



## LA National Guard Emergency Management Bulletin

November 2018  
Volume FY19 Issue 2



### 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 terroristic 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

**EMERGENCY**  
**Fire-Police-Ambulance**  
**911**

Michael Green 504-278-8031  
LMD Emergency Management Program  
Coordinator  
[michael.s.green39.mil@mail.mil](mailto:michael.s.green39.mil@mail.mil)

CPT Bobby Woods 318-290-5869  
Camp Beauregard AT/ EM Manager  
[bobby.k.woods.mil@mail.mil](mailto:bobby.k.woods.mil@mail.mil)

Cristina Steib 504-278-8011  
Jackson Barracks EM Manager  
[cristina.m.steib.mil@mail.mil](mailto:cristina.m.steib.mil@mail.mil)

MAJ Michael Dunn 225-319-4675  
GWLC AT/ EM Manager  
[michael.w.dunn20.nfg@mail.mil](mailto:michael.w.dunn20.nfg@mail.mil)

MAJ Harry Wilson 318-382-4151  
Camp Minden AT/ EM Manager  
[harry.w.wilson2.mil@mail.mil](mailto:harry.w.wilson2.mil@mail.mil)

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

November is here and with it comes the cooler days of fall. With autumn approaching, there are some exciting times ahead. Holidays are close, and evening football games at local high schools kicks into high gear. While autumn can be an entertaining time, for drivers, fall also brings unique dangers for driving on the road.

As weather and road conditions change with the season, following the fall driving safety tips in this month's bulletin will help keep you safe as you enjoy the cool crisp air and the beautiful colors of the autumn leaves.

We have also listed information from the Center of Disease Control (CDC) regarding this year's flu season in this bulletin. Please read the information and get your flu shot. It will save you a lot of grief.

The best time to prepare is before the event happens. Always Remember, "Be Prepared".

Michael Green  
Emergency Manager Program Coordinator  
[michael.s.green39.mil@mail.mil](mailto:michael.s.green39.mil@mail.mil)

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



### The Dangers of Leaves on the Roads

When leaves accumulate on the roadway and become wet, they can get extremely slippery, making the driving conditions similar to driving on ice. If the temperature drops below freezing, the wet leaves will freeze and turn into dangerous icy leaves on the roadway. Besides reducing the car's traction, causing skidding and the possibility of losing control of the vehicle, leaves often cover the painted road markings, making it difficult to know the locations of the lanes.

- Slow down if you are driving on a road covered with leaves, especially when driving around turns.
- Allow yourself plenty of room to stop in an emergency. Keep a greater distance between you and the car in front of you.
- Leaves make it difficult to see potholes and bumps in the road.
- A pile of leaves raked to the side of the road is an inviting place to a child. Children enjoy jumping into the leaf piles or burrowing down into them and hiding. Never drive through a leaf pile. Use caution going around turns and where children are playing.
- Keep your windshield leaf free to avoid wet leaves getting stuck under the windshield wiper blades.
- In order to avoid the possibility of a fire hazard from the exhaust system or catalytic converter, never park your vehicle over a pile of leaves



### Why Driving in the Fall can be Dangerous

Weather conditions can be unpredictable in the fall. A bright, beautiful afternoon can turn rainy and cold in minutes. And with days getting shorter, you could find yourself commuting to or from work in darkness.

#### Back-to-school traffic

Fall means back to school for kids, which means more cars and buses on the roads. Drivers also need to watch out for increased pedestrian traffic in the morning and afternoon as children walk to and from school and their neighborhood bus stops.

#### Rain

The first rain in a few weeks can be particularly dangerous, as water pools on top of dust and oil that haven't had a chance to wash away and makes the pavement extremely slippery.



## Why Driving in the Fall can be Dangerous

### Fog

Cold fall mornings often lead to fog, which can greatly limit your driving visibility and perception of distance. Fog tends to occur in low places or areas surrounded by hills, water, mountains, and trees. One common mistake drivers make during foggy conditions is putting on their high beams instead of staying with their low beams. This only makes visibility worse because your high beams will bounce off the fog and create glare.

When driving through fog, slow down and stay well behind the car in front of you so you'll have adequate time to stop if you need to.

### Frost

During the fall, temperatures tend to drop dramatically during the night, which can lead to morning frost and icy spots on the road. This is especially common on bridges, overpasses, and shaded areas of the road.

### Sun Glare

Fall is also a bad time for sun glare on the roads. Sun glare can impact your sight for seconds after exposure, making it hard to see pedestrians, oncoming traffic, or the car in front of you. According to the National Highway Traffic Safety Administration, drivers describe being "blinded" after exposure, and this sometimes leads to accidents or near misses.

Sun glare can also cause problems when the sun sets behind drivers. In this case, sunlight can bounce off your rearview mirror or reflect off traffic lights up ahead, and this can blind you for a split second while your eyes adjust. It can also make it hard (or impossible) to see traffic lights, which can prevent you from knowing if you're supposed to stop or go.

### Deer

The fall season brings an increase in deer activity because it's their time for mating and migrating. If you live in a deer-heavy area, watch for darting deer, especially when driving at night.

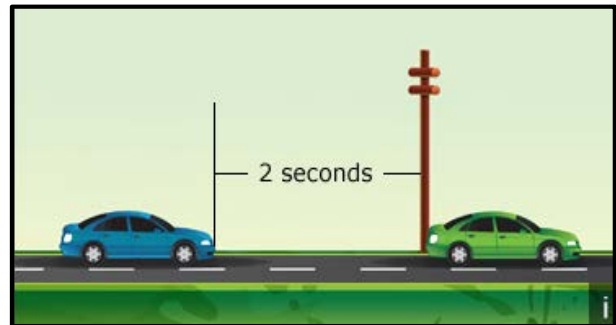




### Fall Driving Tips

Being prepared for fall's inclement weather and hazardous driving challenges is half the battle.

- Watch your speed: Drive a bit slower when faced with fall driving hazards, especially if you're driving around a school bus.
- Keep your distance: Leave a little more space between you and the car in front on rainy or foggy days, during dawn or dusk, and in areas with wet leaves. This will give you more time to react.
- Stick with low beams: Keep your headlights on low when driving in the fog (and rain). High beams will only cause glare.
- Clear frost away from your windows: Frost can reduce visibility and response time on the road.
- Approach traffic lights carefully: Sun glare can make it harder to see traffic lights change, so approach them with more than the normal care.
- Avoid using products that increase gloss: Washing and waxing with these products can magnify the fall's sunny glare and make it hard to see.
- Clean your windshield, inside and out: When your windshield's illuminated by sunlight, dust particles, streaks, and smudges become magnified, making it hard to see the road.
- Watch for wildlife: especially in the early morning and evening hours.
- Check your tire pressure: Since fall weather rapidly changes from warm to cold, your tires will often expand and contract. This can lead to a loss of pressure.





### Frequently Asked Flu Questions 2018-2019 Influenza Season

#### What's new this flu season?

A few things are new this season:

- Flu vaccines have been updated to better match circulating viruses
- [the B/Victoria component was
- changed and the influenza A(H3N2) component
- was updated].
- For the 2018-2019 season, the nasal spray flu vaccine (live attenuated influenza vaccine or “LAIV”) is again a recommended option for influenza vaccination of persons for whom it is otherwise appropriate. The nasal spray is approved for use in non-pregnant individuals, 2 years through 49 years of age. There is a precaution against the use of LAIV for people with certain underlying medical conditions. All LAIV will be quadrivalent (four-component).
- Most regular-dose egg-based flu shots will be quadrivalent.
- All recombinant vaccine will be quadrivalent. (No trivalent recombinant vaccine will be available this season.)
- Cell-grown flu vaccine will be quadrivalent. For this vaccine, the influenza A(H3N2) and both influenza B reference viruses will be cell-derived, and the influenza A(H1N1) will be egg-derived. All these reference viruses will be grown in cells to produce the components of Flucelvax.
- No intradermal flu vaccine will be available.
- The age recommendation for “Fluarix Quadrivalent” was changed from 3 years old and older to 6 months and older after the annual recommendations were published last season to be consistent with Food and Drug Administration (FDA)-approved labeling.
- The age recommendation for Afluria Quadrivalent was changed from 18 years old and older to 5 years old and older after the annual recommendations were published last season to be consistent with Food and Drug Administration (FDA)-approved labeling.



#### What flu vaccines are recommended this season?

For the 2018-2019 flu season, providers may choose to administer any licensed, age-appropriate flu vaccine (IIV, RIV4, or LAIV4).

Options this season include:

- [Standard dose flu shots](#). These are given into the muscle. They are usually given with a needle, but two (Afluria and Afluria Quadrivalent) can be given to some people (those aged 18 through 64 years) with a jet injector.
- [High-dose shots](#) for older people.
- [Shots made with adjuvant](#) for older people.
- [Shots made with virus grown in cell culture](#).
- Shots made using a vaccine production technology ([recombinant vaccine](#)) that does not require the use of flu virus.
- [Live attenuated influenza vaccine](#) (LAIV) – or the nasal spray vaccine – is also an option for use during the 2018-2019 season for persons whom it is otherwise appropriate.

There is a [table](#) showing all flu vaccines that are FDA-approved for use in the United States during the 2018-2019 season.





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### What viruses will the 2018-2019 flu vaccines protect against?

There are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses (depending on vaccine) that research suggests will be most common. For 2018-2019, trivalent (three-component) vaccines are recommended to contain:

- A/Michigan/45/2015 (H1N1)pdm09-like virus
- A/Singapore/INFIMH-16-0019/2016 A(H3N2)-like virus (updated)
- B/Colorado/06/2017-like (Victoria lineage) virus (updated) Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, are recommended to contain:
- the three recommended viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus

### When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

### Can I get a flu vaccine if I am allergic to eggs?

The recommendations recommendations( <https://www.cdc.gov/flu/protect/vaccine/egg-allergies.htm>)for people with egg allergies are the same as last season.



- People who have experienced only hives after exposure to egg can get any licensed flu vaccine that is otherwise appropriate for their age and health.
- People who have symptoms other than hives after exposure to eggs, such as angioedema, respiratory distress, lightheadedness, or recurrent emesis; or who have needed epinephrine or another emergency medical intervention, can also get any licensed flu vaccine that is otherwise appropriate for their age and health, but the vaccine should be given in a medical setting and be supervised by a health care provider who is able to recognize and manage severe allergic conditions. (Settings include hospitals, clinics, health departments, and physician offices). People with egg allergies no longer have to wait 30 minutes after receiving their vaccine.

**YOU'RE AT A HIGHER RISK OF CATCHING THE FLU IF YOU:**

HAVE EXISTING MEDICAL CONDITIONS

ARE FIVE OR YOUNGER

ARE SIXTY-FIVE OR OLDER

ARE PREGNANT

**SYMPTOMS INCLUDE:**

HEADACHE

BODYACHE

FATIGUE

FEVER

CHILLS

RUNNY NOSE

SORE THROAT

COUGHING

**HELP PREVENT THE FLU:**

AVOID CLOSE CONTACT

WASH YOUR HANDS AND DISINFECT SURFACES

STAY HOME FOR 24 HOURS AFTER FEVER BREAKS

**SEPTEMBER**

GET VACCINATED

**OCTOBER**

FLU SEASON STARTS

**JANUARY**

**FEBRUARY**

FLU SEASON PEAK TIME



### Vaccine and Vaccination How much flu vaccine will be available this season?

Flu vaccine is produced by private manufacturers, so supply depends on manufacturers. For the 2018-2019 season, manufacturers projected they would provide between 163 million and 168 million doses of injectable vaccine for the U.S. market. (Projections may change as the season progresses.) Flu vaccine supply updates will be provided as they become available at [Seasonal Influenza Vaccine & Total Doses Distributed](#).

### Are any of the available flu vaccines recommended over the others

For the 2018-2019 flu season, ACIP recommends annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine (IIV, RIV4, or LAIV4) with no preference expressed for any one vaccine over another.

There are [many vaccine options](#) to choose from; the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

### Why is the nasal spray being recommended as an option this year when it has been shown to not be effective in past flu seasons?

While observational data from 2010-11 through 2015-16 flu seasons indicate that LAIV was not effective among 2 through 17-year-olds against H1N1pdm09 influenza viruses in the U.S., LAIV was effective against influenza B viruses, and was similarly effective to inactivated influenza vaccines against H3N2 viruses. Some data suggest that the new H1N1 vaccine virus included in the new LAIV vaccines will have improved effectiveness against circulating H1N1 viruses; however, no published effectiveness estimates are available yet.

### When should I get vaccinated?

Getting vaccinated before flu activity begins helps protect you once flu season starts in your community. It takes about two weeks after vaccination for the body's immune response to fully respond and for you to be protected, so make plans to get vaccinated. CDC recommends that people get a flu vaccine by the end of October.



However, getting vaccinated later can still be beneficial. CDC recommends ongoing flu vaccination as long as influenza viruses are circulating, even into January or later. Children aged 6 months through 8 years old who need two doses of vaccine should get the first dose as soon after vaccine is available to allow time to get the second dose before the start of flu season. The two doses should be given at least 4 weeks apart.

### Where can I get a flu vaccine?

Flu vaccines are offered by many doctor's offices, clinics, health departments, pharmacies and college health centers as well as by many employers, and even by some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work.



### NOVEMBER EVENTS

25 Oct- 11 Nov	State Fair of Louisiana	Shreveport
4 November	Daylight Savings (End)	Nationwide
2-4 Nov	25 <sup>th</sup> Annual Holy Ghost Creole Festival Bazaar	Opelousas
2-4 Nov	21 <sup>st</sup> Annual Bucktown Seafood Festival	Metairie
3 Nov	Louisiana Renaissance Festival	Hammond
9 Nov	33 <sup>rd</sup> Annual Port Barre Cracklin Festival	Porte Barre
9-11 Nov	Wego Fest	Westwego
16-18 Nov	Holiday Market at the Mill	New Roads
17 Nov	92 <sup>nd</sup> Annual Christmas Festival of Lights	Natchitoches
22 Nov	Thanksgiving Day	Nationwide
22 Nov -16 Dec	Christmas in Roseland	Greenwood

### Message from OPSEC

#### TIPS TO PROTECT YOUR COMPUTER FROM VIRUSES, HACKERS, AND SPIES



- Install a firewall
- Use anti-virus and anti-spyware software
- Manage your system and browser to protect your privacy
- Shop safely online
- Secure your wireless network
- Use caution when sharing files
- Use a strong password and keep it to yourself
- Parents: take control