



LA National Guard Emergency Management Bulletin

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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 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.

LANG EM WEB PAGE:

<http://geauxguard.la.gov/resources/emergency-management/>



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American Red Cross
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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".



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Fall Driving Safety Tips

Autumn is fraught with driving hazards, so know the risks and prepare

Fall driving can be unpredictable because of weather changes, the end of [daylight saving time](#) and the start of school. These guidelines can help keep you, and others, safe while on the road.

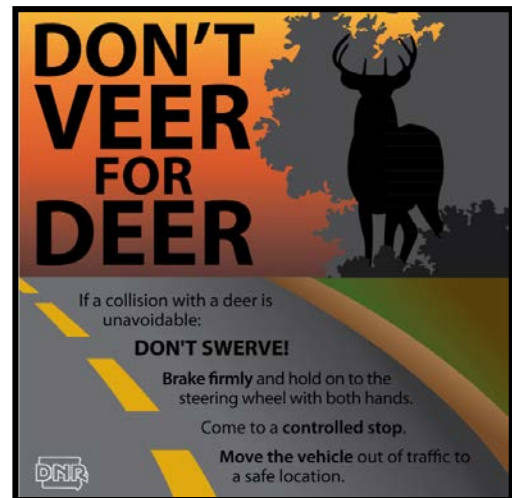
Watch out for kids. Early in the school year, youngsters often haven't developed the habit of looking for moving traffic before they cross the road leaving a school bus. It's illegal to motor past a stopped bus in most places. And buses are beginning to use cameras to catch people who do drive by when the "Stop" arms are extended and the lights are flashing. Older kids driving to and from school are a danger, and in danger, too. "Teen crashes spike in September as [kids] head back to school, and happen more often during hours when school begins and lets out," the National Safety Council reports.



Beware of darkness. It comes earlier anyway as the year ages, and that's accelerated when clocks most places in the U.S. shift back to standard time in early November. While just 25 percent of our driving is at night, 50 percent of traffic deaths occur then, according to the National Safety Council. Also, a 50-year-old driver might need twice as much light to see as well as a 30-year-old, NSC notes. And at 60 years and older, we generally see road signs less clearly, we have more trouble judging speed and distance, and glare begins to bother us more, according to the American Optometric Association.

Be critter conscious. You're 3.5 times more likely to hit an animal — especially a deer — in November than at any other time of the year, the Insurance Institute for Highway Safety cautions. Deer are likely to be mating in November and that's why you see more of them. About 1 of every 100 drivers will hit a deer during the driver's life behind the wheel, says animal-rights group PETA.

Consider dampness a threat. We think of big puddles as dangerous, and they are, because the front wheels can float, called hydroplaning, and you lose steering. But even before the puddles accumulate, rain — especially if it's the first in a while — can pool on the oil, grime and dust that are on all roads and make the pavement slick. It also can mix with fallen leaves that are abundant in the fall and create a slippery surface. Slowing your speed helps, and, if you're on a busy road, you can drive in the tracks of the cars ahead of you, where the road is driest.





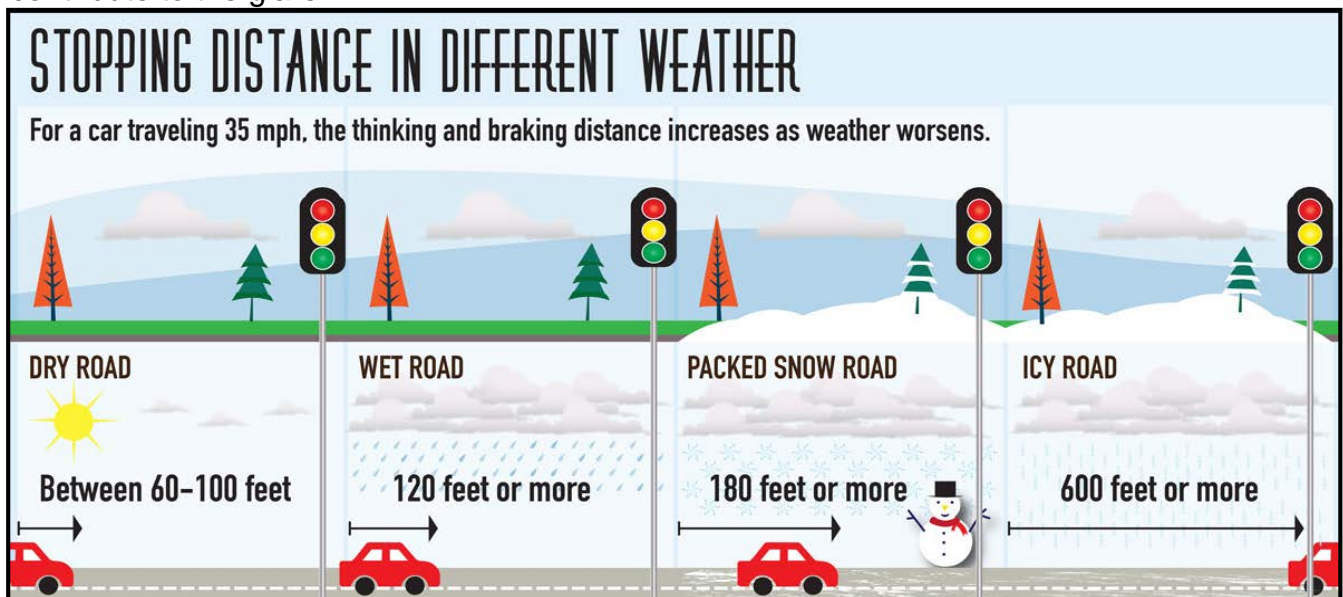
Fall Driving Safety Tips Continued

Tend your tires. If they have sufficient tread, they perform better on rainy surfaces, and they stop faster and steer better on dry ones. Also, proper tire pressure helps keep you rolling smoothly and safely. When the weather cools as fall heads toward winter, tires typically lose pressure and can cause your car to handle poorly. If the tires are extremely low, that can contribute to a blowout. Correct pressure will be noted on a decal pasted on the driver's side door jamb or the door itself. The pressure that's noted on the tire itself is the maximum for that tire, and that could be wrong for your car.

HOW TO MEASURE YOUR TIRE TREAD DEPTH WITH A PENNY

- Place a penny between the tread ribs on your tire. A “rib” refers to the raised portion of tread that spans the circumference of your tire. Tire tread is composed of several ribs;
- Turn the penny so that Lincoln’s head points down into the tread;
- See if the top of his head disappears between the ribs;
- If it does, your tread is still above 2/32”;
- If you can see his entire head, it may be time to replace the tire because your tread is no longer deep enough

Cope with glare. The blinding distraction of sun glare waxes as summer wanes. Sounds wrong, but it's logical, because the sun moves closer to the horizon — which keeps it pointed straight into your eyes, and makes it more likely to reflect at low angles off other cars, buildings and windows. Have your sunglasses handy. Don't look directly into the lights of oncoming traffic when you drive at night. And keep your windshield clear so dirt streaks don't contribute to the glare.





Begin preparing for Winter Storms and Extreme Cold

Nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather. Winter storms can range from moderate snow over a few hours to blizzards with blinding, wind-driven snot lasting several days. Storms can be accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet, and freezing rain. Winter weather can knock out heat, power, and communications services to your home or office, sometimes for days at a time, and immobilize an entire region.

- **Before winter approaches, add the following supplies to your emergency kit:**

- ✓ Rock salt or environmentally safe products to melt ice on walkways/
- ✓ Sand to improve traction.
- ✓ Snow shovels and snow removal equipment.
- ✓ Sufficient heating fuel. You may become isolated in your home; regular fuel sources may be cut off.
- ✓ Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- ✓ Adequate clothing and blankets to keep you warm.



- **Make a Family Communications Plan in case you Family is not together when disaster strikes. Know how to contact one another, how to get back together and what to do in case of an emergency.**
- **NOAA Weather Radio broadcasts alerts and warnings directly from the NWS; sign up to receive notifications from your local emergency services.**
- **Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.**
- **Bring pets and companion animals inside during winter weather.**





Begin preparing for Winter Storms and Extreme Cold (Continued)

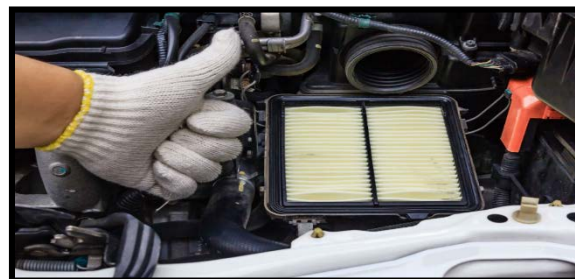
- **Winterize Your Home:**

- ✓ Winterize your home to extend the life of your fuel supply; insulate walls and attics, caulk and weather-strip windows and doors, and install storm windows or cover windows with plastic.
- ✓ Winterize your house, shed, or any other structure that provides shelter. Clear rain gutters; repair roof leaks; cut tree branches that could fall on a house or other structure.
- ✓ Maintain heating equipment and chimneys; have them cleaned and inspected yearly.
- ✓ Insulate pipes; allow faucets to drip a little during cold weather to avoid freezing. Running water, even at a trickle, helps prevent pipes from freezing.
- ✓ Vent fuel-burning equipment to the outside.
- ✓ Keep fire extinguishers on hand; ensure everyone in your house knows how to use them. House fires also pose an additional risk, as more people turn to alternate heating sources without talking safety precautions.
- ✓ Learn how to shut off water valves (in case a pipe bursts).
- ✓ Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow or water, if drains on the flat roofs do not work.



- **Winterize Your Vehicle: Check or have a mechanic check the following items:**

- ✓ Antifreeze – Enough to avoid freezing.
- ✓ Battery & ignition system – In top conduction; clean battery terminals.
- ✓ Brakes – Check wear and fluid levels.
- ✓ Exhaust system – Check for leaks and crimped pipes. Carbon monoxide is deadly and usually gives no warning.
- ✓ Fuel & air filters – Replace and keep water out of the system, use additives and maintain gas tank full.
- ✓ Heater & defroster – Working properly.
- ✓ Lights & flashing hazard lights – Check for serviceability.
- ✓ Oil – Check level & weight. Heavier oils will congeal more at low temperatures and do not lubricate as well.
- ✓ Thermostat – Ensure it works properly.
- ✓ Windshield wiper equipment – Repair and problems; proper washer fluid level.
- ✓ Install good winter tires with adequate tread. All-weather radials are usually adequate for most winter conditions.





Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Seasonal Flu Shot. Who should get vaccinated this season?

Everyone 6 months of age and older should get an influenza (flu) vaccine every season with rare exception. [CDC's Advisory Committee on Immunization Practices has made this recommendation since the 2010-11 influenza season.](#)

Vaccination to prevent flu is particularly important for people who are at high risk of developing serious flu complications. See [People at High Risk of Developing Flu-Related Complications](#) for a full list of age and health factors that confer increased risk.

More information is available at [Who Should Get Vaccinated Against Influenza](#).

Who should not get a flu shot?

Different influenza (flu) vaccines are approved for use in different age groups. In addition, some vaccines are not recommended for certain groups of people. Factors that can determine a person's suitability for vaccination, or vaccination with a particular vaccine, include a person's age, health (current and past) and any allergies to flu vaccine or its components.

[People who cannot get a flu shot](#)

[People who should talk to their doctor before getting the flu shot](#)



How effective is the flu shot?

Influenza (flu) vaccine effectiveness (VE) can vary. The protection provided by a flu vaccine depends on the age and health status of the person getting the vaccine, and the similarity or "match" between the viruses in the vaccine and those in circulation. For more information, see [Vaccine Effectiveness – How well does the Flu Vaccine Work](#). For information specific to this season, visit [About the Current Flu Season](#).

What are the risks from getting a flu shot?

The risk of a flu shot causing serious harm or death is extremely small. However, a vaccine, like any medicine, may rarely cause serious problems, such as severe allergic reactions. While severe reactions are uncommon, you should let your doctor, nurse, clinic, or pharmacist know if you have a history of allergy or severe reaction to flu vaccine or any part of flu vaccine. Almost all people who get influenza vaccine have no serious problems from it. For more information, see [Influenza \(Flu\) Vaccine Safety](#)



What are the side effects that could occur?

The most common [side effects from the influenza shot](#) are soreness, redness, and tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.





What should I do if I have had a serious reaction to seasonal influenza vaccine?

Call a doctor, or get to a doctor right away.

Tell your doctor what happened, the date and time it happened, and when you got the flu shot.

Ask your doctor, nurse, or health department to file a [Vaccine Adverse Event Reporting System](#) (VAERS) form, or call VAERS at 1-800-822-7967. Reports are welcome from all concerned individuals: patients, parents, health care providers, pharmacists and vaccine manufacturers.

Can the flu shot give me the flu?

No, a flu shot cannot give you the flu. Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). In randomized, blinded studies, where some people got flu shots and others got saltwater shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot. There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

What about people who get a flu shot and still get sick with flu symptoms?

It's possible to get sick with flu even if you have been vaccinated (although you won't know for sure unless you get a flu test). This is possible for the following reasons: You may be exposed to a flu virus shortly before getting vaccinated or during the period that it takes the body to gain protection after getting vaccinated. This exposure may result in you becoming ill with flu before the vaccine begins to protect you.

COLD VS FLU SYMPTOMS

Symptoms	Flu	Cold
Fever	High fever	Fever is rare
Muscle aches	Muscle aches	Runny nose
Fatigue	Fatigue	Sneezing
Sudden onset	Sudden onset	Sore throat
Dry cough	Dry cough	Mild cough

DURATION

Duration	Flu	Cold
Duration	Flu symptoms may last four to seven days.	Cold symptoms clear within two to four days.

COMPLICATIONS

Complications	Flu	Cold
Complications	Often leads to serious secondary bacterial infections (pneumonia or bronchitis) in high-risk groups.	Seldom leads to serious secondary bacterial infections in adults, but can worsen existing chronic bronchitis.

Sources: Cleveland Clinic, Health24
Images: iStock



Did your favorite celebrity reach out to you on social media?

Before you get too excited, are you sure it's that person? Really sure? We've heard reports that scammers, who will try just about anything to separate you from your money, are now posing as celebrities on social media. They're asking fans to send money for all kinds of supposed reasons – like claiming a prize, donating to a charity, or giving help of some kind. Some celebs do raise money for legitimate causes. But you want to be sure the cause—and the person asking you to support it—are real.

Imposter scams come in many varieties, but they all work the same way: a scammer pretends to be someone you trust to convince you to send them money. And that's exactly what these celebrity imposters are trying to do.

So what should you do if a celebrity contacts you on social media and asks for money?

- Slow down. Before you send money, talk with someone you trust.
- Do some research: search online for the celebrity's name plus "scam." Do the same with any charity or cause they're asking you to support—and learn more about charity scams here.
- Never send money, gift cards or prepaid debit cards to someone you don't know or haven't met – even celebrities you meet on social media.
- If you sent money to a scammer, contact the company you used to send the money (your bank, wire transfer service, gift card company, or prepaid debit card company). Tell them the transaction was a fraud. Ask the company to reverse the transaction, if it's possible.
- Report your experience to the social media site.