



## LA National Guard Emergency Management Bulletin

May 2020  
Volume FY20 Issue 8



### 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

**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)

MAJ Christopher Pace 318-290-5666  
Camp Beauregard EM Manager  
[christopher.g.pace.mil@mail.mil](mailto:christopher.g.pace.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)

Chris Letendre 225-319-4693  
GWLC EM Manager  
[christopher.a.letendre.nfg@mail.mil](mailto:christopher.a.letendre.nfg@mail.mil)

MSG Robert Cooper 318-382-4151  
Camp Minden EM Manager  
[robert.a.cooper33.nfg@mail.mil](mailto:robert.a.cooper33.nfg@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

It's May and Spring is in the air. This month we will focus on mosquito's and pet safety in emergencies.

We all want to get outside after the long cold winter to mow yards, plant flowers and gardens, fish or just relax. When going outside, we must always remember to protect ourselves from mosquitoes. Though the loss of blood is seldom of any importance to the victim, the saliva of the mosquito often causes an irritating rash that is a serious nuisance.

Emergencies come in many forms: fires, hurricanes, earthquakes, tornadoes, floods, violent storms and even terrorism. In the event of extreme weather or a disaster, would you know what to do to protect your pet? Leaving pets out of evacuation plans can put pets, pet owners, and first responders in danger. Even if you try to create a safe place for them, pets left behind during a disaster are likely to be injured, lost, or worse.

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



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



### Prevent Mosquito Bites

The most effective way to avoid getting sick from viruses spread by mosquitoes when at home and during travel is to prevent mosquito bites.

Mosquito bites can be more than just annoying and itchy. They can spread viruses that make you sick or, in rare cases, cause death. Although most kinds of mosquitoes are just nuisance mosquitoes, some kinds of mosquitoes in the United States and around the world spread viruses that can cause disease.

Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes to survive cold temperatures. Except for the southernmost states in North America, mosquito season starts in the summer and continues into fall.

### Prevention

- **Use insect repellent:** When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Use an EPA registered insect repellent with one of the following active ingredients:
  - DEET
  - Picaridin
  - IR3535
  - Oil of lemon eucalyptus (OLE)
  - Para-menthane-diol (PMD)
  - 2-undecanone
- **Cover up:** Wear long-sleeved shirts and long pants.
- **Keep mosquitoes outside:** Use air conditioning, or window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.



**Prevent MOSQUITO BITES**

- APPLY INSECT REPELLENT DURING DAYTIME
- WEAR LONG SLEEVED, LIGHT-COLORED CLOTHES
- USE SCREENS ON WINDOWS AND DOORS TO PREVENT MOSQUITOES ENTERING
- SLEEP UNDER MOSQUITO NET, EVEN DURING THE DAY
- USE HOUSEHOLD INSECTICIDE AEROSOLS, MOSQUITO COILS, OTHER INSECTICIDE VAPORIZERS

World Health Organization  
South-East Asia



### Planning a trip?

Make a check list of everything you'll need for an enjoyable vacation and use the following resources to help you prepare.

Learn about destination-specific health risks and recommendations by visiting [CDC Travelers' Health website](#).

Pack a [travel health kit](#). Remember to pack insect repellent and use it as directed to prevent mosquito bites.

See a healthcare provider familiar with travel medicine, ideally 4 to 6 weeks before your trip. Go to the [Find a Clinic](#) webpage for help in finding a travel medicine clinic near you.

### Do your homework before you travel.

For most viruses spread by mosquitoes, there are no vaccines or medicines available. However, vaccines are available for viruses like [Japanese encephalitis](#) and [yellow fever](#). Travelers to areas with risk of those viruses should get vaccinated.

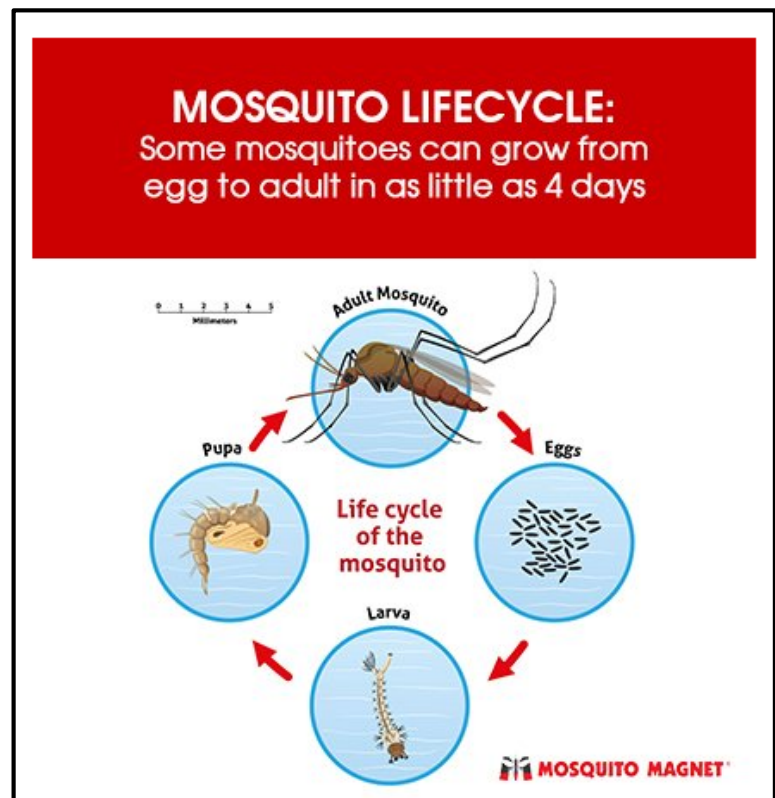
### After traveling

Even if they do not feel sick, travelers should prevent mosquito bites for 3 weeks after their trip so they do not spread viruses like dengue, Zika, or chikungunya to uninfected mosquitoes.

If you have been travelling and have symptoms including fever, headache, muscle and joint pain, and rash, see your healthcare provider immediately and be sure to share your travel history.

### Mosquito-borne viruses in the continental US

[West Nile virus](#) is the most common virus spread by mosquitoes in the continental United States. People can also get sick from less common viruses spread by mosquitoes, like [La Crosse encephalitis](#) or [St. Louis encephalitis](#). In rare cases, these can cause severe disease or even be deadly. Most people infected with these viruses do not have symptoms, or have only mild symptoms like fever, headache, nausea, and vomiting. CDC tracks diseases spread by mosquitoes.





### Mosquito-borne viruses in US territories

Viruses like dengue, Zika, and chikungunya are well-known to people living in US territories like Puerto Rico and the US Virgin Islands. Many people infected with these viruses do not have symptoms, or have mild symptoms. Mild symptoms can include fever, headache, muscle and joint pain, and rash.

#### Dengue

More than one-third of the world's population lives in areas with risk of dengue, including Puerto Rico. Dengue virus infections are a leading cause of illness and death in the tropics and subtropics. It is estimated as many as 100 million people get sick each year. Dengue is caused by any one of four related viruses spread by mosquitoes. Early recognition and prompt medical care can greatly lower the risk of complications and even death. Learn more from the [Dengue Feature](#).

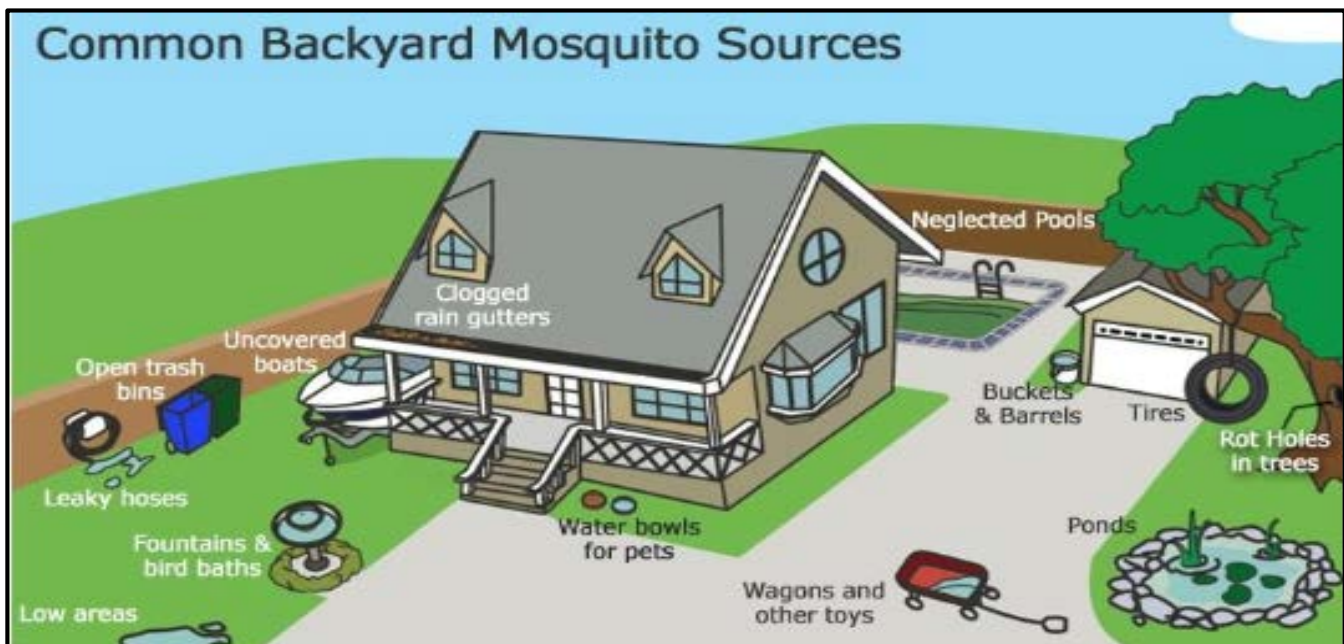
#### Zika

Zika virus disease (Zika) is still a problem in many parts of the world. Puerto Rico and US Virgin Islands are areas with risk. Many areas in the United States have the kind of mosquitoes that can spread Zika.

Zika can cause birth defects in babies born to women who were infected during pregnancy. CDC recommends pregnant women and their partners and couples considering pregnancy [know the risks](#) and take prevention steps.

#### Chikungunya

Since 2013, chikungunya virus has spread to 45 countries and over 2 million cases have been reported. US territories such as Puerto Rico and the US Virgin Islands have had large outbreaks of chikungunya virus. Infection is rarely fatal, but joint pain can often be severe and debilitating. There are also cases of travelers returning home who have been infected.





### Pet Safety in Emergencies

Emergencies come in many forms: fires, hurricanes, earthquakes, tornadoes, floods, violent storms and even terrorism. In the event of [extreme weather or a disaster](#), would you know what to do to protect your pet? Leaving pets out of evacuation plans can put pets, pet owners, and first responders in danger. Even if you try to create a safe place for them, pets left behind during a disaster are likely to be injured, lost, or worse. Be prepared: make a plan and prepare a disaster kit for your pet.



### Before an Emergency

To get started, familiarize yourself with the types of disasters that could affect your area and consider your options for providing care for your pet(s).

Disasters can happen without warning, so be prepared:

- Make sure your pet(s) wear collars and tags with up-to-date contact information and other identification.
- Microchip your pet(s) – this is one of the best ways to ensure that you and your pet are reunited if you are separated. Always be sure to register the microchip with the manufacturer and keep your contact information up to date with the microchip company.
- Keep a leash and/or carrier near the exit.
- Make sure you have proper equipment for pets to ride in the car (carriers, harnesses, pet seatbelts).
- Prepare a [Pet Disaster Kit](#) so evacuation will go smoothly for your entire Family. Ask your veterinarian for help in putting together your pet's veterinary records.

### Find Pet-Friendly Hotels

[bringfido.com](http://bringfido.com) or call 877-411-FIDO

[dogfriendly.com](http://dogfriendly.com) or call 888-281-5170

[doginmysuitcase.com](http://doginmysuitcase.com) or call 888-966-3046

[pet-friendly-hotels.net](http://pet-friendly-hotels.net) or call 866-966-3046

[pets-allowed-hotels.com](http://pets-allowed-hotels.com) or call 800-250-1625

[petswelcome.com](http://petswelcome.com)

[tripswithpets.com](http://tripswithpets.com)



### During an Emergency

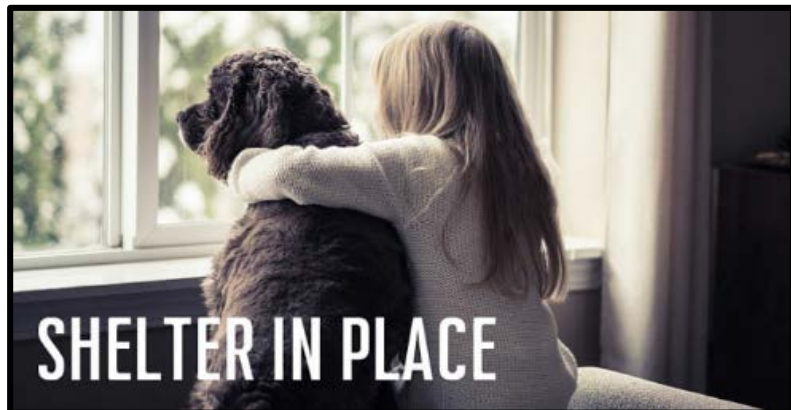
#### Sheltering during an evacuation

- Remember, during a disaster, what is good for your pet. If you leave your pets behind, they may be lost, injured – or worse. Never leave a pet chained outdoors.
- Contact your local emergency management office and ask if they offer accommodations for owners and their pets. If accommodations are needed for your pet(s):
  - Contact local veterinary clinics, boarding facilities, local animal shelters, Family or friends outside the evacuation area, or a pet-friendly hotel, particularly along evacuation routes.
  - Visit the Humane Society to find a shelter in your area.
- Remember to take your pet's emergency kit with you.
- [Learn what to expect](#) if you take your pet to an evacuation center.

#### Sheltering in place

When sheltering at home with your pet, make sure the room chosen is pet-friendly in the following ways:

- Select a safe room, preferably an interior room with no (or few) windows.
- Remove any toxic chemicals or plants.
- Close off small areas where frightened cats could get stuck in (such as vents or beneath heavy furniture).



If you don't have a plan and need information quickly in an emergency, contact:

#### Local Animal Shelters

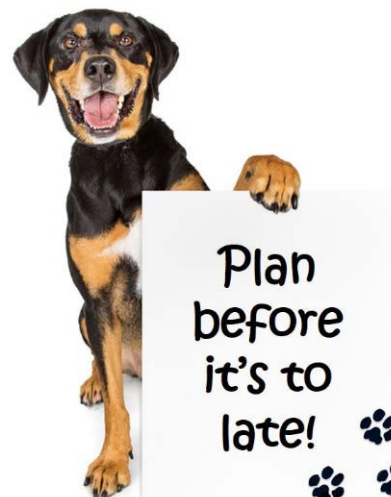
Search for local shelters and rescue groups on [Petfinder's Shelter Center](#). Local animal shelters may be able to offer advice on what to do with your pets if you are asked to evacuate your home.

#### Local Government

Local government animal control or service agencies can provide guidance on how to protect your pets in an emergency.

#### Relief Organizations

RedRover shelters and cares for animals displaced by natural disasters and other crises in the United States and Canada. If you need sheltering assistance, please call RedRover at (800) 440-3277 or visit [RedRover.org](#).





### Diseases that can spread between pets and people during a natural disaster

Natural disasters can contribute to the transmission of some [diseases](#). Exposure to inclement weather conditions, stagnant water, wildlife or unfamiliar animals, and overcrowding can put your pet at risk for getting sick. Some of these illnesses can be transmitted between pets and people (also known as zoonotic diseases or zoonoses). Some common disaster-related diseases that pets can pass to people are the following: rabies, leptospirosis, and diseases spread by mosquitoes, fleas, and ticks.

[Rabies](#) is a virus that affects the nervous system in both animals and people. Rabies is transmitted through bites from rabid animals or through contact with their saliva. To protect you and your pet: Report any bite wounds to medical personnel immediately. Practice safe handling of pets in a stressful situation. Keep your pet in a carrier or on a leash. Do not allow your pet to interact with other animals

[Leptospirosis](#) is a bacterial disease found in the urine of infected animals that can cause kidney damage and affect other organs. It is transmitted through contact with infected urine or contaminated water, soil, and food. Wash your hands after coming in contact with urine. Avoid stagnant water, especially after flooding occurring after natural disasters. Don't allow pets to play in or drink contaminated water.

**Diseases spread by mosquitoes, fleas, and ticks:** Mosquitoes, fleas, and ticks are common pests of stray animals and can be a problem immediately following a disaster situation. Their bites irritate the skin and may also spread a variety of diseases ([Lyme disease](#), [West Nile virus](#)) harmful to both people and animals. To help prevent illnesses associated with mosquitoes, fleas, and ticks: Keep your pet away from wildlife and stray animals. Talk to your veterinarian about the use of a regular preventative treatment for fleas, ticks, and parasites for your pet.

### How to Keep Yourself and Your Pets Healthy During a Disaster

- Wash your hands after handling your pet, its food, or its waste.
- Do not let your pet lick your face or hands.
- Keep your pet up-to-date on all vaccinations and heartworm, flea, and tick preventatives.
- Practice safe handling of your pet, because your pet may behave differently during a stressful situation.
- Keep your pet in a carrier or on a leash.
- Do not allow your pet to interact with other animals, especially wildlife and stray animals.
- Report any bite wounds to medical personnel immediately.
- Properly clean and disinfect cages and litterboxes. Wash your pet's bedding regularly.
- Avoid stagnant water, especially after flooding occurring after natural disasters.
- Don't allow pets to play in or drink contaminated water.





### After an Emergency

After an emergency, familiar scents and landmarks may have changed. Pets can become confused and lost, so it's important to keep pets on leash or in a carrier when they're being transported or when you go outside. Some hazards to be aware of for pets and people include snakes and other wildlife, especially after flooding, and downed power lines.

### Returning home

- Check your home for sharp objects, spilled chemicals, and exposed wiring to protect your Family and your pets from injury.
- The behavior of animals may change dramatically after a flood, flash flood, thunderstorm, or hurricane. Normally quiet and friendly animals may become irritable.
- Monitor animals closely and only release them in a safe and secure environment.
- Contact a veterinarian if you notice any signs of stress, discomfort, or illness in your pets.

### Finding a lost pet

- Make sure that your Family is in a safe location before you begin your search.
- If you are in a shelter that houses pets, inform one of the pet caretakers. Give the pet caretaker a missing pet flyer.
- Many shelters and organizations will house pets lost during disasters. Contact your local humane society, animal welfare organization, or county or state animal response team to find the shelters or organizations near you. . The [National Animal Rescue and Sheltering Coalition](#) may also be able to help find the right local response organization.
- In addition to shelters and rescue organizations, you can contact local animal control about your lost pet and post missing pet flyers in the area once conditions are safe.
- If your pet has a microchip, call the microchip company to let them know your pet is missing and make sure all the information about your pet including your current contact information is updated and current.

### Pet first aid

- Emergency treatment and first aid for pets should never be used as a substitute for veterinary care. But, it may save your pet's life before you can get your pet to a veterinarian.
- The [American Veterinary Medical Association](#) offers specific advice for basic first aid in the case of poisoning, seizures, fractures, external and internal bleeding, burns, choking, heatstroke, and what to do if your pet has no heartbeat or is not breathing.

### Tips for handling injured pets

- Never assume that even the gentlest pet will not bite or scratch if injured.
- Pain and fear can make animals unpredictable or even dangerous.
- Don't attempt to hug an injured pet, and always keep your face away from its mouth, which might scare the animal more or cause them pain.
- Perform any contact with your pet slowly and gently.
- Stop if your animal becomes more agitated or stressed.
- Try to get your pet to a veterinarian as quickly as possible without risking injury or illness to yourself or your Family.





# CORONA VIRUS OPSEC

P H I S H I N G M S G A M S

☰ Gmail 🔍 OPSEC Bulletin // UNCLASS ▼



## Army Safety Bulletin: Corona Virus Safety Measures



ArmySafety.COM  
<Army1234@army.safety.com>

Monday, 30 January 2020 at 03:51pm

Dear Sir/Ma'am,

**RED FLAG**

Go through the linked document on safety measures regarding the spread of corona virus.

Please click immediately as this little measure can save you.

[Corona Virus Safety Measures.pdf](#)

**RED FLAG**

Regards,

Dr. Pepper

*Corona Virus Specialist*

### Phishing Attacks are on the rise masking under COVID-19 Protection Measures

- Beware of online requests for personal information
- Never click on a link or download a file from an email, especially if the email looks suspicious
- Check and verify the email address or link
- Watch for spelling and grammatical mistakes
- Look for generic greetings
- Avoid emails that insist you act now



## **CORONA VIRUS** **OPSEC** OPSEC Communications Guidance

With social distancing and widespread telework, you can use standard texts or calls for basic accountability and providing guidance, but remember to not divulge anything on the LAARNG Critical Information List.

Only use the following DoD-Approved communications platforms to conduct official business (IE Training or C&S Meetings):

- Government Issued Phone
- Office 365 Commercial Virtual Remote (CVR)
- Cisco VPN (\*Required for all NIPR use from home)
- DoD Webmail
- Swift Chat App
- Skype for Business – Army Unified Capabilities (UC) Soft Client Subscription Service (SCSS)
- Global Video Services (GVS)

Non-approved communications tools are vulnerable to data collection and potential compromise of Critical Information:



**If you have questions about secure communications, consult your S6 section!**