



**May 2023**

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## From the Director's Chair

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

This newsletter contains information about various topics including this month's Ready.gov topics of National Wildfire Awareness Month, National Hurricane Preparedness Week, and Don't Fry Day.

Please note our Regional Tabletop Exercise will occur on Wednesday, May 10th.

We hope you find the topics in this month's edition informative and helpful.

## National Wildfire Awareness Month

Wildfires are unplanned fires that burn in natural areas like forests, grasslands or prairies. These dangerous fires spread quickly and can devastate not only wildlife and natural areas, but also communities.

### Prepare for Wildfires

- **Recognize Warnings and Alerts**
- **Make an Emergency Plan**
- **Review Important Documents**
- **Strengthen your Home**
- **Know your Evacuation Zone**
- **Gather Supplies**

For more information, go to: <https://ready.gov/wildfires>

# Wildfire Evacuation Checklist

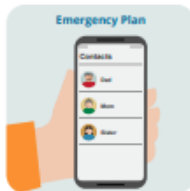
Make leaving safely second nature



Plan, prepare and practice these simple tips that can help make leaving your home quicker, easier and safer in the event of a wildfire and reduce your risk of injury.

## Pre-fire: Plan, prepare and practice before a wildfire occurs.

A wildfire may make it necessary for you and your neighbors to evacuate. Plan, prepare and practice wildfire evacuation together and with your local emergency services. This can help save lives!



### Pre-fire: plan

- ✓ Sign up to receive local emergency alerts and warnings on all home phones, cellphones and other devices.
- ✓ Know what your community's emergency notification and evacuation plans are.
- ✓ Plan an evacuation route away from your home and other alternate routes in case the first route is closed or threatened by wildfire.
- ✓ Make sure your designated contact knows your plan and to communicate with you to know you are safe.
- ✓ Know the evacuation plans for locations where household members regularly are such as workplaces, schools and commuter routes.
- ✓ Plan to evacuate family, friends or neighbors who have disabilities.
- ✓ Maintain roads and bridges on your property and in your community if you are responsible for them. Improve roads to have 2 ways out and make them wide enough for emergency vehicles. Make sure everyone can open gated roads. Post load limits on bridges. Build culverts with materials that won't melt.



### Pre-fire: prepare

- ✓ Prepack emergency supply kits.
- ✓ Back vehicles into your garage or park them in an open space facing the direction of escape.
- ✓ Keep the gas tank in vehicles at least half full.



### Pre-fire: practice

- ✓ Practice often with everyone in your home, using at least 2 ways out of your neighborhood.
- ✓ Participate in community wildfire drills. If something could keep you from leaving successfully, such as a locked gate, address it immediately.
- ✓ Practice evacuating animals and pets, including how to operate trailers and other vehicles needed to transport them. Know what resources are needed for their care in case of evacuation.



Click here to  
add image.



## During a wildfire event

- ✓ Charge all cellphones in case of power loss.
- ✓ Know the local fire conditions and be prepared to leave at a moment's notice.
- ✓ Leave early if you are concerned. It may take more time than you think to evacuate due to heavier traffic and decreased visibility, or if you have small children, pets or livestock, or have physical challenges.
- ✓ Go promptly when told to evacuate.
- ✓ Don't drive out with trailers or large vehicles like RV's, especially if you are unfamiliar with operating them. A stalled or abandoned vehicle makes it hard for others to leave and first responders to get into the area.
- ✓ Keep your car windows up and the air conditioning on to prevent embers and smoke from entering the vehicle.
- ✓ Continue to listen for additional evacuation instructions.



## After evacuating

- ✓ Make sure that everyone is okay once you are out. If someone is injured or not feeling well, get immediate assistance.
- ✓ Inform your designated contact as soon as you are safe.
- ✓ Don't return to your home until you are told you can safely do so.
- ✓ Follow safety guidance, including bringing in fresh water and other supplies.



[usfa.fema.gov](https://usfa.fema.gov)

# National Hurricane Preparedness Week



Hurricanes are dangerous and can cause major damage from storm surge, wind damage, rip currents and flooding. They can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans. Storm surge historically is the leading cause of hurricane-related deaths in the United States.

- **Prepare for Hurricanes**

- **Know your Hurricane Risk**
- **Make an Emergency Plan**
- **Know your Evacuation Zone**
- **Recognize Warnings and Alerts**
- **Those with Disabilities**
- **Review Important Documents**
- **Strengthen your Home**
- **Get Tech Ready**
- **Help your Neighborhood**
- **Gather Supplies**

For more information, go to: <https://www.ready.gov/hurricanes>





# FOODFACTS

From the U.S. Food and Drug Administration

## Food and Water Safety During Hurricanes, Power Outages, and Floods

### What Consumers Need to Know

*Emergencies can happen. When they do, the best strategy is to already have a plan in place. This includes knowing the proper food and water safety precautions to take if hurricanes — or other flooding/power outages — do occur.*



### Be Prepared for Emergencies

- 1. Make sure you have appliance thermometers in your refrigerator and freezer.**
  - Check to ensure that the freezer temperature is at or below 0 °F, and the refrigerator is at or below 40 °F.
  - In case of a **power outage**, the appliance thermometers will indicate the temperatures in the refrigerator and freezer to help you determine if the food is safe.
- 2. Freeze containers of water** for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water.
- 3. Freeze refrigerated items** such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.
- 4. Group food together** in the freezer. This helps the food stay cold longer.
- 5. Have coolers on hand** to keep refrigerated food cold if the power will be out for more than 4 hours.
- 6. Purchase or make ice cubes in advance** and store in the freezer for use in the refrigerator or in a cooler. Freeze **gel packs** ahead of time for use in coolers.
- 7. Check out local sources** to know where **dry ice** and **block ice** can be purchased, just in case.
- 8. Store food on shelves** that will be safely out of the way of contaminated water in case of flooding.
- 9. Make sure to have a supply of bottled water** stored where it will be as safe as possible from flooding.



### Power Outages: During and After

#### When the Power Goes Out . . .

Here are basic tips for keeping food safe:

- Keep the **refrigerator and freezer doors closed** as much as possible to maintain the cold temperature.
  - The **refrigerator** will keep food **cold for about 4 hours** if it is unopened.
  - A **full freezer** will keep the temperature for approximately **48 hours** (24 hours if it is half full) if the door remains closed.
  - Buy **dry or block ice** to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18 cubic foot, fully-stocked freezer cold for two days.
- If you plan to eat refrigerated or frozen meat, poultry, fish or eggs while it is still at safe temperatures, it's important that each item is **thoroughly cooked to its proper temperature** to assure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40 °F for 2 hours or more — discard it.
- Wash fruits and vegetables** with water from a safe source before eating.
- For infants, try to use prepared, canned baby formula that requires no added water. When using concentrated or powdered formulas, prepare with bottled water if the local water source is potentially contaminated.



#### Once Power Is Restored . . .

You'll need to determine the safety of your food. Here's how:

- If an appliance thermometer was kept in the freezer, **check the temperature** when the power comes back on. If the freezer thermometer reads 40 °F or below, the food is safe and may be refrozen.
- If a thermometer has not been kept in the freezer, **check each package** of food to determine its safety. You can't rely on appearance or odor. If the food **still contains ice crystals** or is 40 °F or below, it is safe to refreeze or cook.
- Refrigerated food should be safe as long as the power was out for **no more than 4 hours** and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40 °F for two hours or more.

Keep in mind that perishable food such as meat, poultry, seafood, milk, and eggs that are **not kept adequately refrigerated or frozen** may cause illness if consumed, even when they are thoroughly cooked.



## When Flooding Occurs — Keep Water Safe

Follow these steps to keep your **WATER SAFE** during — and after — flood conditions.

1. Use **bottled water** that has not been exposed to flood waters if it is available.
2. If you don't have bottled water, you should **boil water** to make it safe. Boiling water will kill most types of disease-causing organisms that may be present.
  - If the water is cloudy, filter it through clean cloths, or allow it to settle and then draw off the clear water for boiling.
  - Boil the water for one minute, let it cool, and store it in clean containers with covers.
3. If you can't boil water, you can **disinfect it using household bleach**. Bleach will kill some, but not all, types of disease-causing organisms that may be in the water.
4. If you have a **well** that has been flooded, the water should be **tested and disinfected** after flood waters recede. If you suspect that your well may be contaminated, contact your local or state health department or agricultural extension agent for specific advice.



## When Flooding Occurs — Keep Food Safe

Follow these steps to keep your **FOOD SAFE** during — and after — flood conditions.

1. **Do not eat** any food that may have come into contact with flood water.
2. **Discard any food** that is **not in a waterproof container** if there is **any** chance that it has come into contact with flood water.
  - Food containers that are not waterproof include those with screw-caps, snap lids, pull tops, and crimped caps.
  - Also discard cardboard juice/milk/baby formula boxes and home canned foods if they have come in contact with flood water, because they cannot be effectively cleaned and sanitized.
3. Inspect canned foods and **discard any food in damaged cans**. Can damage is shown by swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening with a manual, wheel-type can opener.
4. Undamaged, commercially prepared foods in **all-metal cans** and **"retort pouches"** (like flexible, shelf-stable juice or seafood pouches) can be saved if you follow this procedure:
  - Remove the labels, if they are the removable kind, since they can harbor dirt and bacteria.
  - Brush or wipe away any dirt or silt.
  - Thoroughly wash the cans or retort pouches with soap and water, using hot water if it is available. Rinse the cans or retort pouches with water that is safe for drinking, if available, since dirt or residual soap will reduce the effectiveness of chlorine sanitation.
5. Sanitize cans and retort pouches by immersion in one of the two following ways:
  - Place in water and allow the water to come to a boil and continue boiling for 2 minutes, or
  - Place in a freshly-made solution consisting of 1 tablespoon of unscented liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available) for 15 minutes.
6. Air dry cans or retort pouches for a minimum of 1 hour before opening or storing.
7. If the labels were removable, then re-label your cans or retort pouches, including the expiration date (if available), with a marking pen.
8. Food in reconditioned cans or retort pouches should be used as soon as possible thereafter.
9. Any concentrated baby formula in reconditioned, all-metal containers must be diluted with clean drinking water.
5. Thoroughly wash metal pans, ceramic dishes, and utensils (including can openers) with soap and water, using hot water if available. Rinse, and then sanitize them by boiling in clean water or immersing them for 15 minutes in a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available).
6. Thoroughly wash countertops with soap and water, using hot water if available. Rinse, and then sanitize by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available). Allow to air dry.



Everyone can practice safe food handling by following these four simple steps:



Safety ■ Health ■ Science ■ Nutrition

December 2007

For more information, contact: The U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition Food Information Line at 1-888-SAFEFOOD (toll free), 10 AM to 4 PM ET, Monday through Friday. Or visit the FDA Web site at [www.cfsan.fda.gov](http://www.cfsan.fda.gov).



# Don't Fry Day

## The Friday before Memorial Day is Don't Fry Day!

The National Council on Skin Cancer Prevention designated the Friday before Memorial Day as Don't Fry Day. The Council's goal is to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on Don't Fry Day and every day.



For more information, go to: <https://www.epa.gov/sunsafety/don't-fry-day>

## SUN PROTECTION MESSAGES

*Don't Fry Day*



### 1. Do Not Burn or Tan


- Avoid intentional tanning.
- Avoid tanning beds.

Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling.




### 2. Seek Shade

- When sun's rays are the strongest between 10 a.m. and 4 p.m.



### 3. Wear Protective Clothing

- Long-sleeved shirt and pants.
- A wide-brimmed hat and sunglasses.




### 4. Generously Apply Sunscreen

- Use a broad spectrum sunscreen with Sun Protection Factor (SPF) 30 or higher for protection from ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- Apply 15 minutes before going outdoors and reapply every two hours.



### 5. Use Extra Caution Near Water, Snow, and Sand

- These surfaces reflect the damaging rays of the sun, which can increase your chance of sunburn.



### 6. Get Vitamin D Safely

- Through a healthy diet.
- Take vitamin supplements.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing spot should be evaluated.



## 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**

<b>Course</b>	<b>Date/s</b>	<b>Location</b>
• G-191 ICS/EOC Interface	5/22/23	Morgantown
• G-191 ICS/EOC Interface	5/25/23	Berkeley Springs
• G-191 ICS/EOC Interface	6/13/23	Summersville
• G-191 ICS/EOC Interface	6/15/23	Buckhannon

To register for the above courses, go to the State's CourseMil training site listed below.

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

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

Check back frequently to the State's CourseMil site at <https://www.onlinelearning.wv.gov/dmapscm6/home.html> for updates of the training available 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**

<b>Course</b>	<b>Date/s</b>	<b>Location</b>
• Community CPR and Stop-The-Bleed	5/4/23	JC ESA

## **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](#)

# Disaster Exercise Series 2023

## Table Top is scheduled

The WV Homeland Security Region 3 Table top exercise is scheduled for Wednesday, May 10, 2023. This year's Tabletop Exercise will be held here in Jefferson County at the Ranson Civic Center located at 432 W 2nd Ave, Ranson, WV 25438. We will start at 0900 and should be done before 1500. Many thanks to the City of Ranson for allowing the use of this great resource for meeting.

We will be making arrangements for some electrical cords, but you may want to bring any extension cords, and/or power strips, and whatever else you'll need to get connected.

The WV Emergency Management Division will be making arrangements for food, but we will need to present some numbers of participants so that we have enough. Please let us know if you are going to participate.

Please consider what you wish to test during the 2023 program and reply to us with your testing needs so that we can make this a successful exercise experience.

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).



# JCOHSEM 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, the 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)  
If you have questions, call the JCOHSEM office at (304) 728-3290.



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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 welcomed. 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.

## **May Meetings & Events**

- National Weather Service - Sterling calls, every Monday and Thursday -10:30AM
- WV State weather calls, on Mondays and Fridays—10AM
- WV Emergency Management Council calls each Tuesday - 9AM
- May 3 - Mayors Meeting - Charles Washington Hall - 9:30AM
- May 10 - Regional Tabletop Exercise - Ranson Civic Center - 9AM-3PM
- May 15 -17 WV Floodplain Managers Conference - Cacapon State Park