



June 2023

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# From the Director's Chair

Hello and welcome to our June 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 Pet Preparedness Month, Summer and Extreme Heat Safety, and National Lightning Awareness Week.

We also have updates on the 2023 Multi-Jurisdictional All Hazard Mitigation Planning Committee meetings and the "Grid Lock" Region 3 Exercise held in Jefferson County on May 10th. We hope you find the topics in this month's edition informative and helpful.

## Pet Preparedness Month

### Prepare Your Pets for Disasters

Your pets are an important member of your family, so they need to be included in your family's emergency plan. To prepare for the unexpected follow these tips with your pets in mind:

1. Make a plan.
2. Build an emergency kit.
3. Stay informed.

### Make a Plan

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency. If local officials ask you to evacuate, that means your pet should evacuate too. If you leave your pets behind, they may end up lost, injured or worse.

Things to include in your plan:

**Have an evacuation plan for your pet.** Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.

**Develop a buddy system.** Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.

# Tips for Large Animals

If you have pets such as horses, goats or pigs on your property, be sure to prepare before a disaster.

In addition to the tips above:

- Ensure all animals have some form of identification.
- Evacuate animals earlier, whenever possible. Map out primary and secondary routes in advance.
- Make available vehicles and trailers needed for transporting and supporting each type of animal. Also make available experienced handlers and drivers.
- Ensure destinations have food, water, veterinary care and handling equipment.

If evacuation is not possible, animal owners must decide whether to move large animals to a barn or turn them loose outside.

## Stay Informed

Being prepared and staying informed of current conditions. Here are some ways you can stay informed:

**Pay attention** to [wireless emergency alerts](#) for local alerts and warnings sent by state and local public safety officials.

**Listen to local officials** when told to evacuate or shelter in place.

**Download the FEMA app** and get weather alerts from the National Weather Service, for up to five different locations anywhere in the United States.

**Always bring pets indoors** at the first sign or warning of a storm or disaster.

## Associated Content

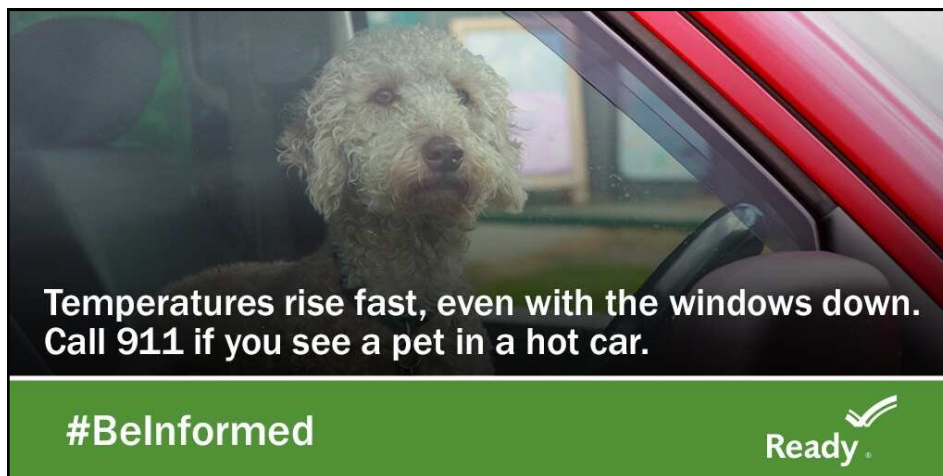
[Preparing makes sense for Pet owners](#) (Video)

[Prepare Your Pets for Disasters Brochure \(PDF\)](#)

[American Society for the Prevention of Cruelty to Animals \(ASPCA\)](#)

[American Humane Association](#)

[The Palo Alto Humane Society \(PAHS\)](#)



## Make a Plan (Contd)

**Have your pet microchipped.** Make sure to keep your address and phone number up-to-date and include contact information for an emergency contact outside of your immediate area.

**Contact your local emergency management office, animal shelter or animal control office** to get additional advice and information if you're unsure how to care for your pet in case of an emergency.

## Build a Kit for Your Pet

Just as you do with your family's emergency supply kit, think first about the basics for survival, such as food and water. Have two kits, one larger kit if you are sheltering in place and one lightweight version for if you need to evacuate. Review your kits regularly to ensure that their contents, especially foods and medicines, are fresh.

Here are some items you may want to include in an emergency kit for your pet:

- **Food.** Keep several days' supply of food in an airtight, waterproof container.
- **Water.** Store a water bowl and several days' supply of water.
- **Medicine.** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs.
- **Collar with ID tag and a harness or leash.** Include a backup leash, collar and ID tag. Have copies of your pet's registration information and other relevant documents in a waterproof container and available electronically.
- **Traveling bag, crate or sturdy carrier,** ideally one for each pet.
- **Grooming items.** Pet shampoo, conditioner and other items, in case your pet needs some cleaning up.
- **Sanitation needs.** Include pet litter and litter box (if appropriate), newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.
- **A picture of you and your pet together.** If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet.
- **Familiar items.** Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.



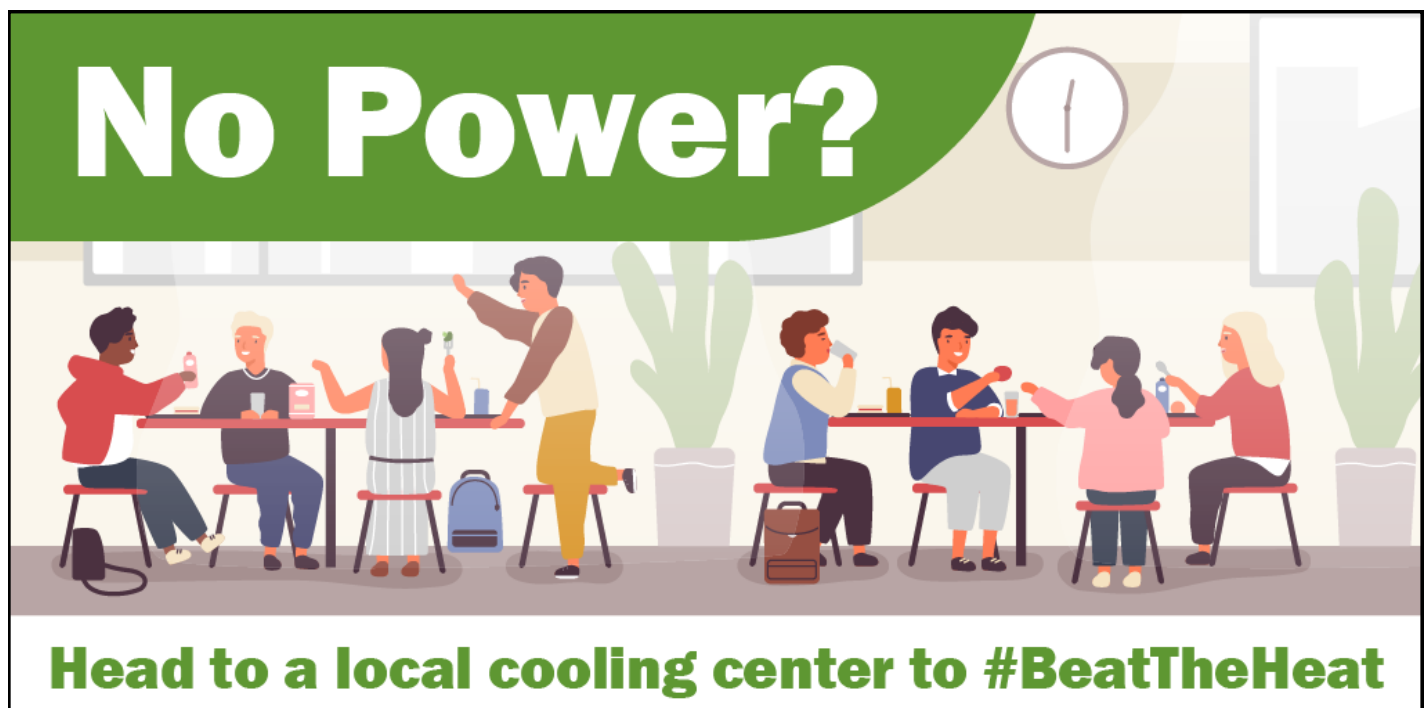
# Extreme Heat

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.
- 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.
- 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.



# Extreme Heat (Cont'd)

## 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.
- 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.

## 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 Exhaustion	Heat Stroke
<b>ACT FAST</b> <ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li><li>• Seek medical help if symptoms don't improve</li></ul>	<b>ACT FAST</b> <b>CALL 911</b> <ul style="list-style-type: none"><li>• Move person to a cooler area</li><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul>
<i>Dizziness</i> <i>Thirst</i> <i>Heavy Sweating</i> <i>Nausea</i> <i>Weakness</i>	<i>Confusion</i> <i>Dizziness</i> <i>Becomes Unconscious</i>
<i>Heat exhaustion can lead to heat stroke.</i>	<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>

Stay Cool, Stay Hydrated, Stay Informed!

Logos: NIOSH, CDC, MOSH, NIDDK

# Extreme Heat

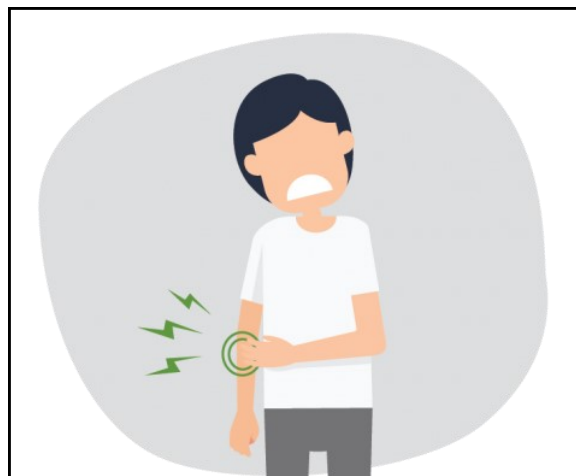
## Heat-Related Illnesses (cont'd)



### 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

**If you suspect heat stroke**, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.



### HEAT CRAMPS

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



# Extreme Heat

## 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 \(weather.gov\)](#)

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

[Protective Actions Research for Extreme Heat](#)

[National Weather Service - Heat Illnesses](#)

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

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

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

[National Integrated Heat Health Information System](#)

## [National Lightning Safety Awareness Week](#)

**June 18 - 24, 2023**

National Lightning Safety Awareness week was started in 2001 to call attention to this underrated killer. Since then, U.S. lightning fatalities have dropped from about 55 per year to less than 30. This reduction in fatalities is largely due to greater awareness of the lightning danger, and people seeking safety when thunderstorms threaten. During National Lightning Safety Awareness Week, we encourage you to learn more about lightning and lightning safety.

Here are some topics and links to help you become more informed during the week.

[Sunday: An Introduction to Lightning and Lightning Safety](#)

[Monday: The Science of Lightning and Thunder](#)

[Tuesday: Lightning Safety Outdoors](#)

[Wednesday: Lightning Safety Indoors](#)

[Thursday: Lightning Safety and Sports Activities](#)

[Friday: Medical Effects on Lightning Victims](#)

[Saturday: Protecting Your Home from Lightning](#)

[Lightning Safety Awareness Week Infographic - 20 Years of Saving Lives](#)

## **Don't Let Flooding be an Unexpected Guest—Be Prepared with Flood Insurance**

What if we told you that homeowner's insurance does not cover flood insurance? Homeowners may not know that homeowner's insurance does not cover flooding, purchasing a flood insurance policy can offset the costs of repair due to flooding.

An unexpected guest showing up on your doorstep is always a shock—even more so if that guest is flooding.

Every year, more homes and businesses experience flooding due to rising river levels. Riverine flooding is when the water from streams and rivers rises over its banks and spills out into nearby low-lying land—putting inland communities, including cities, at risk. This type of flooding is especially a risk as weather gets warmer due to the combination of increased rainfall and snowmelt.

FEMA offers flood insurance through the [National Flood Insurance Program \(NFIP\)](#). Individuals can visit [www.floodsmart.gov](http://www.floodsmart.gov) to learn more about the risks of riverine flooding, how flood insurance can offer financial protection and how to find a flood insurance agent. Combining flood insurance with low/no cost mitigation tactics, such as elevating utilities and safely storing important documents, will give you an advantage to protect you and your property from potential flooding during the spring riverine flooding season. It is crucial to be prepared, no matter if you're near or far from a river.

Visit [floodsmart.gov/rivers](http://floodsmart.gov/rivers) to learn more about the risks of riverine flooding, how to assess your flood risk, learn about flooding damage mitigation and find resources to share among your community.

Buy flood insurance and give yourself the peace of mind you need to protect your home or business. Visit [www.floodsmart.gov](http://www.floodsmart.gov) and find an agent today.



# Jefferson County Multi-Jurisdictional All Hazard Mitigation Plan update

Natural and man-made hazards may cause loss of life, property loss, and threats to public health and safety. During a disaster event, essential services including access to healthcare, fire/EMS, utilities, etc., may be affected. A hazard mitigation plan is maintained to serve as guidance to emergency management professionals.

The purpose of a hazard mitigation plan is to:

- (1) Increase awareness around threats and vulnerabilities;
- (2) Build partnerships for risk reduction;
- (3) Identify long-term strategies for risk reduction;
- (4) Align risk reduction with state and community objectives; and
- (5) Identify approaches that focus resources on greatest risk and vulnerability.

In May of 2023, Jefferson County began the process of drafting an update to the 2018 plan. This update includes revised profiles of identified natural and man-made hazards, the addition of newly identified regional hazards, newly identified mitigation strategies, as well as updates to hazards previously identified in the 2018 adopted plan.

The Jefferson County Office of Homeland Security and Emergency Management invites you to participate in the in the 2023 Multi-Jurisdictional Hazard Mitigation Plan update. The Federal Emergency Management Agency (FEMA) and the West Virginia Emergency Management Division (WV EMD) requires this plan update in order for the County to be eligible for Federal hazard mitigation funding and technical assistance programs.

The Jefferson County Office of Homeland Security and Emergency Management will be scheduling a series of meetings throughout 2023. Input from each community and stakeholders is extremely important and critical to the planning process. To access to the plan, meeting material and public surveys, please visit the Jefferson County website.

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

All comments can be directed to The Jefferson County Office of Homeland Security and Emergency Management at [jchsem@jeffersoncountywv.org](mailto:jchsem@jeffersoncountywv.org).

# 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>
• PER 340 Active Threat Integrated Response	6/9-11/23	Mingo County
• PER 340 Active Threat Integrated Response	6/12-14/23	Buckhannon
• G-191 ICS/EOC Interface	6/13/23	Summersville
• G-191 ICS/EOC Interface	6/15/23	Buckhannon
• ICS 300 & 400	6/26-29/23	Dunbar

To register for the above courses, 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>
<b>None scheduled</b>		

## 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 was held

The “Grid Lock” Table Top exercise was held on Wednesday, May 10, 2023 in Jefferson County at the Ranson Civic Center. All 7 WV Homeland Security Region 3 (WV HSR3) counties plus Pendleton County met and set up their Emergency Operations Centers (EOCs) at various locations within the facility.

The scenario consisted of a group known as the Ministers of Death and Destruction (MODAD) has threatened to deploy MODAD soldiers to infiltrate the infrastructure of West Virginia. MODAD has issued an ultimatum to the Governor of the State of West Virginia and each of the County Commissioners listing their demands. The exercise included various emergency management agencies from the regions counties and municipalities and also included representatives from law enforcement, EMS, fire service, hazmat, hospitals, nursing homes, community agencies, and USEPA Region 3.

Those participating from Jefferson County were: Stephen Allen , Dick Myers, – JC OHSEM; Nathan Cochran - JC Prosecuting Attys. Office; Jeff Polczynski, Damien Hart - JC ECC; Lt. Rob Sell - Jefferson County Sheriff’s Department; Jessica Gormont - Jefferson County IT/GIS Department; Dr. Terrence Reidy, Gillian Beach, Mason Weikle, Bevin Keiter - JC Health Department; Brandan Caton - JC Schools; Bill Silveous - City of Ranson; Adam Watson - Ranson Police Department; Ed Smith - Independent Fire Company; George Butler, Drew Jenkins, Suraj Khanal, Chris Conner, Juan Barberena, Mike Norton - DHS/Customs & Border Protection; Michele Magnus, Josh Cornwell - Genesis Shenandoah Center; Mitch Segal, Rudy Quackenbush, Jerin Higgins - American Red Cross; David Tabb - Eastern Panhandle Conservation District; Brian Bircher - Eastern Panhandle Amateur Radio Club; Gary Ballou - Opequon Radio Society; Toni Milbourne - Journal Newspaper Thomas Butcher - Potomac Edison



# 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**

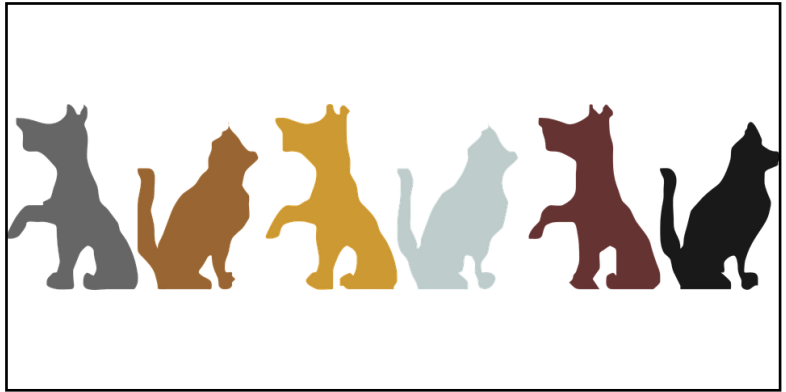
Membership to this sub-committee of the Risk Assessment and Mitigation Planning Committee is limited to members of law enforcement, emergency management, homeland security, emergency communications, Red Cross, schools, health care, fire companies, ambulance authority/EMS, and government, due to sensitive 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.

## **June 2023 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
- June 3 - Bark In the Park - Jefferson Memorial Park
- June 8 - Hazard Mitigation bi-weekly meeting 11AM - on-line
- June 13 - Counter-Terrorism meeting Hospice OTP - 2PM
- June 16 - EPEMA / Web EOC training/meeting - Romney - 9:30AM - 2PM
- June 22 - LEPC meeting - Hospice OTP 8:15AM - 9:30AM
- June 27 - Monthly HazMit Planning Team meeting - Hospice OTP -1PM - 3PM