



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/>



IMPORTANT NUMBERS TO KNOW

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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

February has arrived and it has finally gotten cold. This month we will be talking about Winter Weather and Power Outages.

Sudden power outages can be frustrating and troublesome. If a power outage is 2 hours or less, don't be concerned about losing your perishable foods. For prolonged power outages, though, there are steps you can take to minimize loss and keep all members of your household as comfortable as possible.

Not all power outages are caused by storms – at peak usage times, electricity demand from homes, schools and businesses can overwhelm the system.

Please utilize the information in this month's bulletin to promote fire safety and prevention. The best time to prepare is before the event happens. Always Remember, "Be Prepared".



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WINTER WEATHER SAFETY

Heavy accumulations of ice can bring down trees and topple utility poles and communication towers. Ice can disrupt communications and power for days while utility companies repair extensive damage. Even small accumulations of ice can be extremely dangerous to motorists and pedestrians. Bridges and overpasses are particularly dangerous because they freeze before other surfaces.

Black Ice: Black ice is a deadly driving hazard defined as patchy ice on roadways or other transportation surfaces that cannot easily be seen. It is often clear (not white) with the black road surface visible underneath. It is most prevalent during the early morning hours, especially after snow melt on the roadways has a chance to refreeze over night when the temperature drops below freezing. Black ice can also form when roadways are slick from rain and temperatures drop below freezing overnight.

Ice Jams: Long cold spells can cause rivers and lakes to freeze. A rise in the water level or a thaw breaks the ice into large chunks which become jammed at manmade and natural obstructions. Ice jams can act as a dam, resulting in severe flooding.

Ice Recreation: Ice on lakes and streams can be deadly. Before fishing, skiing, snowmobiling or engaging in any other activities on ice, check with local officials, such as your State Department of Natural Resources, who monitor the body of water. If you see any of the following conditions, do NOT go out on the ice:

- Cracks, holes or breaks in the ice
- Flowing water around the edges, just below the surface, or over the top of the ice
- Ice that appears to have thawed and refrozen





Frost: Frost describes the formation of thin ice crystals on the ground or other surfaces in the form of scales, needles, feathers, or fans. Frost develops under conditions similar to dew, except the temperatures of the Earth's surface and earthbound objects fall below 32°F. As with the term "freeze," this condition is primarily significant during the growing season. If a frost period is sufficiently severe to end the growing season or delay its beginning, it is commonly referred to as a "killing frost." Because frost is primarily an event that occurs as the result of radiational cooling, it frequently occurs with a thermometer level temperature in the mid-30s.

Before the storm strikes, make sure your home, office and vehicles are stocked with the supplies you might need. Make sure farm animals and pets also have the essentials they will need during a winter storm. [Know how to dress for varying degrees of cold weather.](#)



Myth: Cows with snow on their backs are colder than cows without.

Cows with snow on their backs are actually warmer. The snow on their back is an indication that they are retaining their body heat. You'll often see fat cows with an inch or two of snow on their back while thin cows are wet because they're losing heat and melting snow.



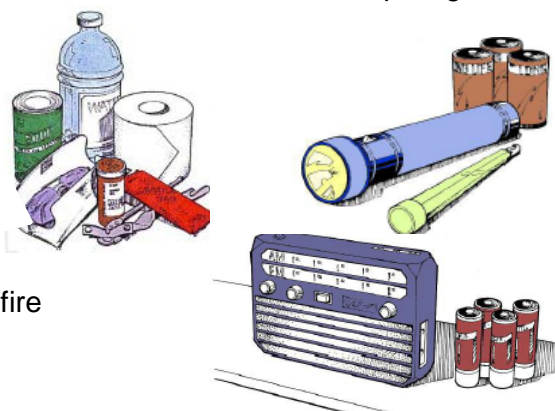
Myth: Snow will provide enough water for cattle.

It's hard for cows to eat enough snow to make up the 10 gallons of water they need per day. Plus, they'll burn a lot of calories to consume the cold snow. Cows will survive with snow as a water source; however, it won't allow them to perform to their potential.

At Home and Work

Your primary concerns at home or work during a winter storm are loss of heat, power and telephone service and a shortage of supplies if storm conditions continue for more than a day. In either place, you should have available:

- Flashlight and extra batteries
- Battery-powered NOAA Weather Radio and portable radio to receive emergency information
- Extra food and water such as dried fruit, nuts, granola bars and other food requiring no cooking or refrigeration.
- Extra prescription medicine
- Baby items such as diapers and formula
- First-aid supplies
- Heating fuel: refuel before you are empty; fuel carriers may not reach you for days after a winter storm
- Emergency heat source: fireplace, wood stove or space heater properly ventilated to prevent a fire
- Fire extinguisher, smoke alarm; test smoke alarms monthly to ensure they work properly
- Extra pet food and warm shelter for pets
- [Review generator safety](#): Never run a generator in an enclosed space
- Make sure your carbon monoxide detector is working correctly and that the outside vent is clear of leaves and debris. During or after the storm, make sure it is cleared of snow.
- [Home fires](#) are common each winter when trying to stay warm. Review ways to keep your home and loved ones safe.





In Vehicles

Each year, on average, more than 5,000 people are killed and more than 418,000 are injured due to weather-related vehicle crashes. If you need to drive in snow or cold conditions, TAKE IT SLOW IN THE SNOW. Black ice can be difficult to see. If the temperature is near freezing, drive like you're on ice--you may be!

Before you leave the house, especially before a longer trip in winter, make sure all fluid levels are full and ensure that the lights, heater and windshield wipers are in proper condition. Keep your gas tank near full to avoid ice in the tank and fuel lines. Avoid traveling alone. Let someone know your timetable and primary and alternate routes. Then call 511 for the latest traffic and road incidents, including construction and weather conditions and restrictions. Every state offers this Department of Transportation service. Call before you leave; it might change your plans!

Fully check and winterize your vehicle before the winter season begins. Carry a Winter Storm Survival Kit that includes the following:

- Mobile phone, charger, batteries
- Blankets/sleeping bags
- Flashlight with extra batteries
- First-aid kit
- Knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- Large empty can to use as emergency toilet, tissues, toilet paper and paper towels
- Small can and waterproof matches to melt snow for drinking water
- Sack of sand or cat litter for traction
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Battery booster cables
- Water container
- Candle and matches to provide light and in an emergency, lifesaving heat.
- Compass and road maps, don't depend on mobile devices with limited battery life



adding layers will help keep you warm as the temperature drops

DRESSING FOR COLD WEATHER

CHILLY

- 1-2 layers
- long layer
- outer layer to keep out wind, rain
- warm shoes water proof

COLD

- 2-3 layers
- gloves
- warm hat
- outer layer to keep out wind, wet snow
- boots water proof
- 1-2 layers

EXTREME COLD

- 3+ layers 1 insulating
- gloves
- warm hat
- face mask
- outer layer to keep out wind
- boots water proof
- 2+ layers

weather.gov/safety

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POWER OUTAGES

Extended power outages may impact the whole community and the economy. A power outage is when the electrical power goes out unexpectedly. A power outage may:

- Disrupt communications, water, and transportation.
- Close retail businesses, grocery stores, gas stations, ATMs, banks, and other services.
- Cause food spoilage and water contamination.
- Prevent use of medical devices.

PROTECT YOURSELF DURING A POWER OUTAGE:

- Keep freezers and refrigerators closed.
- Only use generators outdoors and away from windows.
- Do not use a gas stove to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Have alternate plans for refrigerating medicines or using power-dependent medical devices.
- If safe, go to an alternate location for heat or cooling.
- Check on neighbors.

HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS:

Prepare NOW

- Take an inventory of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
- Plan for batteries and other alternatives to meet your needs when the power goes out.
- Sign up for local alerts and warning systems. Monitor weather reports.
- Install carbon monoxide detectors with battery backup in central locations on every level of your home.
- Determine whether your home phone will work in a power outage and how long battery backup will last.
- Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
- Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored. Throw out food if the temperature is 40 degrees or higher.
- Keep mobile phones and other electric equipment charged and gas tanks full.

Power Outage Food Safety Tips

Reduce your risk of illness and minimize food spoilage by following these guidelines.

Keep a thermometer in your refrigerator and freezer

Fridge temp. 40°
Freezer temp. 0°

A cooler can help store food safely if power is out more than 4 hours

Prepare by freezing containers of water to help keep food cold

A full freezer will hold food safely up to **48 HOURS**

A refrigerator will keep food cold up to **4 HOURS**

Keep doors closed to maintain cold temperature

When power is restored, visit Foodsafety.gov for guidelines on what food to keep. **But when in doubt, throw it out.**



Survive DURING

Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

Maintain food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

Go to a community location with power if heat or cold is extreme.

Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.

Be Safe AFTER

When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug’s label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.





PROTECT WHAT MATTERSSM

YOU'RE BUSTED

You are in violation of
TAG OPSEC Policy.

OPSEC is our first line of defense
against hostile intelligence
collection efforts.

Do not leave any
unclassified hardware in an
unattended computer.

Contact your
Supervisor to retrieve your
CAC after additional
training is conducted!

NOT SURE? TALK TO YOUR OPSEC OFFICER!

Practice proper OPSEC everyday!

**PROTECT YOURSELF, YOUR FAMILY, YOUR SHIPMATES!
OPSEC ONLY TAKES A MINUTE!**