the National Flood Insurance Program \(NFIP\)](#).



## Make a plan

[Make a plan](#) for your household, including [your pets](#), so that you and your family know what to do, where to go, and what you will need to protect yourselves from flooding. Learn and practice evacuation routes, shelter plans, and flash flood response. Gather supplies, including non-perishable foods, cleaning supplies, and water for several days, in case you must leave immediately or if services are cut off in your area.

## In Case of Emergency

Keep important documents in a waterproof container. Create password-protected digital copies. Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

## Flooding (cont'd.)

### If you are under a flood warning:

- Find safe shelter right away.
- Do not walk, swim or drive through flood waters. **Turn Around, Don't Drown!**
- Remember, just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off bridges over fast-moving water.
- Depending on the type of flooding:
  - Evacuate, if told to do so.
  - Move to higher ground or a higher floor.
  - Stay where you are.



## 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.

### State-Sponsored Training Courses

Course	Date/s	Location
• Incident Communications Center Manager	2/27-3/1/23	TBA
• Incident Tactical Dispatch	3/20-3/23/23	Sutton, WV
• WV- specific Auxiliary Communications Course	3/11/- 3/12/23	TBA
• WV- specific Auxiliary Communications Course	3/25—3/26/23	TBA

To register for the above courses, go to the State's Coursemil training site.

The courses below are available by contacting Brent Burger at the email address listed below. They are available through Texas A & M Engineering Extension Service.

• Demystifying Cyber Attacks	4/4/23	Charleston , WV
• Cybersecurity Resiliency in Industrial Control Systems	4/5/23	Charleston, WV
• Demystifying Cyber Attacks	5/16/23	Morgantown, WV
• Cybersecurity Resiliency in Industrial Control Systems	5/17/23	Morgantown, WV

Please check the State's CourseMil site at <http://www.onlinelearning.wv.gov/dmapscm6> or contact Brent Burger at [brent.a.burger@wv.gov](mailto:brent.a.burger@wv.gov) with any questions in regards to these courses.

### Upcoming Local Training

Course	Date/s	Location
• Community CPR & Stop The Bleed 3-hours	2/2/23 6PM	JC ESA
• Community CPR & Stop The Bleed 3-hours	2/11/23 9AM	JC ESA
• Community First Aid 4-hours	2/11/23 1PM	JC ESA

The location of Jefferson County Emergency Services Agency (JC ESA) is 419 Sixteenth Avenue, Ranson, WV 25438



## **Online FEMA Training**

FEMA offers a number of online courses at <https://training.fema.gov/emi.aspx>. From this training portal, anyone can take their online independent study courses for free. There are over a hundred courses to that are available. 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: 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:** [FEMA - Emergency Management Institute \(EMI\) Course | IS-100.C: Introduction to the Incident Command System, ICS 100](#)

### **IS-230: Fundamentals of Emergency Management**

**Course Description:** The goal of this course is to provide all FEMA employees with basic information to prepare them for incident management and support activities. Additionally, this course will provide an overview of FEMA; introduce basic emergency management concepts; and provide a high-level look at how FEMA meets its mission.

**Primary Audience:** This entry-level course is designed for individuals new to the field of emergency management or persons with a desire to understand the fundamentals of emergency management.

**Course Length:** Approximately 6 hours

**Course Link:** [FEMA - Emergency Management Institute \(EMI\) Course | IS-230.E: Fundamentals of Emergency Management](#)

### **IS-907: Active Shooter: What You Can Do**

**Course Overview:** An active shooter is an individual actively engaged in killing or attempting to kill people in a confined and other populated area. In most cases, active shooters use firearms and there is no pattern or method to their selection of victims. Active shooter situations are unpredictable and evolve quickly. All employees can help prevent and prepare for potential active shooter situations. This course provides guidance to individuals, including managers and employees, so that they can prepare to respond to an active shooter situation.

**Primary Audience:** All individuals, including managers and employees.

**Course Length:** 1 hour

**Course Link:** [FEMA - Emergency Management Institute \(EMI\) Course | IS-907: Active Shooter: What You Can Do](#)

# Disaster Exercise Series 2023

Typically, over the course of the year, a table top, functional, and full scale exercise will be held. An effective exercise program is an essential component of our preparedness as it validates plan, tests operational capabilities, maintains leadership effectiveness, and examines ways to utilize the whole community. Exercise program management involves a collaborative approach that integrates resource's, organizations, and individuals in order to identify and achieve program priorities.

The WV Homeland Security Region 3 counties are now in the process of developing this years exercises in partnership with the U.S. Environmental Protection Agency. In Initial Planning Meeting in conjunction with the After Action Report/Improvement Plan for the 2022 exercise series will be announced soon.

If your organization is interested in participating in the 2023 exercise series when it is scheduled, please contact Stephen Allen at [sallen@jeffersoncountywv.org](mailto:sallen@jeffersoncountywv.org).



# 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. We are in the process of updating the plan at this time.

## **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**

**STAFF**

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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.

## February 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.
- BERP Meeting is scheduled for February 2nd.
- Counter Terrorism Committee Meeting is scheduled for February 14th at IRS.
- Local Emergency Planning Committee Meeting is scheduled for February 15th.