



LA National Guard Emergency Management Bulletin

September 2023
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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.



IMPORTANT NUMBERS TO KNOW

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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

September has been designated as National Preparedness Month and will be the focus for this month's bulletin. It is held each year to encourage Americans to take simple actions to prepare for emergencies. America's PrepareAthon is an opportunity for individuals and communities to prepare for specific hazards through group discussions, drills, and exercises. It is a campaign to increase community preparedness and resilience. Join others around the country to practice your preparedness! The 2023 theme is "Take Control in 1,2,3."

Please utilize the information in this month's bulletin to help you prepare emergency plans for your family.

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

BE INFORMED.
MAKE A PLAN.
BUILD A KIT.
GET INVOLVED.

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LANG EM WEB PAGE:

<http://geauxguard.la.gov/resources/emergency-management/>



September is National Preparedness Month



National Preparedness Month (NPM), is recognized each September to promote Family and community disaster and emergency planning now and throughout the year. The 2023 theme is “Take Control in 1,2,3.” The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

The 2023 National Preparedness Month Weekly Themes are:

Week 1: September 3-9	Make a Plan
Week 2: September 10-16	Build a Kit
Week 3: September 17-23	Prepare for Disasters
Week 4: September 24-30	Preparing Older Adults

Emergencies, by definition, leave little or no time to react. The increased threat of terrorism and naturally occurring disasters demonstrate the need for our Guard Community to be prepared for any emergency.

To help prepare the Guard Community for all hazards, Ready Army encourages everyone to – Make a Plan. Build a Kit, Prepare for Disasters, and Preparing for Older Adults. The Army’s campaign expands upon the National Ready Campaign to provide targeted information to support the unique needs of our Guard community stationed around the world.

The Guard recognizes the continued commitment and sacrifice that Soldiers and their Families make every day. Ready Army supports that commitment by strengthening our Army community and the peace of mind of our deployed Soldiers, who can focus on their critical duties knowing their loved ones know what to do if an emergency strikes.

Soldiers take care of Soldiers; Guard Families take care of Guard Families; and in the Guard, we take care of each other. This underlying compassion creates an attitude that we are in this together.

Instituting emergency preparedness and education programs such as Ready Army helps prepare the entire Army Community; and a prepared community saves lives.

For more information about disasters, preparedness, and ways to get involved In America’s PrepareAthon!, go to: <https://www.fema.gov/plan-prepare>



“Prepare to Protect”



Week 1: September 3-9 Make a Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which [types of disasters](#) could affect your area. Know how you'll contact one another and reconnect if separated. Establish a Family meeting place that's familiar and easy to find.

Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

1. How will I receive [emergency alerts and warnings](#)?

Public safety officials use timely and reliable systems to alert you and your family in the event of natural or man-made disasters. This page describes different warning alerts you can receive and the types of devices that receive the alerts.



During an emergency, alert and warning officials need to provide the public with life-saving [information quickly](#). [Wireless Emergency Alerts \(WEAs\)](#), made available through the [Integrated Public Alert and Warning System \(IPAWS\) infrastructure](#), are just one of the ways public safety officials can quickly and effectively alert and warn the public about serious emergencies.

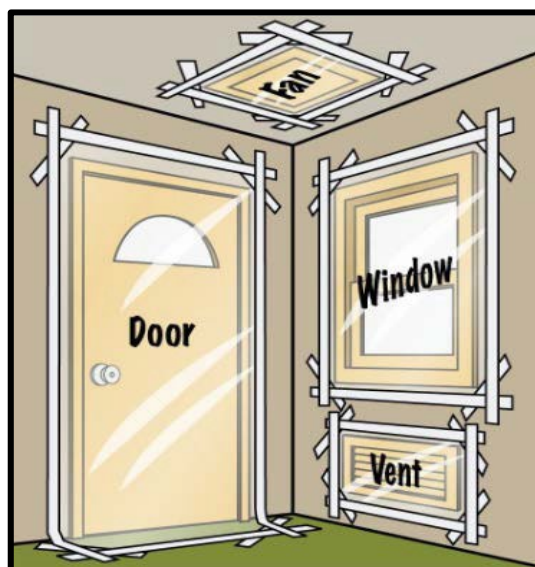
What you need to know about WEAs:

- WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the President of the United States
- WEAs can be issued for three alert categories – imminent threat, AMBER, and presidential
- WEAs look like text messages, but are designed to get your attention and alert you with a unique sound and vibration, both repeated twice
- WEAs are no more than 90 characters, and will include the type and time of the alert, any action you should take, as well as the agency issuing the alert
- WEAs are not affected by network congestion and will not disrupt texts, calls, or data sessions that are in progress
- Mobile users are not charged for receiving WEAs and there is no need to subscribe
- To ensure your device is WEA-capable, check with your service provider

2. What is my [shelter](#) plan?

Choosing to take shelter is necessary in many emergencies.

Taking appropriate shelter is critical in times of disaster. Sheltering is appropriate when conditions require that you seek protection in your home, place of employment or other location when disaster strikes. Sheltering outside the hazard area could include staying with friends and





Week 1: September 3-9 Make a Plan Cont.

To effectively shelter, you must first consider the hazard and then choose a place in your home or other building that is safe for that hazard. For example, for a tornado, a room should be selected that is in a basement or an interior room on the lowest level away from corners, windows, doors and outside walls.

The safest locations to seek shelter vary by hazard. [Be Informed](#) about the sheltering suggestions for each hazard.

There may be situations, depending on your circumstances and the nature of the disaster, when it's simply best to stay where you are and avoid any uncertainty outside by "sheltering in place". The length of time you are required to shelter may be short, such as during a tornado warning, or long, such as during a winter storm or a pandemic. It is important that you stay in shelter until local authorities say it is safe to leave. Additionally, you should take turns listening to radio broadcasts and maintain a 24-hour safety watch.

During extended periods of sheltering, you will need to manage water and food supplies to ensure you and your family have the required supplies and quantities. Read more about [Managing Water](#) and [Managing Food](#).

3. What is my [evacuation](#) route?

A wide variety of emergencies may cause an evacuation. In some instances you may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning ahead is vital to ensuring that you can evacuate quickly and safely, no matter what the circumstances.

- Learn the types of disasters that are likely in your
- community and the local emergency, evacuation,
- and shelter plans for each specific disaster.

• [Plan](#) how you will leave and where you will go if you are advised to evacuate.

- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.





Week 1: September 3-9 Make a Plan Cont.

- If needed, identify a place to stay that will accept [pets](#). Most public shelters allow only service animals.
- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- [Develop a family/household communication and re-unification plan](#) so that you can maintain contact and take the best actions for each of you and re-unite if you are separated.
- Assemble supplies that are ready for evacuation, both a “go-bag” you can carry when you evacuate on foot or public transportation and supplies for traveling by longer distances if you have a personal vehicle.
- If you have a car:
 - Keep a full tank of gas in it if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
 - Make sure you have a portable [emergency kit in the car](#).
- If you do not have a car, plan how you will leave if needed. Make arrangements with family, friends or your local government.

What is my [family/household communication plan](#)?

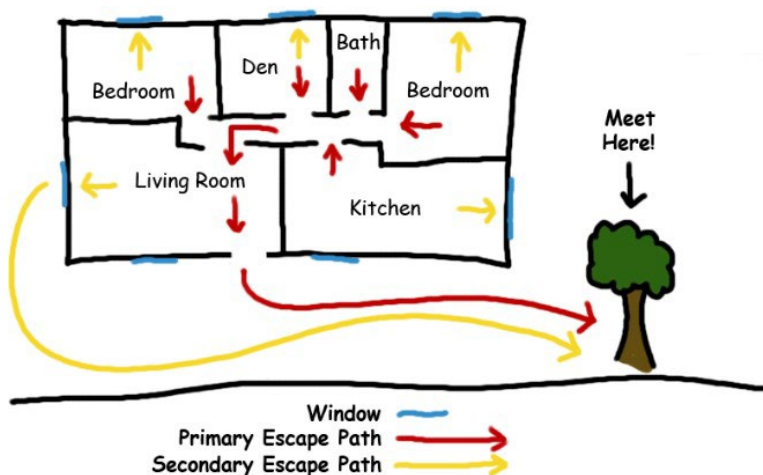
Emergencies can happen at any time. Do you know how to get in touch with your Family if you are not together?

Let them know that you are OK! Pick the same person for each Family member to contact. It might be easier to reach someone who's out of town.

Unless you are in immediate danger, send a text. Tests often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911). Memorize your home and parent's cell phone numbers.

Know where to go and how to get there. Pick a meeting spot. Where will you meet up with your Family if you have to get out of your house quickly? Where will you meet if your neighborhood is being evacuated and you're not at home? Pick a place to meet (like a big tree in your yard or your neighbors house). You should also pick a place out of your neighborhood (such as the library or house of worship).

Know two exits out of your house or your school. Do you know two ways out of every room in your house in case of a fire. Draw the floor plan of your bedroom on a piece of paper and circle the two ways to get out. Hint: one may be the door.





Build a Kit

Week 2: September 10-16 Build a Kit



Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find and any one of them could save your life. Headed to the store? [Download a printable version](#) to take with you. Once you take a look at the basic items consider what [unique needs](#) your Family might have, such as supplies for [pets](#) or [seniors](#).

Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- [Water](#) (one gallon per person per day for at least three days, for drinking and sanitation)
- [Food](#) (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to [turn off utilities](#))
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Download the [Recommended Supplies List](#) (PDF)





Build a Kit

Week 2: September 10-16 Build a Kit Cont.

Build A Kit Continued

Additional Emergency Supplies

The CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

- [Cloth face coverings](#) (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- [Prescription medications](#)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important Family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



Maintaining Your Kit

- After assembling your kit remember to maintain it so it's ready when needed:
- Keep canned [food](#) in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your Family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all Family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies [in your car](#).



Prepare for Disasters

Week 3: September 17-23

Prepare for Disasters

Preparing for Disaster

A natural disaster can occur at any time. Some disasters give a warning, such as a storm preceding a flood. Others, such as earthquakes, give little or no warning. Once a disaster happens, the time to prepare is gone. The best way to cope with a natural disaster is to prepare by having a plan before it strikes.

Disasters vary in size, from smaller events such as a storm affecting a single suburb, to large-scale events that can affect whole cities or large areas that cross state boundaries. As a result of disasters, people may be injured or killed, or may lose their homes and valuable possessions.

It is important to protect your Family, home, business and assets from such events. Insurers provide society with the means to do this. Following a natural disaster, insurance companies can pay claims to policyholders with the right policies who are affected, allowing communities to rebuild.

Taking steps to prepare for a disaster can help get you back to normal faster. If you are unprepared, the devastation and financial loss caused by natural disasters can be magnified.



Plan for your risk

Every American should know how to prepare for any natural disaster.

Most of us live in areas that can be affected by extreme weather and other natural disasters, whether it is from wildfires, floods, severe storms, droughts, hurricanes or earthquakes.

The first step is to identify the types of disasters you are exposed to, the likelihood of these occurring and their potential impact. Knowing the most common hazards in your area — particularly if you're new to the region — can help you focus your preparation plans for each hazard.

For instance, ask yourself:

- Is my area vulnerable to any natural hazards?
- How often are these hazards likely to occur in my area?
- Which of my assets would be affected?
- To what extent would I be affected financially?
- How would I recover if I did not have insurance?
- How can each disaster be predicted or mitigated?



Local councils and emergency management authorities

can help you identify risk in your area and outline the local plans and recommendations for each. Once you have identified the disasters you are exposed to, it's important to review your insurance policies and confirm your cover against various events. If you don't have insurance, consider the types of policies you may require and the risks you need them to cover. If you live in a flood or wildfire zone, it would be wise to insure your property accordingly. For example, if your home is next to a river or creek and your property is at risk of flooding, check your policy to see if you're covered. If you're unsure, contact your insurer to find out. Many insurers will place embargoes on insurance when natural disasters are considered imminent. This means if a hurricane is heading your way you may not be able to purchase insurance cover until the insurer lifts restrictions on new policies.



Preparing Older Adults

Week 4: September 24-30 Preparing Older Adults

Make a List of People Who Can Help

- Create a chain of contacts. Assign who will contact who during an emergency. Enlist family, friends, and neighbors, if necessary, but do not leave it all to one person. If the one person on the list is injured or incapacitated, you may be left stranded. Keep your list of helpers in your emergency kit.

- There are many communication apps available. Choose one or two, then ask the family and friends on your emergency contact list to download these same apps. They can be used to communicate with each other when phone lines or internet service is down.



Be Sure Your Medical Information is Available

If you have a medical condition, you may choose to wear a medical alert bracelet or pendant. This could save your life, especially if you are a diabetic or allergic to specific medications, etc. Any of the medical alert jewelry that is available today could help first responders treat you

properly in case you are unable to give or tell them your medical history.



There are Things You Need to Take with You if You Leave Your Home

- Before an emergency arises, write down a list of everything it takes for you to stay healthy. Include your doctor's and pharmacy name and contact information, a list of medications any medical devices and medications. Then let the people on your contact list know where the list will be in case you need it.

- A **kit**. One thing you will need is a kit with all the items you need to survive for a minimum of 72 hours. For a comprehensive list, visit [Build A Kit | Ready.gov](#). The American Red Cross can also help you with information on recommended items.





Preparing Older Adults

Week 4: September 24-30 Preparing Older Adults

•**Cash.** The general rule of thumb is to have at least enough cash to pay for 30 days of essential living expenses. The amount depends on how much your critical expenses are. This usually includes a mortgage, electricity bill, phone bill, water bill, gas bill, etc. A better idea is to have your bills on auto-pay - then you may not have to worry about this issue unless there is a widespread power outage in your part of the country. Be sure you have at least some of your cash in small bills and some coins in case you need it for toll booths or for buying groceries and supplies.

Everyone can take steps to prepare for the kinds of emergencies that are the most likely where they live. In Louisiana those include hurricanes, flooding, fires and more. Sometimes the danger is known well ahead of time, and you have time to prepare. Other times, you must react now. When that happens, you need to know who to call for help.

Additional ways to prepare:

- [How to Prepare for Emergencies](#)
- [Prepare My Family for a Disaster](#)
- [Evacuating Yourself and Your Family](#)
- [Prepare for an Emergency](#)
- [Emergency Preparedness and You](#)
- [Guidance: Preparing for Emergencies](#)
- [Emergency Management: How to Prepare for Emergencies](#)
- [Medication Tips and Tools: Preparing for Emergencies](#)
- <https://www.seniorliving.org/research/disaster-preparedness/>

