



**June 2025**

# Monthly Newsletter



**JEFFERSON COUNTY WV  
OFFICE OF HOMELAND SECURITY  
& EMERGENCY MANAGEMENT**

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*Our mission is to reduce the loss of lives and property and protection of the environment from all types of hazards through a comprehensive emergency management program consisting of prevention, preparedness, mitigation, response, and recovery.*

## **From the Director's Chair**

Hello and welcome to our June 2025 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 #SummerReady, Extreme Heat Safety, Pet Preparedness Month, National Lightning Awareness Week, and Flood Preparedness Tips.

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



Join us at Jefferson Memorial Park on June 7th for Bark in the Park from 10am—1pm! The Jefferson County Office of Homeland Security and Emergency Management will be hosting a booth to share practical pet preparedness tips. See information below:

*Animal Welfare Society of Jefferson County*

**Saturday, June 7**

**10 AM – 1 PM**



**Join AWS at Jefferson Memorial Park in Charles Town  
for a fun-filled family event!**

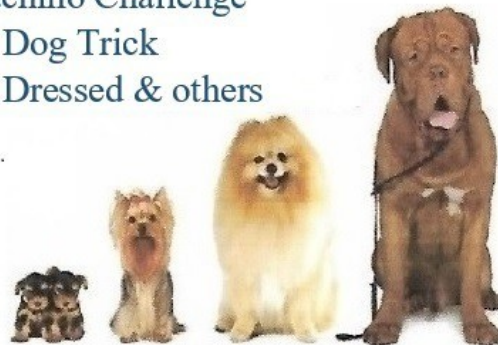
**Registration, \$10/dog**



**Prizes! Vendors!  
Demonstrations!**

### **Pet Contests & Activities:**

Lure Coursing  
Pupachino Challenge  
Best Dog Trick  
Best Dressed & others



For more information, registration and vendor forms:

[www.awsjc.org](http://www.awsjc.org)

## See Something, Send Something: Help Keep West Virginia Safe

West Virginia has partnered with My Mobile Witness to implement a “See Something, Send Something” reporting system so that anyone can report a school threat or suspicious activity quickly. All West Virginians are encouraged to download the free See Send application.

As summer holidays bring parades, fireworks, festivals, and other large community events, it is important to remain aware of your surroundings. If you notice suspicious behavior, report it through the See Send app. Your vigilance in reporting suspicious activity can help keep your community safe.

Simply scan the QR code below to install the app on your mobile device.



Being #SummerReady means knowing the risks of extreme heat and taking simple, proactive steps to stay safe. High temperatures can affect anyone, but certain groups—like older adults, young children, and those without access to air conditioning—are especially vulnerable. In this edition, find practical guidance to prepare for the summer heat.



## TIPS FOR EVERYONE

- Fans alone are not enough in high heat + high humidity. Get inside in air conditioning or go to a public place like the library, museum, or shopping mall to beat the heat.
- NEVER leave children or pets alone in hot vehicles! Heat can rise in a car, up to 20 degrees in just 10 minutes.
- During extreme heat, check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Roughly 40% of unwanted heat buildup in our homes is through windows. Use awnings or curtains to keep the heat out.





## TIPS FOR YOUR SPECIFIC NEEDS

Different needs call for different approaches. Explore the tips below based on your situation.

### "I need ideas that don't cost a lot of money."

- 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 cooling options in your area.
- Check the weather stripping on doors and windows to keep the cool air in.
- Have multiple ways to move air and reduce the temperature in your home. Fans create a sense of comfort, but may not be enough to reduce body temperature or prevent heat-related illnesses.



### "I work outside."



- Make sure you drink LOTS of water to stay hydrated and prevent dehydration, heat stroke & more.
- Use cloths or even a T-shirt from the freezer to wear around your neck during extreme heat advisories or warnings.
- Take frequent breaks to hydrate and cool down.
- Wear a hat wide enough to protect your face.

## TIPS FOR YOUR SPECIFIC NEEDS

### "I am an older adult."

- Do not stay home alone during a summer power outage or an extreme heat event.
- Make sure a trusted friend or relative has an extra key to your home, knows where you keep your emergency supplies and can use lifesaving equipment or administer medicine.
- Drink fluids regularly to avoid getting dehydrated and overheated. Talk to your doctor about whether you need fluids with extra electrolytes in the heat.
- Be careful with the amount of time you spend outdoors. Take frequent breaks to come back inside, cool off, and drink fluids that do not have caffeine.



### "I have a health condition that makes the heat really hard on my body."



- Work with your support network if you have one, caregivers, neighbors, family and friends, to monitor and address your heat-related needs. Have them check in with you regularly to ensure you are safe and healthy.
- Read the side effects of medications and talk with your doctor about how heat exposure will interact with them.
- Keep a cooler and cold packs nearby to help keep refrigerated medicine, like insulin, cool during a power outage.
- Know the phone numbers and locations for local medical facilities, such as hospitals or nursing homes, to create contingency plans if you cannot access cooling options, lose power, or need more help.
- For more tips, go to [Ready.gov/disability](https://www.ready.gov/disability).

## SUMMER SAFETY TIPS

Summer is a popular season for enjoying time outdoors, taking vacations, and traveling. While these activities can be a fun and refreshing break from day-to-day responsibilities, it is important to stay safe.

**Outdoor Recreation Safety:** Before embarking on an outdoor adventure in a park, on lakes, rivers and the beach make sure you do some research ahead of time. This is especially important if you are visiting an area with different weather or climate risks you may not be used to. The [National Park Service Health and Safety webpage](#) has information about [planning](#) a fun and safe adventure and information about [wildlife and outdoor hazards](#).

### Boat Owners and Passenger Safety:

- Wear a life jacket. Visit the [U.S. Coast Guard life jacket web page](#) to learn how to pick the right life jacket.
- If you are on a boat of any size, make sure you pay attention to marine forecasts. Before setting out, get the latest marine forecast and warning information from [www.weather.gov/marine](http://www.weather.gov/marine) or a NOAA Weather Radio.
- Stay safe on the water. Visit the U.S. Coast Guard [Boating safety page](#) to learn more ways to stay safe when underway and learn [federal requirements for recreational boats](#).



### Grilling Safety:

- Only use a grill outside and keep a 3-foot safety zone around it.
- Open your gas grill before lighting it.
- Clean your grill after each use.
- If using a charcoal grill, after cooking your food place the coals and ash in a metal can with a lid once they have cooled.



# Extreme Heat Safety



## HEAT-RELATED ILLNESS

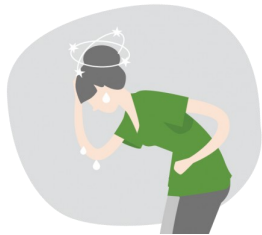
Know the signs of heat-related illnesses and ways to respond. If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency call 9-1-1.



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

**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.

**If you suspect heat stroke,** call 9-1-1 or get the person to a hospital immediately. If possible: move the person suffering from heat stroke into a cool, shaded area; remove any outer clothing; place a cold wet cloth or ice pack on the head, neck, armpits and groin, or soak the person's clothing with cool water; elevating their feet.



### HEAT EXHAUSTION

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



### HEAT CRAMPS

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



### 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.



# Pet Preparedness



## PET PREPAREDNESS MONTH

**June is National Pet Preparedness Month**, a timely reminder to include pets in emergency planning. Disasters can strike with little warning, and having a plan in place helps ensure the safety of every member of the household—including the four-legged ones. To prepare for the unexpected follow these tips with your pets in mind: **Make a Plan, Build an Emergency Kit, Stay Informed.**



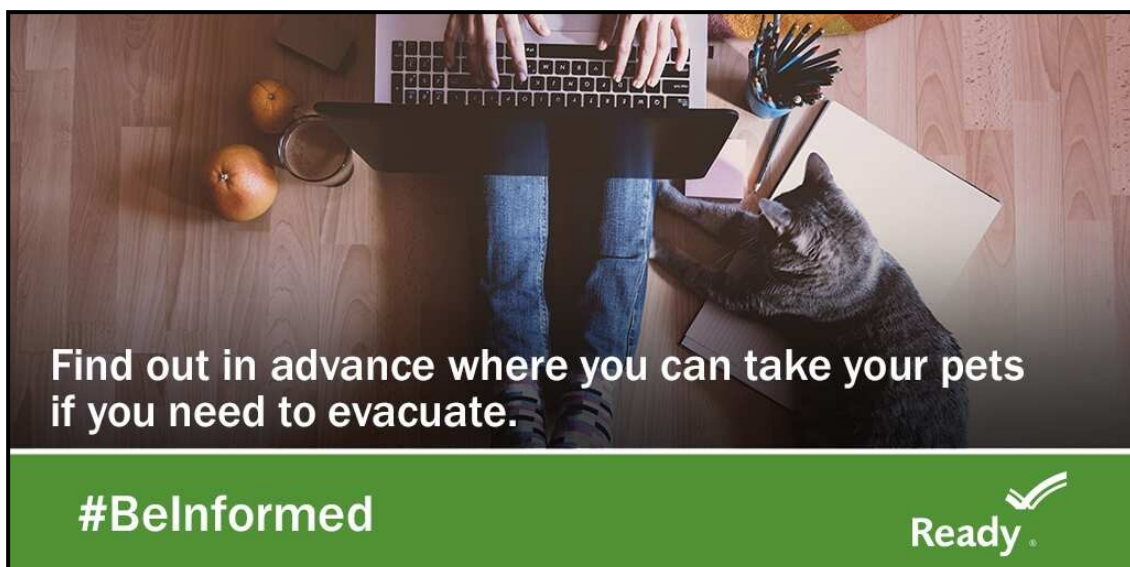
### MAKE A PLAN



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.
- **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.



# Pet Preparedness



## 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, have one for each pet to make transportation safer and easier.
- **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.

To learn more pet preparedness tips visit [Ready.gov](https://www.ready.gov).



# National Lightning Safety Awareness Week



National Lightning Safety Awareness week (June 22-28) began in 2001 to call attention to this underrated killer. Since then, U.S. lightning fatalities have dropped from about 55 per year to about 20. This reduction in fatalities is believed to be 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 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 can strike 10-miles from the rain area in a thunderstorm.

If you can hear thunder, you are likely within striking distance of the storm and need to get to a safe place immediately.

**When Thunder Roars, Go Indoors!**



# Flood Preparedness



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

## 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 and severity of flooding, it may be necessary to evacuate if instructed, move to higher ground or a higher floor, or remain where you are.



**Be ready for flooding:** Make a plan for your household—pets included—for the possibility of flooding. Create a plan so everyone knows what to do, where to go, and what to bring in an emergency. Practice evacuation routes and review shelter options, including how to respond to flash floods.

**In case of emergency:** Safeguard important documents by storing them in a waterproof container and creating password-protected digital backups. Protect your property by moving valuable items to higher ground and clearing debris from drains and gutters.



# Online FEMA Training

FEMA offers a number of online courses at <https://training.fema.gov/is/> From this training portal, anyone can take their online independent study courses for free. There are over 100 courses to choose from. You can also browse the schedules and information about their on-campus resident courses for those who are involved in emergency management in the federal, state, local or tribal governments.

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

## FEMA Independent Study Courses:

Course	Date	Location
IS-700.B An Introduction to the National Incident Management System	N/A	<a href="#">Online</a>
IS-800.D National Response Framework, An introduction	N/A	<a href="#">Online</a>
IS-100.C Introduction to the Incident Command System	N/A	<a href="#">Online</a>
IS-200.C Basic Incident Command System for Initial Response	N/A	<a href="#">Online</a>
IS-907 Active Shooter: What Can You Do	N/A	<a href="#">Online</a>
IS-908 Emergency Management for Senior Officials	N/A	<a href="#">Online</a>





# State and Local Training

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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 flood-plain 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.

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## State Training



**National Emergency Management Basic Academy (NEMBA)  
FEMA Region 3 – Bridgeport, WV**

**Program Description:** The National Emergency Management Basic Academy is designed for individuals pursuing a career in emergency management and provides a foundational education in emergency management knowledge, skills, and abilities. The goal of the Basic Academy is to support the careers of emergency managers through a training experience combining knowledge of all fundamental systems, concepts, and practices of contemporary emergency management. The Basic Academy provides adult learners, facilitated by skilled faculty members, a solid foundation upon which to build a career in the emergency management profession. For more information, visit our website at: [EMI | EMPP | National Emergency Management Basic Academy \(fema.gov\)](https://training.fema.gov/programs/empp/basic/) (https://training.fema.gov/programs/empp/basic/)

**Target Audience:** The National Emergency Management Basic Academy is designed for emergency management professionals, including members of state, local, tribal, and territorial homeland security, or emergency services programs; nongovernmental organizations, voluntary agencies, or professional organizations; private sector emergency management offices; college or university emergency management staff; and FEMA, Federal partners, military, and emergency managers at other departments or agencies.



**National Emergency Management Basic Academy (NEMBA)  
FEMA Region 3 – Bridgeport, WV**

Course	Date	Deadline
L0102, Science of Disaster	6/9-11/2025	5/30/2025
L0103, Planning: Emergency Operations	6/12-13/2025	5/30/2025
L0116 Homeland Security Exercise and Evaluation Program (HSEEP), Public Information Basic	8/18-19/2025	8/1/2025
L0105, Public Information Basics	8/20-22/2025	8/1/2025

**Location:** Bridgeport Conference Center - 300 Conference Center Way, Bridgeport, WV 26330

- **Cost/Reimbursement Information: EMI does not provide stipend reimbursement for off-campus course deliveries.** There are no fees associated with these courses. Food, lodging, and transportation costs are the responsibility of the participant.
- **How to Register for the Course:** Email Kyle Pajarito at [kyle.c.pajarito@wv.gov](mailto:kyle.c.pajarito@wv.gov) if interested in attending any or all of these courses and you will be sent the registration code and instructions to register online.
- **EMI Point of Contact:** For additional information, contact the Course Manager, Jeff Januchowski, at (301) 447-1383 or by email at [Jeffrey.Januchowski@fema.dhs.gov](mailto:Jeffrey.Januchowski@fema.dhs.gov) or Richard Bashioum at (301) 447-1629 or by email at [Richard.Bashioum@fema.dhs.gov](mailto:Richard.Bashioum@fema.dhs.gov)



**National Emergency Management Basic Academy (NEMBA)  
FEMA Region 3 – Bridgeport, WV**

### **Prerequisites:**

Twelve online Independent Study courses are required as prerequisites to the resident or virtual classroom courses. All 12 prerequisite courses must be completed before applying for E/L/K0101:

IS-29: Public Information Officer Awareness

IS-100: Introduction to the Incident Command System, ICS-100

IS-120: An Introduction to Exercises

IS-200: Basic Incident Command System for Initial Response, ICS-200

IS-230: Fundamentals of Emergency Management

IS-235: Emergency Planning

IS-240: Leadership and Influence

IS-241: Decision Making and Problem Solving

IS-242: Effective Communication

IS-244: Developing and Managing Volunteers

IS-700: An Introduction to the National Incident Management System

IS-800: National Response Framework, An Introduction



## National Emergency Management Basic Academy (NEMBA) FEMA Region 3 – Bridgeport, WV

### Classroom Requirements:

The Basic Academy consists of the following classroom courses. Attendance at each course is required. It is recommended that the E/L0101, Foundations of Emergency Management, be taken first but it is not required to do so.

- [E/K/L0101](https://training.fema.gov/empp/e101.aspx), Foundations of Emergency Management (<https://training.fema.gov/empp/e101.aspx>) (40 hours) 5 days
- [E/K/L0102](https://training.fema.gov/empp/e102.aspx), Science of Disaster (<https://training.fema.gov/empp/e102.aspx>) (approximately 24 hours) 3 days
- [E/K/L0103](https://training.fema.gov/empp/e103.aspx), Planning: Emergency Operations (<https://training.fema.gov/empp/e103.aspx>) (16 hours) 2 days
- [E/K/L0146](https://training.fema.gov/empp/e146.aspx), Homeland Security Exercise and Evaluation Program (HSEEP) (16 hours) 2 days (<https://training.fema.gov/empp/e146.aspx>)
  - (Only an EMI class certificate dated after March 2013 will be accepted for the HSEEP requirement toward graduation)
- [E/K/L0105](https://training.fema.gov/empp/e105.aspx), Public Information Basic (<https://training.fema.gov/empp/e105.aspx>) (24 hours) 3 days
- Total course hours: 120 hours

### Request for Accommodation:

If you require a reasonable accommodation (sign language interpreters, Braille, CART, etc.), please make request NLT 15 days prior to the course offering. When making any requests, please provide details on the accommodation; however, DO NOT include medical or other personal information that is protected under the Privacy Act of 1974 or the Health Information Privacy Protection Act (45 CFR Part 160 Subparts A and E of Part 164). Last-minute requests will be accepted; however, they may not be possible to fulfill. Please send these requests to the course host, WV EMD Training Division, via email at [kyle.c.pajarito@wv.gov](mailto:kyle.c.pajarito@wv.gov) or call (681) 910-3169, along with a cc: copy to DHS/FEMA/EMI/National/Emergency Management Professional Program/National Emergency Management Basic Academy: [FEMA-EMPP-Basic-Academy@fema.dhs.gov](mailto:FEMA-EMPP-Basic-Academy@fema.dhs.gov).



# State Training

Course	Date	Location
Rope Rescue and Awareness and Operations	06/20-22/25	Martinsburg, WV
Emergency Vehicles Operators Course	06/21-22/25	Mt. Storm VFD

To register, contact Brent Burger at [brent.burger@wv.gov](mailto:brent.burger@wv.gov) or call 304-414-4605 with any questions in regards to these classes.

# Local Training

Course	Date	Location
Community CPR and Stop the Bleed	6/10/25	JCESA
Community CPR and Stop the Bleed	7/08/25	JCESA
Child and Babysitting Safety (CABS)	7/10/25	JCESA
Community CPR and Stop the Bleed	8/12/25	JCESA
Community CPR and Stop the Bleed	9/09/25	JCESA

All classes are being held at the Jefferson County Emergency Services Agency (JCESA) located at 419 Sixteenth Avenue, Ranson, WV 25438 @ 6:00 pm.





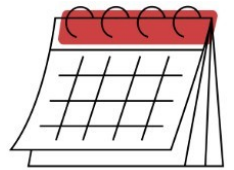


The Jefferson County Office of Homeland Security and Emergency Management (JCOHSEM) is responsible for the coordination of preparedness, response, recovery and mitigation of disasters and large emergencies in Jefferson County, West Virginia. Volunteer and community participation is encouraged and welcome. We currently have committees on All Hazards Mitigation Planning; Public Awareness, Education and Training; Counter Terrorism; and an Emergency Services Council 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.

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## JUNE MEETINGS & EVENTS



- Sterling National Weather Service call every Monday and Friday at 10:30a.m.
- WV State weather calls on Mondays and Fridays at 10a.m.
- Bark in the Park June 7th 10:00a.m. - 1:00p.m. at Jefferson Memorial Park.
- The LEPC meeting is taking place on June 18 at the Hospice of the Panhandle at 8:15a.m.
- County Offices will be closed June 19 for Juneteenth.
- County Offices will be closed June 20 for West Virginia Day.

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### STAFF:

- **Stephen Allen, Director**
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- **Stephen Rivera, Public Affairs Coordinator**
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