



LA National Guard Emergency Management Bulletin

November 2020
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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

EMERGENCY
Fire-Police-Ambulance
911

Michael Green 504-278-8031
LMD Emergency Management Program
Coordinator
michael.s.green39.mil@mail.mil

MAJ Christopher Pace 318-290-5666
Camp Beauregard EM Manager
christopher.g.pace.mil@mail.mil

Peter Knight 504-278-8011
Jackson Barracks EM Manager
cristina.m.steib.mil@mail.mil

Chris Letendre 225-319-4693
GWLC EM Manager
christopher.a.letendre.nfg@mail.mil

MSG Robert Cooper 318-382-4151
Camp Minden EM Manager
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



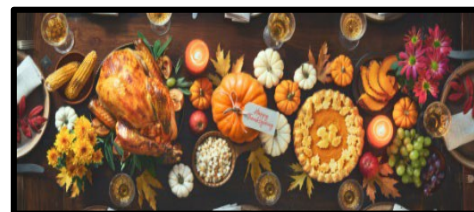
November has arrived and so has one of our most cherished holidays "Thanksgiving". It's time to bring out the sweaters and attend football games.

Our bulletin this month will talk about Fall driving challenges. We will need to be careful for the changes in weather, with frosty mornings, fog, and deer.

Our bulletin will also discuss Planning for a Winter Storm. Please take the time to refresh your knowledge regarding this issue. It is always better to be ready prior to the event.

Last but not least, I have included information from the Centers of Disease Control and Prevention. I would like everyone to familiarize yourself with the questions regarding COVID-19 and the flu. Please read over the information to increase your knowledge and prepare yourself and your family.

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



Fall brings new driving Challenges!



The kids are back in school, the leaves are starting to change colors and there's a chill in the air – it's official. Fall is here! From frosty mornings to shorter days, the changing seasons can bring new driving challenges. Stay safe on the road this fall by following these helpful autumn driving tips.

Check your Lights

Shorter days can mean that more of you commute to and from work may be in the dark. Ensure that you are ready for driving at dawn and dusk by periodically checking your headlights and taillights. If one burns out, don't waste any time getting it replaced.



Clear off your vehicle

Cooler autumn nights can result in a layer of frost on your windshield, rear window and side windows with an ice scraper or by running the defroster. Be sure to give yourself extra time you need to ensure that you have a clear view of the road.

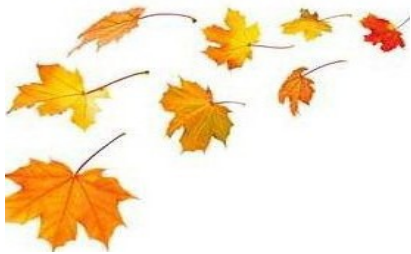
Watch out for wet leaves

Falling leaves can gather in a pile and create a road hazard. Wet leaves can be as slippery as ice; avoid braking on leaves gathered on the road. Fallen leaves can also hide road marking and obscure hazards like potholes and bumps.

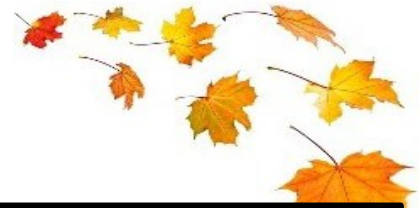


Be mindful of school buses

School is back in session and school buses are on the road. Drive with caution when approaching a school bus. While rules can vary from state-to-state, in general, if a school bus has its red flashing lights on and arm extended, you must stop. Be sure that you know your state's rules. Also keep an eye out for children walking to and from school.



Fall brings new driving Challenges!



Frosty Mornings

That layer of frost that you found on your windshield can also be waiting for you on overpasses, bridges and shaded areas. Treat these areas just like you would an ice road



Keep your sunglasses handy

Sun glare can make driving your vehicle in the morning and evening difficult during autumn. If you find yourself driving into the glare of the sun, be sure to use your visor and wear sunglasses. A clean windshield, inside and out, can also help improve your view.

Keep an eye out for deer

While deer can be a hazard all year long, the fall breeding season brings an increase in their activity. While driving your vehicle at dawn or dusk, be on guard for deer darting across the road. Deer tend to travel in groups, so if you see one deer, it is likely more are following. When traveling in areas known for deer, slow down and keep a watchful eye on both sides of the road.



Look out for fog

The crisp morning air can cause fog to develop. Fog can appear in low areas and hamper your ability to see oncoming traffic and other things like road signs and traffic lights.

Be sure to drive with your low beams and increase the distance between you and other cars.



Preparing for a Winter Storm

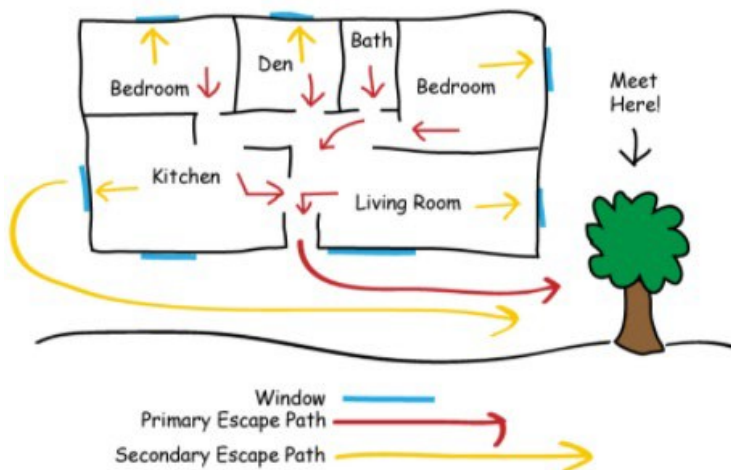
During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.



Make a Plan

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to create a communication and disaster plan for your family ahead of time. Be prepared to protect your family's health and well-being until help arrives. Have a strategy for staying healthy, informed, connected and calm.

Work with others to improve preparedness, increase connectedness, and build resilience.



Prepare Your Home and Car

Weatherproof your home.

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Install storm or thermal-pane windows or cover windows with plastic from the inside.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

Have your chimney or flue inspected each year.

If you plan to use the fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.



Preparing for a Winter Storm Continued

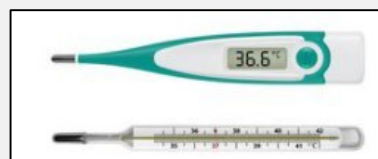
Install a smoke detector and a battery-operated carbon monoxide detector.

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.



For older adults, keep an easy-to-read thermometer inside your home.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.



Create an emergency car kit.

It is best to avoid traveling, but if travel is necessary, keep the following in your car:

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets
- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water





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



Flu and COVID-19

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with [influenza viruses](#). Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it.

Will there be flu along with COVID-19 in the fall and winter?

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever. CDC recommends that all people 6 months and older get a yearly flu vaccine.

Can I have flu and COVID-19 at the same time?

Yes. It is possible have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be.

Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with flu or COVID-19.

Is there a test that can detect both flu and COVID-19?

Yes. CDC has developed a test that will check for A and B type seasonal flu viruses and SARS-CoV-2, the virus that causes COVID-19. This test will be used by U.S. public health laboratories. Testing for these viruses at the same time will give public health officials important information about how flu and COVID-19 are spreading and what prevention steps should be taken. The test will also help public health laboratories save time and testing materials, and to possibly return test results faster.

The Food and Drug Administration (FDA) has given CDC an Emergency Use Authorization for this new test. Initial test kits were sent to public health laboratories in early August 2020. CDC will continue to manufacture and distribute these kits.



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

Flu and COVID-19

Will the new test detects both flu and COVID-19 replace other tests?

No. This new test is designed for use at CDC-supported public health laboratories at state and local levels, where it will supplement and streamline surveillance for flu and COVID-19. The use of this specialized test will be focused on public health surveillance efforts and will not replace any COVID-19 tests currently used in commercial laboratories, hospitals, clinics, and other healthcare settings.

Is COVID-19 more dangerous than flu?

Flu and COVID-19 can both result in serious illness, including illness resulting in hospitalization or death. While there is still much to learn about COVID-19, recent studies show it does seem as if COVID-19 is more deadly than seasonal influenza.

Will a flu vaccine protect me against COVID-19?

Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important [benefits](#). Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

What is CDC doing to promote flu vaccination during the COVID-19 pandemic?

To address the importance of influenza vaccination, especially during the COVID-19 pandemic, CDC will maximize flu vaccination by increasing availability of vaccine, including purchasing an additional 2 million doses of pediatric flu vaccine and 9.3 million doses of adult flu vaccine, by emphasizing the importance of flu vaccination for the entire flu season, and by conducting targeted communication outreach to specific groups who are at higher risk for complications from flu. These same groups are often at higher risk for COVID-19 too, so protecting them from influenza is important to decrease their risk of co-infection. Communication strategies for providers and the public will include:

- Educational outreach activities by CDC, including social media, press conferences, web page spotlights, radio media tours, op-eds, and other publications,
- A digital campaign to educate the general public and people with who are at increased risk from influenza and COVID-19 complications,
- Special educational efforts to inform the general population, people with underlying health conditions, and African American and Hispanic audiences about the importance of flu vaccination, and
- Updated vaccination websites for the public and providers that highlight the safety precautions being implemented in healthcare facilities during the pandemic.



Replace Your Batteries & Update Your Disaster Kit

Daylight Savings Time ends on November 11, 2020. We will fall back and gain an hour of sleep this time of year. Did you know that you should change the batteries in your smoke detectors and weather radio twice a year. If you make a habit of doing this when the time changes you will always remember. It is very important to have fresh batteries in these devices in case of a power outage when you would need them to work during a storm or a fire.



It is also a good time to refresh your family disaster kit. Change out stored food and water supplies every six months. Re-think you needs every year and update your kit as your families need.

The Adversary is Watching



Think OPSEC!