



## Jefferson County Office of Homeland Security & Emergency Management

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

**August 2023**

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## From the Director's Chair

Hello and welcome to our August 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 Back to School—Children and Youth Preparedness, Extreme Heat Safety, and International Overdose Awareness Day.

We also continue to have updates on the 2023 Multi-Jurisdictional All Hazard Mitigation Planning Committee meetings. We hope you find the topics in this month's edition informative and helpful.



## 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

### 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.

# Back To School - Children & Youth Preparedness, cont'd

## Who Will We Contact?

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

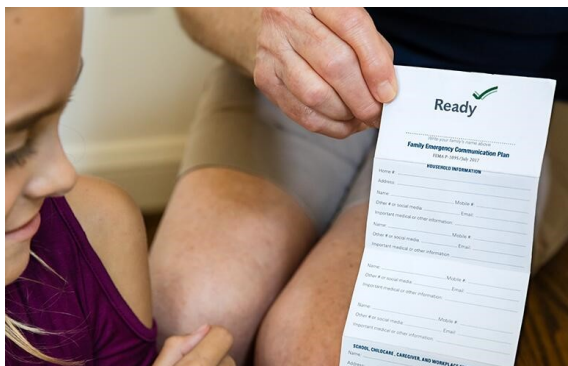
Text, don't talk. In an emergency, phone lines may be tied up. It may be easier to text and this leaves phone lines open for emergency workers.

## 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)

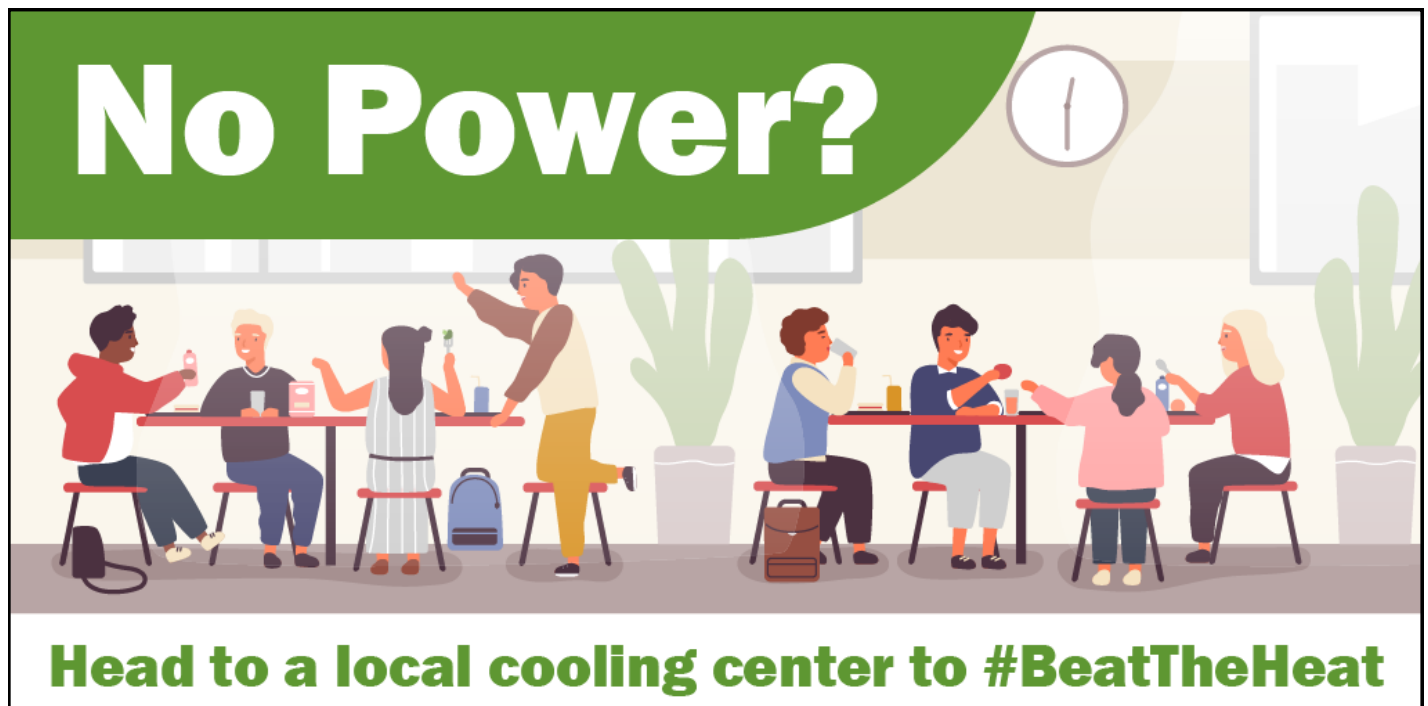
# Extreme Heat

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](#).

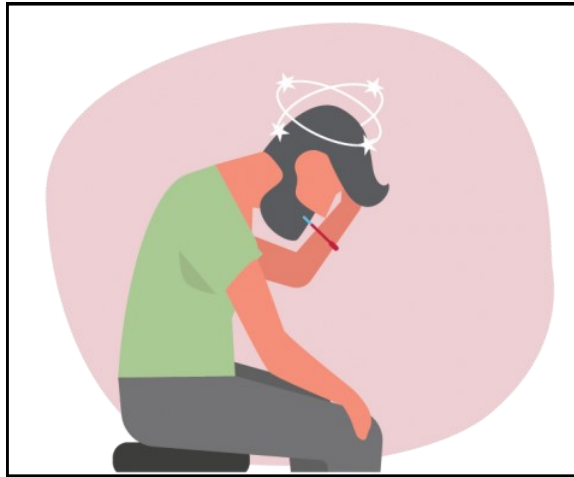
Heat Exhaustion		Heat Stroke
<b>ACT FAST</b> <ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li><li>• Seek medical help if symptoms don't improve</li></ul>		<b>ACT FAST</b> <b>CALL 911</b> <ul style="list-style-type: none"><li>• Move person to a cooler area</li><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul>
<i>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!



# 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.

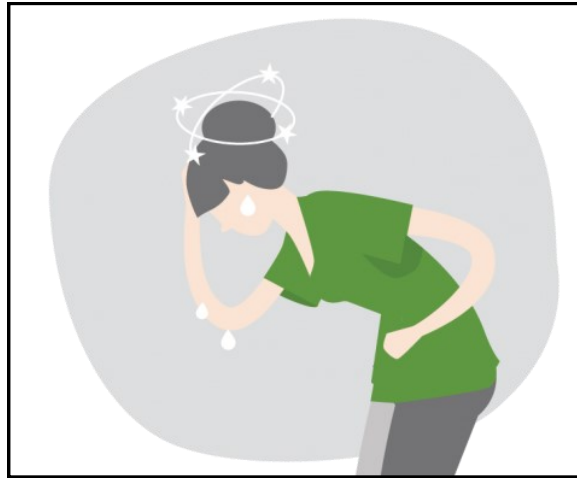


### HEAT CRAMPS

- **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](#)





International Overdose Awareness Day is the world's largest annual campaign to end overdose, remember those who have died, and acknowledge the grief of the family and friends left behind. The campaign spreads the message about the tragedy of drug overdose death and that drug overdose is preventable.

**The goals of International Overdose Awareness Day are:**

- To provide an opportunity for people to publicly mourn loved ones.
- To send a strong message to people who use drugs and people in recovery that they are valued.
- To inform people around the world about the risk of drug overdose.
- To provide basic information on the range of support services that are available.
- To prevent and reduce drug-related harm by supporting evidence-based practice.

**How to recognize an overdose**

Recognizing an overdose can be difficult. If you aren't sure, it is best to treat the situation like an overdose—you could save a life. Call 911 immediately. Administer [naloxone](#), if it's available. Do not leave the person alone. Signs of an overdose may include:

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body

For more information on International Overdose Day go to this link: <https://www.cdc.gov/drugoverdose/awareness/ioad.html>

## Learn about Preparedness at the Jefferson County Fair!

Join us at the Jefferson County Fair and stop by our booth to talk to our staff and volunteers about preparing yourself, your family, your property, your pets, and your agricultural animals for the next disaster! We have plenty of informational brochures to help you put together your family disaster supply kit, teach you how to put together a family communications plan, and talk about our disaster risks. We look forward to seeing you at the Jefferson County Fair August 20 through 26, 2023!





# Jefferson County 2023 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.

## Work done to date

Jefferson County OHSEM hosted an Internal Planning Team kick-off meeting on May 5, 2023. During this meeting, the team reviewed the Hazard Mitigation Planning process, as well as changes to the planning process promoted by FEMA's release of updated planning guidance. Additionally, the team discussed scheduling of HMC meetings and public outreach options.

The Hazard Mitigation Committee Kick-Off Meeting was held on May 24, from 2:30 – 4:00PM in person and virtually at the Hospice of the Panhandle 330 Hospice Ln, Kearneysville, WV. Invitations were sent to each municipality, county departments and community stakeholders. During this meeting the Planning Team introduced the project to local municipality representatives and community agency representatives. This included informing them of the plan update process, schedule, and the evaluation of hazards and risks within the county. Meeting attendees were asked to fill out a hazard identification & risk assessment worksheet, a community capacity assessment worksheet, and a third worksheet that addressed equity and social vulnerability.

Work on the production of the plan has been ongoing and the following sections are either complete or are near completion, and needing a quality control review: Introduction, and Community Profile.

Documentation of the Planning Process is also ongoing and the planning team has documented the steps that were taken to finalize the membership of the Hazard Mitigation Committee and document committee meetings that have been held to date.

Work on the Risk Assessment Section has also begun, drafts have been completed for the Flood, Dam, Earthquake, and Hazardous Material hazards.

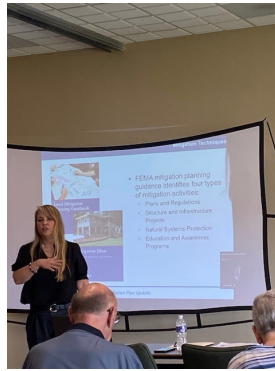
Substantial progress has also been made on the following hazards: Drought, Extreme Temperatures, Invasive Species, Land Subsidence, Severe Thunderstorm & Hail, and Severe Winter Storms.

The Risk Assessment meeting was held on June 27 at Hospice of the Panhandle and continued documenting the planning process and the results on updating natural and manmade hazards and finalize the Risk Assessment Section.

The Committee began reviewing county and local jurisdiction plans that provided information that was applied to the Capability Assessment Section. Specific attention is on existing and possible ways to integrate planning opportunities.

The third Hazard Mitigation Committee Meeting was held on Tuesday, July 26 at the Ranson Civic Center and focused on mitigation strategies.

The fourth Hazard Mitigation Committee meeting is scheduled for Tuesday, August 29th at 1PM with the public comment meeting to take place immediately after the meeting.



## Please Participate!

The **Hazard Mitigation Plan** forms the foundation for Jefferson County and its municipalities' long-term strategy to reduce disaster losses and break the cycle of disaster damage, reconstruction, and repeated damage. The purpose of this plan is to identify, plan, and implement cost-effective hazard mitigation measures through a comprehensive approach known as hazard mitigation planning. The Federal Emergency Management Agency (FEMA) requires hazard mitigation plans to be updated every five years.

To that end, updates to the Jefferson County 2018 Hazard Mitigation Plan are underway. Jefferson County's Office Of Homeland Security and Emergency Management (JCOHSEM) is the lead agency for this plan effort. Therefore, JCOHSEM is seeking input on stakeholder's concerns regarding hazards. This survey is being used to collect your insight and perspective on hazards identified in the plan.

The survey consists of 21 questions and will take an average of 10 minutes or less to complete.

We thank you sincerely for your time.

# SURVEY

Use the survey link or the QR Code!

<https://www.surveymonkey.com/r/YFSNLX7>

<https://www.surveymonkey.com/r/YFSNLX7>



## 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>
• Pipeline Security for Rural Communities	8/4	Elkins, WV
• Railcar Incident Response for Flammable liquids	8/5-6	Elkins, WV
• MGT 417 Crisis Mgmt for School-Based Incidents	8/8-9/23	Braxton County
• Alternative Fuel Vehicle Response Course	8/12	Dunbar, WV
• Pipeline Security for Rural Communities	8/18	Huntington, WV
• Railcar Incident Response for Flammable Liquids	8/19-20	Huntington, WV
• AWR 392 FEMA Lifelines, Logistics, and Supply Chain	8/23/23	Charleston, WV

To register for the above courses, contact Brent Burger at [brent.a.burger@wv.gov](mailto:brent.a.burger@wv.gov) or phone number (304) 414-4605 Office or (304) 941-9532 Cell 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	8/16/23	JCESA
• Community First Aid	8/23/23	JCESA
• Community CPR and Stop the Bleed	9/20/23	JCESA
• Community CPR and Stop the Bleed	10/18/23	JCESA
• Community First Aid	10/25/23	JCESA
• Community CPR and Stop the Bleed	11/15/23	JCESA
• Community CPR and Stop the Bleed	12/13/23	JCESA

All classes are being held at the Jefferson County Emergency Services Agency (JCESA) located at 419 Sixteenth Avenue, Ranson, WV 25438

## **FEMA On-line 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-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 county commissioners, mayors, city managers, and county managers.

**Course Length:** 1 hour

**Course Link:** [FEMA - Emergency Management Institute \(EMI\) Course | IS-908: Emergency Management for Senior Officials](#)



# Disaster Exercise Series 2023

## Functional Exercise will be held in September

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.

The Functional Exercise will be held on September 6. The location will be announced at a later date.



# 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.

**Jefferson County  
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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.

## **August 2023 Meetings & Events**

- WV State weather calls, on Mondays and Fridays—10AM
- National Weather Service - Sterling calls, every Monday and Thursday -10:30AM
- WV Emergency Management Council calls every other Tuesday - 9AM
- August 3 - Hazard Mitigation Team bi-weekly meeting 11AM - on-line
- August 3 - Monthly AARL Amateur Radio Emergency Network Testing - 6PM
- August 8 - Monthly Counter-Terrorism Committee meeting - 2PM - County EOC
- August 10 - First Responder meeting with DoH - Rt. 340 Detour –Ranson Civic Ctr
- August 16 - Local Emergency Planning Committee meeting 8:15AM - Hospice
- August 17 - Hazard Mitigation Team bi-weekly meeting 11AM - on-line
- August 20-26 - Jefferson County Fair - staff at fairgrounds every day
- August 29 - Monthly HazMit Planning Team meeting - Ranson Civic Center -1PM