



LA National Guard Emergency Management Bulletin

January 2021
Volume FY21 Issue 4



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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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

A new year is like starting a new chapter in your life. It's your chance to write an incredible story for yourself. As you pursue your hopes and dreams, may this year bring you much success and may your journey be wonderful. As the New Year draws close, I hope it's filled with the promises of a hopeful tomorrow.

Our bulletin this month will cover Unique Needs, Make and Practice a Plan, Family Emergency Plan, Build a Kit and Emergency Kits. Please utilize the information in our bulletin to help prepare your family before disaster happens. Keep a kit prepared at home and consider also having kits in your car, at work and a portable version in your home ready to take with you.

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



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



Unique Needs

Think about your Family's unique needs and circumstances and plan ahead.

Be Informed

Identify all hazards that can affect you and your Family. Know the local emergency warning system in your area. Know the appropriate emergency actions. If you live abroad, know your local emergency procedures and how you will receive information. Include cash in the local currency and important translations in your emergency kit.

Make a Plan

Make a Family emergency plan. Consider the range of possibilities and places you might be. Plan reactions to various emergencies. Plan how your Family can stay in touch., Practice your plan. People with temporary or long-term challenges must take a proactive approach to ensure that their safety needs are included in all emergency planning. Look into special assistance programs that may be available in your community. Register with the Army Installation or local office of emergency services, local fire department and local utilities to get priority assistance.



Build a Kit

Update your emergency plans and kits to reflect your current needs. Consider the basics of survival and the unique needs of your Family including pets. Include enough supplies for at least three days. Assemble emergency supplies in your home, car and workplace. Include items such as baby food, diapers, food for service animals, or eye glasses. Be ready in case you must evacuate quickly.

Get Involved.

Everyone has a role in preparedness. Prepared individuals build stronger communities.

Train: In an emergency, you may be the first person on the scene. Trained communities more effectively prepare and respond to emergencies.

Volunteer: Consider giving back to your community. Donate time and resources to local organizations.

Share: Consider integrating emergency preparedness into existing activities. Share preparedness with others, especially children.

Sign up for **CodeRED** Emergency Alerts

The **CodeRED Mobile Alert** app enables subscribers to receive these notifications directly to their personal cell phone whether at home, on the road, or traveling around the country. ... The app also features the ability to view local radar footage for the past hour and satellite imagery of the previous 24 hours.





BUILD A KIT

Build a Kit: Put together an emergency kit that includes enough supplies for at least three days. You and your Family will be able to respond to an emergency more quickly, whether you temporarily shelter-in-place, evacuate, or move to a civilian shelter or designated safe-haven. Ensure that every member of your Family knows where the kit is located and is able to access it easily.

Important Family Documents
Financial and military documents, birth certificates, passports, cash, maps and Family emergency plan; store in water proof container.

Communication Needs
Cell phones, hand-cranked or solar/battery-powered weather radio, cell phone and solar power chargers, and extra batteries.

Water
One gallon of H2O per person per day for drinking and hygiene. Minimum of three days is recommended for each Family member and pet.

Individual Needs.
Pet items, baby supplies, feminine hygiene.

Health
Medicines, prescriptions, first aid kit, disinfectant and cleaning materials, trash bags.

Other items
Waterproof LED flashlight, multi-use tools, lighter or waterproof matches, rope, tarps, sleeping bags, folding shovel, survival saw, chemical lights.

Food
Non-perishable, high-protein food. Include Family favorites and comfort food.



Emergency Car Kit



**Minuteman 2 Person
Emergency Kit**



Create Your Family Emergency Communication Plan

COLLECT INFORMATION

Creating your Family Emergency Communication Plan starts with one simple question: “What if?” “What if something happens and I’m not with my family?” “Will I be able to reach them?” “How will I know they are safe?” “How can I let them know I’m OK?” During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:

HOUSEHOLD INFORMATION

Write down phone numbers and email addresses for everyone in your household. Having this important information written down will help you reconnect with others in case you don’t have your mobile device or computer with you or if the battery runs down. If you have a household member(s) who is Deaf or hard of hearing, or who has a speech disability and uses traditional or video relay service (VRS), include information on how to connect through relay services on a landline phone, mobile device, or computer.



SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Because a disaster can strike during school or work hours, you need to know their emergency response plans and how to stay informed. Discuss these plans with children, and let them know who could pick them up in an emergency. Make sure your household members with phones are signed up for alerts and warnings from their school, workplace, and/or local government. To find out more about how to sign up, see Know Your Alerts and Warnings at ready.gov. For children without mobile phones, make sure they know to follow instructions from a responsible adult, such as a teacher or principal.

OUT-OF-TOWN CONTACT

It is also important to identify someone outside of your community or State who can act as a central point of contact to help your household reconnect. In a disaster, it may be easier to make a long-distance phone call than to call across town because local phone lines can be jammed.

EMERGENCY MEETING PLACES

Decide on safe, familiar places where your family can go for protection or to reunite. Make sure the locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animal-friendly locations. Identify the following places:

- Indoor:** If you live in an area where tornadoes, hurricanes, or other high-wind storms can happen, make sure everyone knows where to go for protection. This could be a small, interior, windowless room, such as a closet or bathroom, on the lowest level of a sturdy building, or a tornado safe room or storm shelter.





Create Your Family Emergency Communication Plan Continued

EMERGENCY MEETING PLACES

- In your neighborhood:** This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor's house.
- Outside of your neighborhood:** This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. This could be a library, community center, house of worship, or family friend's home.
- Outside of your town or city:** Having an out-of-town meeting place can help you reunite if a disaster happens and:
 - You cannot get home or to your out-of-neighborhood meeting place; or
 - Your family is not together and your community is instructed to evacuate the area.

This meeting place could be the home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

OTHER IMPORTANT NUMBERS AND INFORMATION

You should also write down phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies, and other services.

SHARE. MAKE SURE EVERYONE HAS THE INFORMATION

- Make copies of your Family Emergency Communication Plan** for each member of the household to carry in his or her wallet, backpack, or purse. Post a copy in a central place at home. Regularly check to make sure your household members are carrying their plan with them.
- Enter household and emergency contact information** into all household members' mobile phones or devices.
- Store at least one emergency contact** under the name "In Case of Emergency" or "ICE" for all mobile phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.
- Create a group list** on all mobile phones and devices of the people you would need to communicate with if there was an emergency or disaster.
- Make sure all household members and your out-of-town contact** know how to text if they have a mobile phone or device, or know alternative ways to communicate if they are unable to text.
- Read Know Your Alerts and Warnings** at ready.gov and sign up to receive emergency information.

NOW IT'S TIME TO PRACTICE!

Once you have completed your Family Emergency Communication Plan, made copies for all the members of your household, and discussed it, it's time to practice!

Here are some ideas for practicing your plan:

- Practice texting and calling.** Have each person practice sending a text message or calling your out-of-town contact and sending a group text to your mobile phone group list.
- Discuss what information you should send by text.** You will want to let others know you are safe and where you are. Short messages like "I'm OK. At library" are good.



Winter Driving Tips

Winter driving presents a number of challenges to you and your car. Cold weather tests the limits of your car's mechanical abilities. Treacherous conditions test your abilities as a driver. If you're not careful, you could find yourself sliding towards a guard rail, wondering if your affairs are in order. It pays to be prepared. Here are some tips to get ready for snow and sleet-covered roads, and dipstick-freezing temperatures. We hope you find these tips useful.

If your car needs regular service, get it done now!

Nothing's a big deal in the summer. You break down? So what? It's a nice night out. Look at all those stars! But break down when it's minus jaw-freezing outside, and that's a different story. Since bad hoses, belts, water pumps and spark plug wires can leave you stranded in the winter, it's better to bite the bullet and fix them. It's better than spending the same amount of money after you've been sitting in your stalled car for three hours waiting for AAA.



Here's one service item that's often forgotten: tire pressure. Ask your mechanic to check it, or do it as soon as winter arrives. Why? Because tire pressure drops by about one pound per ten degrees of temperature. So, if it's -10 now, and the last time you checked your tire pressure was back during that sweltering heat wave in July, your tires will be dangerously low and will jeopardize your car's handling. Many newer vehicles have tire pressure monitors, which alert you to dangerous changes in tire pressure. In fact, as of 2008, tire pressure monitors are required on all new vehicles. But older cars don't have them and the pressure needs to be checked manually.

Make sure your battery and charging system are up to snuff. Your mechanic should check the battery, charging system, and belts. Your battery can leave you stranded simply because it's old and lousy. Or it could leave you stranded because your charging system isn't working well, and the battery isn't getting charged properly. So have your mechanic check the battery and charging system.

If you find that you need a new battery, get the biggest, meanest, ugliest battery that will fit in your car. Two things to remember about batteries: First, the battery that started your car easily in the summer may not have enough oomph to do it in winter. In winter, the engine is harder to start, because the oil isn't as "fluid" as it was last July. And secondly, batteries lose power as the temperature drops (you remember your high school chemistry, right?). So not only do you need MORE power to start the engine in winter, you also get LESS power from the same battery.

Batteries are rated by a measure called "cold cranking amps" (CCA), the maximum number of amps that the battery can deliver at zero degrees (F) for 30 seconds. Good, powerful batteries are rated at or above 600 CCA. We've never really liked this CCA



rating because some batteries rated at 600 CCA can just barely make the 30-second criterion, and some can pump it out much longer - clearly better batteries. Along came our pals at Consumer Reports. When they rate batteries, they do the CCA test and report how long the battery puts out the 600 amps. So take a look at their ratings for the lowdown.



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Know your car. Every car has different handling characteristics. You should know what your car can and cannot do in the snow. (Hint: It can't do any of the things it was doing on the TV commercial that made you buy it.) You should know if you have front, rear, part-time or full-time [four-wheel drive](#); [anti-lock brakes](#); [traction control](#); and [stability control](#). You should know what kind of tires are on the car, and how all those things work and how they help you or don't help you. In fact, it's not a bad idea to do a little driving in an empty parking lot on a snowy day just so you know what to expect from your car when you drive on snowy roads.

Clean off your car - entirely! Once snow or ice does arrive, take some extra time to make sure your car is clean and your visibility is good. Clear off the entire car, not just a little peephole in the windshield. You need just as much, if not more, visibility in poor conditions because you have to keep your eyes peeled for pedestrians, and every other knucklehead on the road. Make sure every glass surface is clear and transparent by using a snowbrush and/or ice scraper. Your side-view mirrors, and all lights should be brushed and cleared as well.

Now, if you haven't been smart enough to do so already, clean the snow off the rest of the car. Why? Because the rest of the snow will either (A) slide off the roof and cover your windshield as you're slowing down; or (B) fly off onto someone else's windshield and causing him or her to smash into you. That's not enough of a reason? Fine. Here's another: (C) it's the law in many states that your vehicle must be clear of snow and ice. Clean your headlights. Even if you think they don't need it.

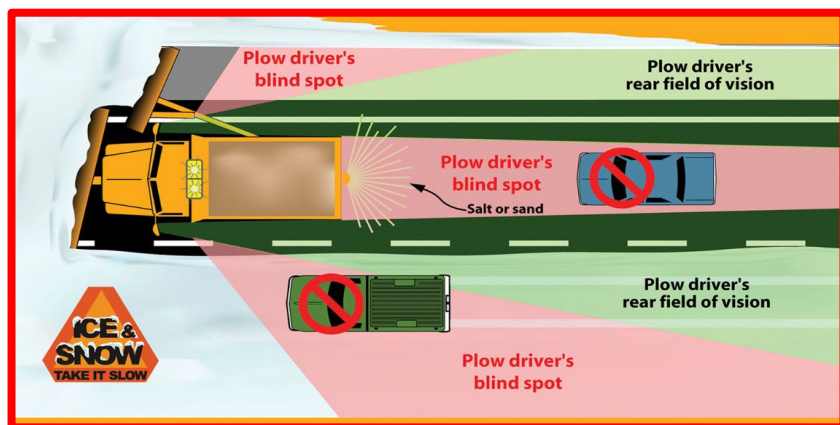


When driving in the snow, do everything slowly.

Even with good coolant, snow tires, [stability control](#), [all-wheel drive](#), and the bag of Doritos in the trunk, keep in mind that driving in snow, sleet, and ice is very treacherous. And even if you maintain control of your car, not everyone else will. So don't ever get lulled into a false sense of security. Do everything slowly and gently. Remember, in the snow, the tires are always just barely grabbing the road. Accelerate slowly and gently, turn slowly and gently, and brake slowly and gently. To do this, you have to anticipate turns and stops. That means what? Going slowly and leaving plenty of distance between you and other cars. Rapid movements lead to skids and loss of control. Drive as if there were eggs on the bottoms of your feet - step on the gas and the brake pedals so gently that you don't break the eggshell.

If you're nervous about driving in winter, consider spending some time practicing. Go to an empty parking lot and try sending the car into a little skid on purpose. Slam on the brakes, then practice turning into the skid and see what happens - and practice until you're comfortable regaining control of the car. Doing this in a large, empty parking lot (preferably without light poles) allows you the luxury of skidding without ending up flat on your back,

looking up into the eyes of seven different EMTs. The more comfortable you are maintaining control and regaining control, the better a winter driver you'll be. Oh, and one more thing. Always keep a manual crank charger for your cell phone in case you are stranded with no charging device.





Make sure your windshield wipers are in good shape.

Winter wipers - with the rubber coverings that keep ice from collecting on the blade - have become very popular. They're great in the winter, but make sure you take them off in the spring. Winter wipers are heavy, and if you use them all summer, you'll wear out the wiper motor prematurely.

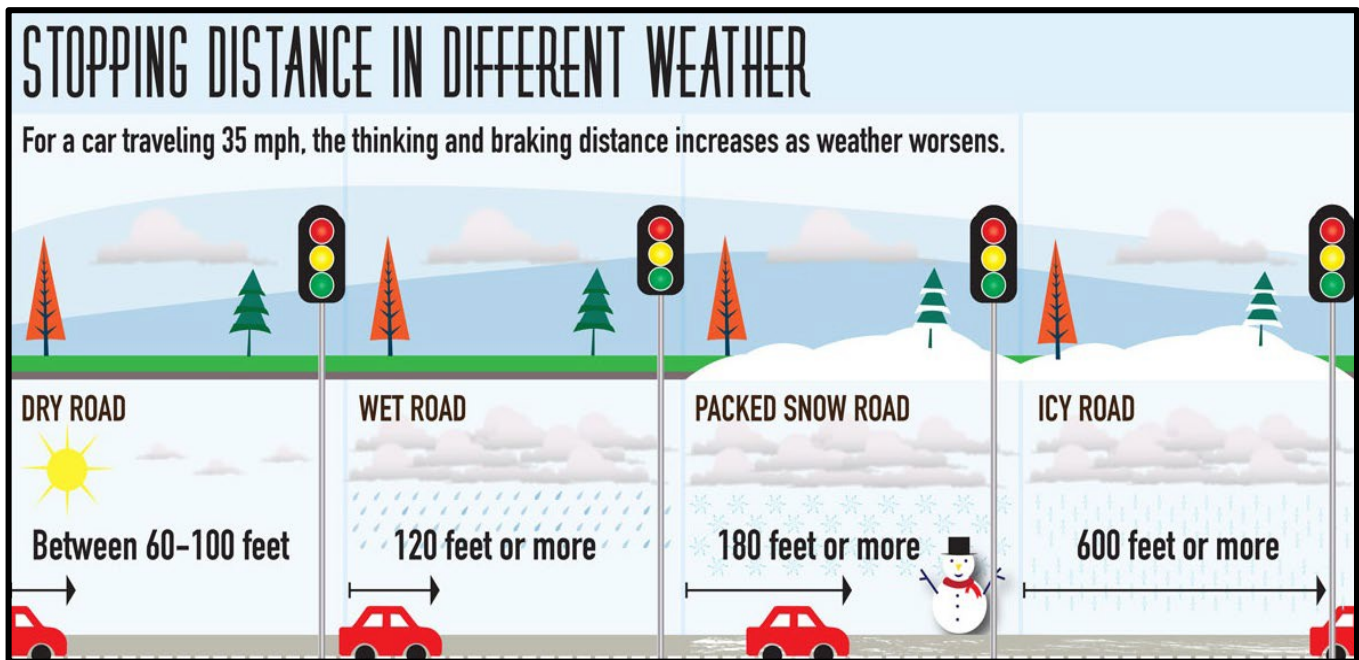
And when using your wipers in the winter, remember to turn them off **BEFORE** shutting off the engine. Why? Water frequently freezes overnight during the winter. And if your blades freeze to the windshield, when you go to start your car, the wiper motor may burn out trying to get them back to the "rest position," while you're sitting there wondering, "What's that burning smell?"

Keep your gas tank close to full.

In the summer, you can take a chance and run down to fumes. But in the winter, if you do get stuck or stranded, the engine will be your only source of heat. And you don't want to have to worry about conserving fuel and saving the planet right at that moment...you want to stay warm. You can run the engine indefinitely at idle to stay warm-or as long as you have gas. No harm will be done to the engine.

By the way, if you have an old jalopy, we suggest you crack open the window a bit if you are going to be idling the engine. Old jalopies are more likely to suffer from exhaust leaks and rust holes. This may not be a problem while you're driving because the wind is removing the exhaust as you move forward; but if you're sitting for a long time while carbon monoxide is slowly leaking into the passenger compartment, it is a recipe for disaster.

Finally, if you are pulled over and stopped in the midst of a humungous snowstorm, be sure to get out periodically and remove snow from behind the tailpipe to keep it unobstructed.





Going out of town?

Remember OPSEC at home, too.



Disguise the nature of your
“Mission”:

- Have a trusted friend or relative pick up your mail and newspapers
- Put your lights on a timer
- Be careful if using social networking sites, which can broadcast your vacation to the world!
- What else is giving you away?

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www.opsecprofessionals.org



PASSWORDS ARE LIKE
TOOTHBRUSHES.

DON'T SHARE THEM

- even with friends.

Do your kids know that, too?



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