



LA National Guard Emergency Management Bulletin

July 2017
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Purpose

The National Guard (NG) Emergency Management (EM) program is responsible for all activities and operations related to preparing for, mitigating the potential effect of, preventing, responding to, and recovering from all multi-agency and/or multi-jurisdictional emergencies on or impacting NG installations nationwide. The NG EM Program functions within an all-hazards environment consisting of all natural, technological (man-made), and terrorism hazards.

Vision

To provide the NG EM services when and where they are needed with the joint and interagency capacity necessary to effectively and efficiently protect the NG community and mission capabilities from all hazards.

Mission

To provide integrated and comprehensive NG EM services necessary to protect our community and mission capabilities from all hazards in a cost effective, implementable, and sustainable manner through resiliency.



IMPORTANT NUMBERS TO KNOW

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LA National Guard Joint Operation
Center 888-278-8748

GOHSEP 225-925-7500

American Red Cross
1-800-RED-CROSS

Federal Emergency Management
Agency 1-800-621-FEMA

National Poison Control Center
1-800-222-1222

National Domestic Violence Hotline
1-800-799-7233



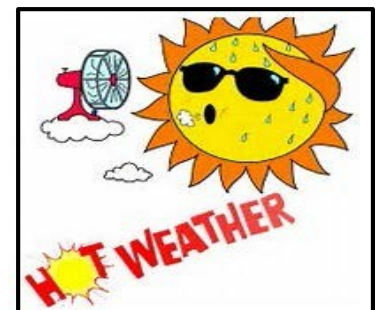
EMERGENCY MANAGEMENT

It's July and summer has arrived. This month's bulletin will focus on Evacuation – Lead the Way to Safety. Evacuations are more common than many people realize. When evacuations are necessary, local officials provide information to the public through the media, by use of sirens or telephone calls. Never ignore an evacuation warning. Timely evacuation is critical to the safety of your family.

With summer comes warm weather and the desire to get outdoors for some fun. Summer also means vacation, outdoor activities, 4th of July Fireworks! However, in their rush to enjoy the season, many people ignore the dangers that warm weather can bring. From taking a dip to mowing the lawn, there are some summer risks you need to be aware of.

Please utilize the tips in this month's bulletin to help you prepare for the summer season. Always Remember, "Be Prepared".

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LANG EM WEB Page:
<http://geauxguard.la.gov/resources/emergency-management/>



Evacuation – Lead the Way to Safety

Prepare now in the event of an evacuation.

Evacuations are more common than many people realize. Fires and floods cause evacuations most frequently across the U.S. and almost every year, people along coastlines evacuate as hurricanes approach. In addition, hundreds of times a year, transportation and industrial accidents release harmful substances, forcing many people to leave their homes.

In some circumstances, local officials decide that the hazards are serious and require mandatory evacuations. In others, evacuations are advised or households decide to evacuate to avoid situations they believe are potentially dangerous. When community evacuations become necessary local officials provide information to the public through the media. In some circumstances, other warning methods, such as sirens, text alerts, emails or telephone calls are used.

The amount of time you have to leave will depend on the hazard. If the event is a weather condition, such as a hurricane, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead is essential.

Plan how you will assemble your family and supplies and anticipate where you will go for different situations. Choose several destinations in different directions so you have options in an emergency and know the evacuation routes to get to those destinations.



Evacuation Guidelines

There may be conditions under which you will decide to get away or there may be situations when you are ordered to leave. Follow these guidelines for evacuation:

- Plan places where your family will meet, both within and outside of your immediate neighborhood. Use the [Family Emergency Plan](#) to decide these locations before a disaster.
- If you have a car, keep a full tank of gas in it if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
- Become familiar with alternate routes and other means of transportation out of your area. Choose several destinations in different directions so you have options in an emergency.
- Leave early enough to avoid being trapped by severe weather.
- Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.
- If you do not have a car, plan how you will leave if you have to make arrangements with family, friends or your local government.
- Take your [emergency supply kit](#) unless you have reason to believe it has been contaminated.
- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your pets with you, but understand that only service animals may be permitted in public shelters.

[Plan how you will care for your pets in an emergency.](#)





Evacuation Continued

If time allows:

- Call or email the out-of-state contact in your [Family Communications Plan](#). Tell them where you are going.
- Secure your home by closing and locking doors and windows.
- Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
- Leave a note telling others when you left and where you are going.
- Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a cap.
- Check with neighbors who may need a ride.

In order to be ready before disaster happens....Make A Plan

Make and practice a Family Emergency Plan. Consider the range of potential emergencies and all the places you and your family might be. Some emergencies require different responses than others, but a Family Communications Procedure will be helpful in any case. Knowing how to keep in touch and find one another will help your family stay safe and cope with the confusion and fear that come when emergencies strike.

Make a Plan

[Printer friendly Family Emergency Plan](#)

Making a plan is simple....just think of the 5 W's!



Who: Gather input from all members of your family to consider all possibilities and make them more likely to remember important steps when an emergency happens. Choose a contact person, a family member or friend living somewhere else whom you can all contact in the case of an event.

What: Plan for all hazards that could affect your family, considering potential hazards and weather patterns in your region. Think through each possible emergency situation, and determine how your family should respond.

Where: Think about all the places you and your family may be throughout the day, such as home, office, school and in transit. Establish meeting places and discuss situations to use them.

When: Because emergencies can happen at any time, make your Family Emergency Plan immediately. Review the plan annually and whenever there are major changes in your family situation, schedule or activities.

Why: Emergencies are unpredictable and scary. By establishing and practicing a Family Emergency Plan, you and your family are more likely to find each other quickly and help one another get through the emergency situation safely and with less worry.

Practice Your Plan

Making an emergency plan is just the first step; you should practice it at least twice a year. Describe to family members a hypothetical event and tell them to follow the Family Emergency Plan. Practice gathering your emergency kit and important documents, communicating with one another and meeting at a designated place. Afterwards, discuss the actions you took and how the plan would change in a different type of emergency.



EMERGENCY KITS

To prepare your family for an emergency, assemble one or more emergency kits that include enough supplies for at least three days. Think of items that have multiple uses and are long lasting. Keep a kit prepared at home and consider also having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your emergency kits will be useful whether you have to shelter in place or evacuate.

What to Put in Your Basic Home Kit Necessary

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days; select items that require no cooking, preparation, or refrigeration such as high energy foods and ready-to-eat canned meat, vegetables, fruit
- Manual can opener (if the food is canned), preferably on a multi-tool
- Reusable plates, cups, utensils, saucepan (a metal bowl can double as a cup or plate)
- First aid kit
- Prescription medications and medical equipment/care aids
- N95- or N100-rated dust masks
- Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
- Hand-crank or battery operated flashlight
- Hand-crank radio or battery operated cell phone charger
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- Extra batteries at the size required
- Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
- Weather appropriate clothing to keep your family warm and dry
- Cash in the local currency
- Any tools needed for turning off utilities
- Local maps and your family emergency plan
- Important documents, including will, medical and financial power of attorney, property documents, medical instructions
- Emergency preparedness handbook
- Your command reporting information – know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)



Additional considerations

- Infant formula and diapers if you have young children
- Pets supplies, including food, water, medication, leash, travel case and documents
- Sleeping bag or other weather-appropriate bedding for each person
- Disinfectant
- Matches or flint in a waterproof container
- Coats, jackets and rain gear
- Fire extinguisher
- Paper and pencil
- Books, games, puzzles, toys and other activities for children
- Any items necessary for a specific type of disaster





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Additional items that can be essential for those stationed abroad:

- Passports
- Birth abroad certificates for children born overseas
- Cash in the local currency
- Card with local translations of basic terms
- Electrical current converter

Portable Emergency Kit

- Take this kit with you when you are ordered to evacuate.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your family knows where the kit is.
- If you are required to shelter in place, keep this kit with you.
- Consider adding enough supplies to last two weeks.

Workplace Emergency Kit

- This kit should be in one container to be kept at your work station in case you must evacuate from work.
- Make sure you have comfortable walking shoes at your work place in case you have to walk long distances.
- This kit should include at least food, water and a first aid kit.
- Make sure you include your family's communications procedure.

Vehicle Emergency Kit

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).
- Make sure you include your family's communications procedure.

Maintaining Your Kits

- Routinely evaluate your kits and their relevance to the threats in your area.
- Throw away and replace any expired or damaged medications, food or water.

Where to Find Additional Information

- Federal Emergency Management Agency (FEMA)—
 - o <https://www.ready.gov/build-a-kit>
 - o <https://www.ready.gov/kids/build-a-kit>
 - o <https://www.ready.gov/kit-storage-locations>
 - o <https://www.ready.gov/maintaining-your-kit>
- American Red Cross—
 - o www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/get-a-kit
- Ready Army—www.ready.army.mil

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.



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Be Prepared for The Dangers of Summer



1. The most obvious dangers of summer, yet people still seem to ignore, are from extreme heat. Heat cramps, heat exhaustion and heat stroke can all occur in people who do not take the proper precautions. According to the CDC, heat cramps are muscle spasms that result from low sodium levels due to sweating, heat exhaustion is a weakness or tiredness that results from dehydration, and heat stroke occurs when the body's ability to regulate its own temperature breaks down. While the first two conditions can be dangerous, heat stroke is the most likely to be life threatening. Victims of heat stroke should be cooled down as rapidly as possible and medical help summoned immediately.



2. Drowning is by no means the only risk associated with pools while chlorine kills most germs, the CDC reports there are still several illnesses that can be contracted simply by swimming in a public pool. Recreational water illnesses or RWIs, as they are known, can be contracted by swallowing pool water, breathing in mist from infected water, or even just simple contact with pools that are contaminated. [Shigella](#), a bacteria that causes diarrhea, fever, and stomach cramps, [Giardia](#), a microscopic parasite, [norovirus](#), and [E. coli](#) can all be contracted from public pools. Infected pools may also be a lot more common than you think. One study by the CDC from 2008 in the city of Atlanta showed 1 in 12 pools were infected.

3. Most people know that metal can get hot in the summer, but many don't realize just how hot, or how dangerous, it can be. [According to an article from KCBD 11 in Lubbock, Texas](#), Dr. Joe Sasin of the University Medical Center of Lubbock stated that some metal surfaces can reach a temperature exceeding 200 degrees Fahrenheit. That's almost hot enough to boil water.



4. Summer weather can also pose significant risks. Lightning, of course, is a hazard, and you should always stay inside during a thunderstorm, and never go out on a body of water or get too close to tall or metallic structures. However that is not the only weather to be concerned, says Weather Channel meteorologist Jonathan Erdman. He also cautions people to watch out for flash floods. Just six inches of water is enough to take an adult off his or her feet. Hurricanes and tornadoes can be life threatening as well, and you should heed all evacuation orders. The best way to stay safe from weather dangers according to Erdman, "Be aware. Pay attention to weather reports, or download the Weather Channel phone app and set it to alert you of dangerous conditions."



FIREWORKS SAFETY



Safety is very important, whether it's a big show or backyard use of fireworks with family and friends. The Consumer Product Safety Commission estimates about 11,400 people were treated in hospital emergency rooms for injuries associated with fireworks in 2013. No one wants their fun to be spoiled by an accident or injury, so, whether you're using commercial or consumer fireworks, the rules on safety should always be followed.

Current requirements for large public or commercial fireworks displays can be found in Department of the Army Pamphlet 385-62 (paragraph 2-13) and National Fire Protection Agency Document 1123, Code for Fireworks Displays. For personal use of fireworks, some generally accepted safety rules include:

- Read and follow the instructions on how to use the item.
 - Keep a bucket of water or a garden hose handy in case of fires.
 - Maintain adult supervision.
 - Have a designated shooter.
 - Do not drink while initiating fireworks.
 - Use eye protection when shooting fireworks and do not let any part of your body cover the fireworks.
 - Fireworks should only be used outdoors.
 - Never throw or point fireworks at another person.
- Do not handle or try and relight duds. Wait 20-30 minutes, soak the duds in water and then properly dispose of them.

Fireworks can liven up any Independence Day celebration, but they should always be treated with respect. Remember to use good common sense and follow all safety rules so you, your family members and friends don't become a fireworks statistic.

Did You Know?

Sparklers can reach temperatures up to **1,800 F**. According to the National Council on Fireworks Safety (www.fireworksafety.com), more than half the sparkler-related injuries happen to children under the age of 14. If sparklers are a part of your child's celebration, ensure they only handle the unlit end. Also, remind them to keep sparklers away from their face, clothing and hair.

FYI

Before spending a fortune on your personal celebration to independence, ensure fireworks are legal to possess and use in your city and state. The National Council on Fireworks Safety's Website is a good source of information on state fireworks laws. You should also always ask your local fire or police department if fireworks are legal in your area. Although fireworks may be legal in your state, there may be reasons, such as a burn ban due to dry weather, why their use is prohibited in some areas. For more information, visit www.fireworkssafety.org.

