



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.



IMPORTANT NUMBERS TO KNOW

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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

December is here along with the holidays. Family and friends will be traveling to meet with their loved ones for Christmas and family reunions. It is truly the best time of the year but we must be ready for unknown dangers this time of the year as well.

We must also stay vigilant of the dangers associated with the season. Holiday safety is an issue that burns brightest from late November to mid-January, when Families gather, parties are scheduled and travel spikes. Take some basic precautions to ensure your Family remains safe and injury-free throughout the season.

We have also listed information regarding building a Home Escape Plan by drawing a floor plan of your home showing two ways out of every room, if possible.

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



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

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Happy Holidays



Enjoy a Safe Holiday Season

Holiday safety is an issue that burns brightest from late November to mid-January, when families gather, parties are scheduled and travel spikes. Take some basic precautions to ensure your family remains safe and injury-free throughout the season.

Traveling for the Holidays? Be Prepared.

Many people choose to travel by car during the holidays, which has the highest fatality rate of any major form of transportation based on fatalities per passenger mile. In 2017, 329 people died on New Year's Day, 463 on Thanksgiving Day and 299 on Christmas Day, according to [Injury Facts](#). Alcohol impairment was involved in about a third of the fatalities.



Snow storm blamed for 28-car pileup. Courtesy nydailynews.com

Stay safe on the roads over the holidays and every day:

- [Prepare your car for winter](#) and [keep an emergency preparedness kit](#) with you
- Get a good night's sleep before departing and avoid [drowsy driving](#)
- Leave early, planning ahead for heavy traffic
- Make sure [every person in the vehicle is properly buckled up](#) no matter how long or short the distance traveled
- Put that cell phone away; [many distractions occur while driving](#), but cell phones are the main culprit
- Practice defensive driving
- Designate a sober driver to ensure guests make it home safely after a holiday party; [alcohol](#) or over-the-counter, prescription and illegal drugs can cause impairment



Pileup blocks turnpike, interstate in eastern Pa.



About 50 cars involved in deadly pile-up on snow-covered Interstate in Pennsylvania.



Decorate Safely

Decorating is one of the best ways to get in a holiday mood, but emergency rooms see thousands of injuries involving holiday decorating every season.

When decorating follow these tips from the [U.S. Consumer Product Safety Commission](#):

- Keep potentially poisonous plants – mistletoe, holly berries, Jerusalem cherry and amaryllis – away from children
- If using an artificial tree, check that it is labeled “fire resistant”
- If using a live tree, cut off about 2 inches of the trunk to expose fresh wood for better water absorption, remember to water it and remove it from your home when it is dry
- Place your tree at least 3 feet away from fireplaces, radiators and other heat sources, making certain not to block doorways
- Avoid placing breakable ornaments or ones with small, detachable parts on lower tree branches where small children can reach them
- Only use indoor lights indoors and outdoor lights outdoors, and [choose the right ladder](#) for the task when hanging lights
- Replace light sets that have broken or cracked sockets, frayed or bare wires, or loose connections
- Follow the package directions on the number of light sets that can be plugged into one socket
- Never nail, tack or stress wiring when hanging lights and keep plugs off the ground away from puddles and snow
- Turn off all lights and decorations when you go to bed or leave the house



Watch Out for Fire-Starters - Candles and Fireplaces

Use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations in many homes during the holidays, means more risk for fire. The [National Fire Protection Association](#) reports that one-third of home decoration fires are started by candles and that two of every five decoration fires happen because the decorations are placed too close to a heat source.





Happy Holidays



Watch Out for Fire-Starters (Continued)

- Place candles where they cannot be knocked down or blown over and out of reach of children.
- Keep matches and lighters up high and out of reach for children in a locked cabinet.
- Use flameless, rather than lighted, candles near flammable objects.
- Don't burn trees, wreaths or wrapping paper in the fireplace.
- Use a screen on the fireplace at all times when a fire is burning.
- Never leave candles or fireplaces burning unattended or when you are asleep.
- Check and clean the chimney and fireplace area at least once a year.

Turkey Fryers

Be alert to the dangers if you're thinking of celebrating the holidays by frying a turkey. The [Consumer Product Safety Commission](#) reports there have been 154 turkey-fryer related fires, burns or other injuries since 2004, with \$5.2 million in property damage losses have resulted from these incidents.

NSC discourages the use of turkey fryers at home and urges those who prefer fried turkey to seek out professional establishments or consider using an oil-less turkey fryer. If you must fry your own turkey, follow all

[U.S. Fire Administration turkey fryer guidelines](#).

Food Poisoning Is No Joke

- Keep your holidays happy by handling food safely.
- The [foodsafety.gov](#) website from the U.S. Department of Health and Human Services provides some valuable [holiday food safety tips](#):
- Wash your hands frequently when handling food
- Keep raw meat away from fresh produce
- Use separate cutting boards, plate and utensils for uncooked and cooked meats to avoid cross-contamination
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate hot or cold leftover food within two hours of being served
- When storing turkey, cut the leftovers in small pieces so they will chill quickly
- Thanksgiving leftovers are safe for three to four days when properly refrigerated



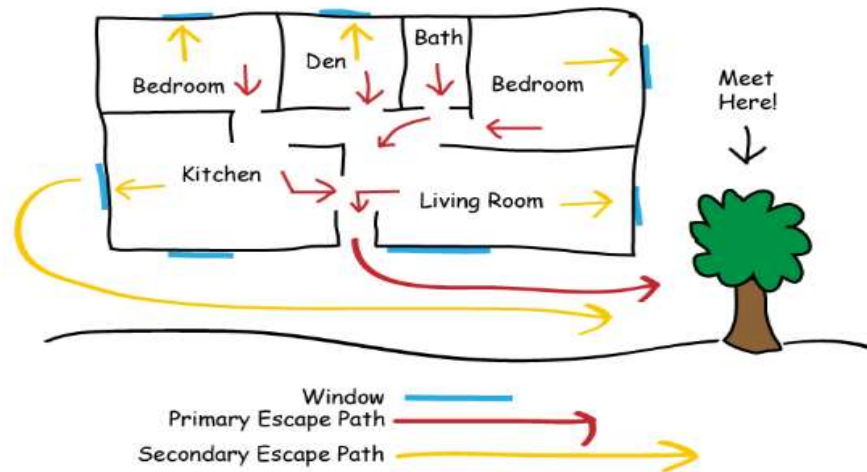
Watch this [holiday food safety video](#) for more information.



*Happy
Holidays*



Home Escape Plan



When a fire occurs, there is no time to waste. That is why it is so important to sit down with your family today and make a step-by-step plan for escaping from a fire.

Draw a floor plan of your home, marking two ways out of every room - especially sleeping areas. Discuss the escape routes with every member of your household. Agree on a meeting place outside your home where every member of the household will gather to wait for the fire department. This allows you to count heads and inform the fire department if anyone is trapped inside the burning building. Practice your escape plan at least twice a year. Have a fire drill in your home. Appoint someone to be a monitor and have everyone participate. A fire drill is not a race. Get out quickly, but carefully. Make your exit drill realistic. Pretend that some exits are blocked by fire and practice alternative escape routes. Pretend that the lights are out and that some escape routes are filling with smoke.

[Print out an escape plan template](#)



Happy Holidays

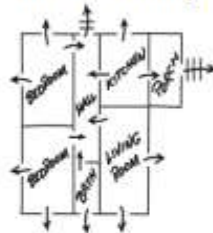


Develop a home fire escape plan today... It could save your life tonight!

Fire and smoke move quickly. Every second counts when you are trying to escape a fire. Everyone must know what to do and where to go when the smoke alarms sound. Take a few minutes with everyone in your home to make a home fire escape plan, following the instructions below.



1. Draw a floor plan of your home



Use the grid on the back to draw a floor plan of your home. You should draw a plan for each storey of your home.

2. Include all possible emergency exits

Draw in all the doors, windows and stairways. This will show you and your family all possible escape routes at a glance. Include any features, such as the roof of a garage or porch, that would help in your escape.

3. Show two ways out of every room, if possible.

The door will be the main exit from each room. However, if the door is blocked by smoke or fire, identify an alternate escape route, which could be a window. Make sure that all windows can open easily and that everyone knows how to escape through them to safety. If windows have security bars, equip them with quick-releasing devices.

4. Does anyone need help to escape?

Decide in advance who will assist the very young, older adults or people with disabilities in your household. A few minutes of planning will save valuable seconds in a real emergency.

5. Choose a meeting place outside

Choose a meeting place a safe distance from your home that everyone will remember. A tree, street light or a neighbour's home are all good choices. In case of fire, everyone will go directly to this meeting place so they can be accounted for.

6. Call the fire department from outside your home

Don't waste valuable seconds calling the fire department from inside your home. Once you have safely escaped, call the fire department from a cell phone or a neighbour's home.

7. Practice your escape

Review the plan with everyone in your household. Walk through the escape routes for each room with the entire family. Use this walk-through exercise to check your escape routes, making sure all exits are practical and easy to use. Then hold a fire drill twice a year and time how long it takes. In a real fire, you must react without hesitation as your escape routes may be quickly blocked by smoke or flames.

Remember:

- Plan two ways out of every room, if possible
- Hold a fire drill twice a year
- Install smoke alarms on every storey of your home and outside all sleeping areas

If you live in a high-rise apartment building, contact the building management for information on what to do if there's a fire in your building.



OPSEC Travel Tips

Traveling with PEDs:

YOU SHOULD KNOW

In most countries you have no expectation of privacy in Internet cafes, hotels, offices, or public places. Hotel business centers and network connections are regularly monitored in many countries. In some countries, hotel rooms are often searched.

All information you send electronically via your portable electronic device (PED) can be intercepted. Wireless devices are especially vulnerable. Foreign Intelligence Entities (FIEs) and criminals can track your movements using your PED and can turn on the microphone in your device even when you think it's off. To prevent this, remove the battery. FIEs and criminals can also insert malicious software on your device through any connection they control. They can also do it wirelessly if your device is enabled for wireless. When you connect to other networks or servers, the "malware" can migrate to your home, business, or agency, and can send information back to the malicious actor.

If your device is equipped, malware can also be transferred through thumb drives and CD/DVD media.

Transmitting controlled unclassified information and other sensitive government, personal, or proprietary information from abroad is risky.

Government and corporate officials are most at risk, but don't assume you're too insignificant to be targeted. FIEs and criminals are adept at "phishing" – that is, pretending to be someone you trust in order to obtain sensitive information. If a customs official demands to examine your device, or if your hotel room is searched while the device is in the room and you're not, you should assume the device(s) is compromised.

BEFORE YOU TRAVEL

If you can do without the PED, don't take it. Don't take information you don't need, including contact information. Consider the consequences if your information were stolen by a foreign government or competitor.

Back up all information you take; leave the backed-up data at work or home. If feasible, use a different PED, particularly mobile phone, from your usual one and remove the battery when not in use. In any case, have the device examined by your agency or company when you return.

PREPARE YOUR DEVICE

Create a strong password (numbers, upper and lower case letters, special characters – at least 8 characters long). Never store passwords, phone numbers, or sign-on sequences on any device or in its case. Change passwords at regular intervals, and immediately upon your return. Use/Enable data-at-rest encryption on your PED. Download current and/or update antivirus protection, spyware protection, OS security patches, and a firewall before you travel.

Encrypt all controlled unclassified and sensitive information on the PED. Note: In some countries, customs officials may not permit you to enter with encrypted data.

Modify your web browser to higher, stricter security settings. Disable Wi-Fi, Bluetooth, and Location features; consider disabling applications you don't need while overseas.

WHILE YOU'RE AWAY

Avoid transporting PEDs in checked baggage.

Use digital signature and encryption when e-mailing controlled unclassified and other sensitive information; Use MS Office protect or encrypt capability for an e-mailed attachment.

Don't leave electronic devices unattended. If you have to stow them, remove the battery and any removable drive or card (e.g. SIM chip, laptop hard drive, micro or mini SD card, etc.) and keep them with you.

Shield passwords from view. Don't use the "remember me" feature on many websites; re-type the password every time. Be aware of who's looking at your screen, especially in public areas.

Terminate connections when you're not using them; physically disable Wi-Fi and Bluetooth switch(es). After using any kiosk computer, clear the browser: delete history files, caches, cookies, URL, and temporary internet files.

Don't open e-mails and/or attachments from unknown sources. Don't click on links in e-mails. Empty your "trash" and "recent" folders after every use.

Avoid Wi-Fi and Bluetooth connections if you can. In some countries they're controlled by FIEs and in all cases they place information at risk to collection and exploitation. If your device or information is stolen, report it immediately to your organization and the local US embassy or consulate office.

WHEN YOU RETURN

Change your password [and] have your organization IT office examine the device for the presence of malicious software. For general travel alerts and information, see www.state.gov/travelandbusiness