



LA National Guard Emergency Management Bulletin

February 2021
Volume FY21 Issue 5



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

It's February and this month our focus will be on Power Outages. We will also show you ways to conserve your energy.

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. Follow our tips to save electricity at home which can lower your electric bill and keep the lights on for everyone.

Please utilize the information in this month's bulletin to prepare for power outages. 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/>



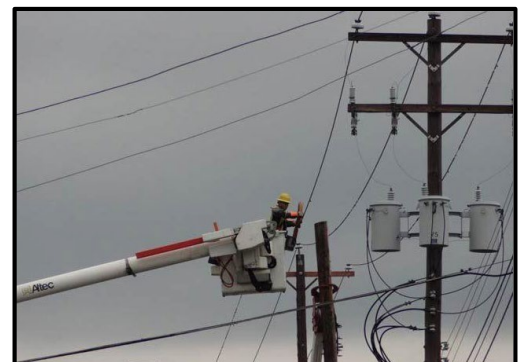
POWER OUTAGES

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.
- Use a generator, but **ONLY** outdoors and away from windows.
- Do not use a gas stove and ovens 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 with your local officials for locations of cooling or warming centers. Locations may have changed this year due to the COVID-19 pandemic.
 - CDC has provided cooling shelter operators with guidance to help protect people from COVID-19. This guidance can be used for warming shelters, too





PROTECT YOURSELF DURING A POWER OUTAGE CONTINUED:

- If you go to a public cooling or warming center, keep at least six feet of space between you and individuals who are not a part of your immediate household.
- Wear masks when in public spaces. Masks should not be worn by children under 2 years old, people who have trouble breathing, and people who are unconscious, incapacitated, or otherwise unable to remove them.
- Try to bring items that can help protect you and others in the cooling or warming center from COVID-19, such as two masks for each person age two or older in the household, hand sanitizer that contains at least 60 percent alcohol, and cleaning materials.
- [Review the CDC's guidelines for "Going to a Public Disaster Shelter During the COVID-19 Pandemic."](#)
- Be a good neighbor. Check on the welfare of others.
- Sign up for email updates about coronavirus from the Centers for Disease Control and Prevention (CDC). Follow the latest guidelines from the CDC and your local authorities to prevent the spread of COVID-19.



Don't forget to check on your elderly neighbors during a power outage.

How to Stay Safe When a Power 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.
- 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. Be sure to include hand sanitizer that contains at least 60 percent alcohol to use in case you are unable to wash your hands with soap and water.



LA National Guard Emergency Management Bulletin

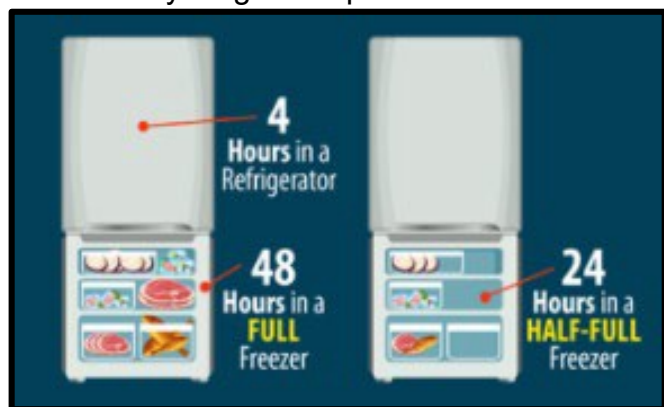
February 2021
Volume FY21 Issue 5

How to Stay Safe When a Power Threatens: Prepare NOW Continued

- Include non-perishable foods, cleaning supplies, and water for several days, in case services are cut off in your area. If you are able to, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly. After a power outage, you may not have access to these supplies for days or even weeks.
- Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
- Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently. In addition, consider avoiding WIC-labeled products so that those who rely on these products can access them.
- 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 car and generator gas tanks full.

Survive DURING

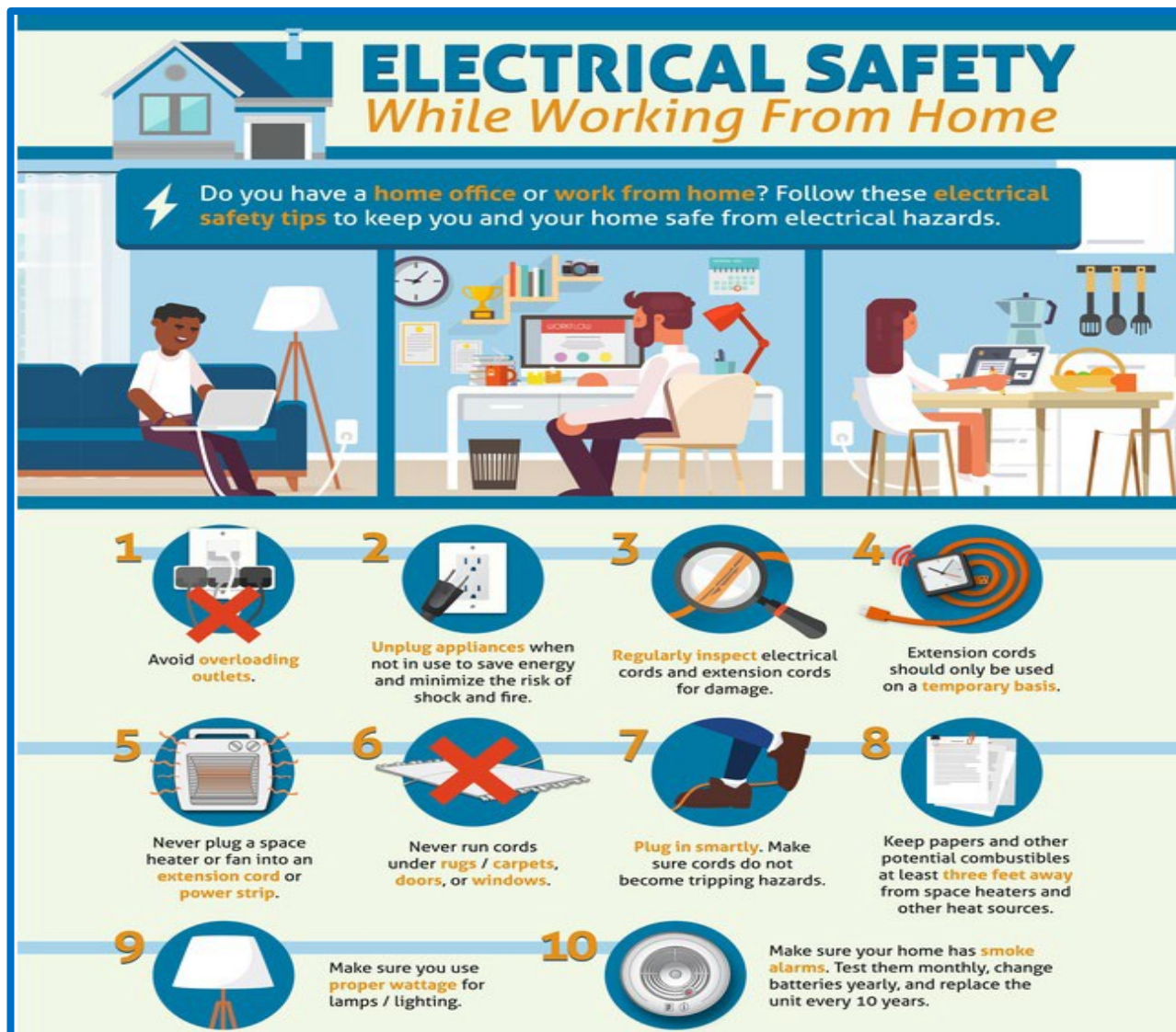
- Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.
- Maintain food supplies that do not require refrigeration.
- Avoid 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. Consult your doctor or pharmacist immediately for a new supply.
- Continue taking steps to protect yourself from COVID-19 and other infectious diseases, such as washing your hands often and cleaning commonly touched surfaces.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a power outage can add additional stress. Follow CDC guidance for [managing stress during a traumatic event](#) and [managing stress during COVID-19](#).





How to Choose a Generator What size generator will I need?

1. Add up the power requirements of the appliances and devices you will want to use. (Check the back and sides for a label with this info).
2. Add up the wattage of all the light bulbs you will want to use.
3. Find the total amps you need by dividing watts by volts.
4. Choose a generator that produces more amps than you need – because some machines draw up to 3 times as much power when starting up. And others lose efficiency over time. The best option is a permanently-installed stationary generator.



Using a Generator at Home

The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, and fire. Follow the directions supplied with the generator.

- To avoid electrocution, keep the generator dry and do not use in rain or wet conditions. Operate it on a dry surface under an open canopy-like structure, such as under a tarp held up on poles. Do not touch the generator with wet hands.
- Be sure to turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could ignite.
- Store fuel for the generator in an approved safety can. Use the type of fuel recommended in the instructions or on the label on the generator.

Local laws may restrict the amount of fuel you may store, or the storage location. Ask your local fire department.

Store the fuel outside of living areas in a locked shed or other protected area. To guard against accidental fire, do not store it near a fuel-burning appliance, such as a natural gas water heater in a garage.

- Plug appliances directly into the generator, or use a heavy duty, outdoor-rated extension cord that is rated (in watts or amps) at least equal to the sum of the connected appliance loads.

Check that the entire cord is free of cuts or tears and that the plug has all three prongs, especially a grounding pin.

- Never try to power the house wiring by plugging the generator into a wall outlet. Known as “backfeeding,” this practice puts utility workers, your neighbors and your household at risk of electrocution.
- Remember, even a properly connected portable generator can become overloaded, resulting in overheating or generator failure. Be sure to read the instructions.
- If necessary, stagger the operating times for various equipment to prevent overloads.



PROTECT WHAT MATTERSSM

LA National Guard
Emergency Management Bulletin

February 2021
Volume FY21 Issue 5

! DANGER !

Using a generator indoors **CAN KILL YOU IN MINUTES.**

Generator exhaust contains carbon monoxide.
This is a poison you cannot see or smell.



NEVER use inside a home or garage,
EVEN IF doors and windows are open.



Only use **OUTSIDE** and 20 feet from
windows, doors, and vents.
Point exhaust away from your home.

Portable Generator Safety

DO

DO make sure you have working
CO alarms with battery backup
outside sleeping areas.

DO read the label on your generator
and the owner's manual.

DO use portable generators **OUTSIDE**
only, at least 20 feet away from windows,
doors and vents with exhaust facing
away from these openings.

DO wait for the rain to pass before
operating generator, or tent the
generator, to avoid
electrocution.

DON'T

DON'T use portable generators
inside your home, garage or shed.

DON'T use generators near
openings to your home including
doors, window or vents.

DON'T refuel a
running generator.

DON'T delay if you start to
feel sick or dizzy. Get to fresh
air right away, then call **911**.



Carbon Monoxide (CO) is an invisible killer. It's a colorless, odorless,
poisonous gas. **CO** from a generator used indoors can kill you and your family
in minutes.

*Centers for Disease Control and Prevention (CDC) recommendation

