

Ready
irginia

Emergency Preparedness Training

www.ReadyVirginia.gov

www.ListoVirginia.gov

What is Ready Virginia?



- ◆ Ready Virginia and its Spanish counterpart, Listo Virginia, are statewide public education efforts to prepare Virginians for all hazards.
- ◆ They are based on the federal Ready and Listo campaigns.



What is Ready Virginia?



Ready Virginia includes many partners.



American Red Cross



*Voluntary Organizations
Active in Disaster*



Core Messages



Ready Virginia has three core messages:

- ✓ Get a kit
- ✓ Make a plan
- ✓ Stay informed

These reinforce messages from the Department of Homeland Security, the Federal Emergency Management Agency and the American Red Cross.

Virginians are Aware



- ◆ Recent research shows us that Virginians:
 - ✓ understand what the three messages mean
 - ✓ know they should get ready for emergencies
 - ✓ know that being prepared can reduce harm from natural and human-caused events

- ◆ *Awareness doesn't mean they are Ready.*

Major Misperception



- ◆ Virginians think they are Ready, but they are not.
- ◆ Perception vs. Reality
 - ✓ 54% feel prepared, but ...
 - ✓ 71% do not have critical supplies



Clear National Messages



- ◆ Emergency preparedness is everyone's responsibility.
- ◆ Everyone should have a personal response plan for a disaster.
- ◆ Everyone should be prepared to be self-sufficient for at least the first 72 hours.



What Does Being Ready Mean? ✓

- ◆ **A baseline is important.**
- ◆ **Here's where to start:**
 - ✓ 3-day supply of non-perishable food
 - ✓ 3-day supply of water
 - ✓ Battery operated and/or hand-crank radio
 - ✓ Family communications plan

Get a Kit



- ◆ Having a disaster supply kit is essential to making it through a disaster safely.
- ◆ Make sure to have supplies on hand to last each person at least three days.
- ◆ Check your kit at least once a year, and replace any items that may have expired, including food, water and medications.

Other Items For Your Kit



- ◆ Whistle to signal for help
- ◆ Extra glasses or contact lenses; hearing aid batteries
- ◆ Dust mask, plastic sheeting and duct tape (for sheltering in place)
- ◆ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ◆ Wrench or pliers to turn off utilities
- ◆ Change of clothes and sturdy shoes

Get a Kit for Babies



Don't forget supplies for babies and toddlers:

- ◆ Formula
- ◆ Bottled water
- ◆ Blankets
- ◆ Diapers
- ◆ Disposable wipes
- ◆ Copy of current shot record
- ◆ Bath towels and wash cloths
- ◆ Clothing, bibs
- ◆ Medications, diaper rash cream
- ◆ Binkies and toys
- ◆ Plastic baggies
- ◆ Dishes and cups



Get a Kit for Seniors/Disabled



Seniors and the disabled also need supplies:

- ◆ Keep the kit light and store it in multiple containers if needed.
- ◆ Make a list of prescription medicines including dosage and allergy information.
- ◆ Denture needs
- ◆ Extra eye glasses
- ◆ Hearing aid batteries, wheelchair batteries, heavy-duty gloves, wheelchair flat tire kit, oxygen
- ◆ Have contact numbers for pharmacy and medical supply providers for oxygen, dialysis supplies, diabetes supplies, etc.
- ◆ Include list of doctors, relatives or friends who should be notified if someone is injured.
- ◆ Copies of important documents



Get a Kit for Pets



Last, but not least, pets need supplies:

- ◆ Identification tags on collars
- ◆ Medications, immunization records and a first aid kit
- ◆ Leashes, harnesses, carriers or cages to transport pets safely
- ◆ Carriers should be large enough for the pet to stand comfortably, turn around and lie down. Include blankets, towels.
- ◆ Pet beds, toys, treats
- ◆ Current photos of you with your pets in case they get lost
- ◆ Food, water, bowls, cat litter/pan and can opener
- ◆ Name and phone number of your veterinarian



Get a Kit for the Car



You also may need supplies in your car:

- ◆ Emergency contact information
- ◆ Small flashlight and batteries
- ◆ Whistle or other noisemaker
- ◆ Water, food bars
- ◆ Extra medication, prescriptions
- ◆ Extra pair of glasses
- ◆ Hearing aid batteries
- ◆ Pad and pencil or pen
- ◆ Mittens or gloves, wool socks, wool cap
- ◆ Several blankets
- ◆ Jumper cables and instructions
- ◆ Small sack of sand or kitty litter
- ◆ Small shovel
- ◆ Red cloth to use as a flag
- ◆ Emergency car hammer that can break glass and cut seatbelts



Make a Plan



- ◆ Discuss with your family the types of emergencies that could occur.
- ◆ Write down your plan.
- ◆ Get a template at www.ReadyVirginia.gov

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www.ReadyVirginia.gov

Get a kit
 Make a plan
 Stay informed

Discuss with your family the types of hazards and threats in your area and what to do in each case. Make a list of important contact information and keep it with you at all times.

Out-of-town contact: _____
E-mail: _____
Telephone: _____
Cell phone: _____

Decide on a meeting place in case you cannot return to your home, and know where you would go if you had to evacuate your area.

Neighborhood meeting place: _____
Telephone: _____

Out-of-town meeting place: _____
Telephone: _____

Collect information about the locations where your family members spend the most time.

Workplace (1): _____ Address: _____ Telephone: _____	School (1): _____ Address: _____ Telephone: _____
Workplace (2): _____ Address: _____ Telephone: _____	School (2): _____ Address: _____ Telephone: _____
Other location: _____ Address: _____ Telephone: _____	Other location: _____ Address: _____ Telephone: _____

Record any medications your family members take on a daily basis.

Medicine: _____ Dosage: _____	Medicine: _____ Dosage: _____
Medicine: _____ Dosage: _____	Medicine: _____ Dosage: _____

Collect information for others you might need to contact in an emergency.

Doctor: _____ Address: _____ Telephone: _____	Insurance co.: _____ Address: _____ Telephone: _____
Pharmacist: _____ Address: _____ Telephone: _____	Veterinarian: _____ Address: _____ Telephone: _____

Make a Plan



- ◆ **Out-of-town emergency contact:** Choose an out-of-town relative or friend to be your family emergency contact. After a disaster it's often easier to make long distance calls rather than local calls.
- ◆ **Family meeting places:** Decide where you and your family will meet in case you can't return to your home or even to your neighborhood.
- ◆ **Plan for children:** Make back-up plans for children in case you can't get home in an emergency. Ask schools and daycare about their emergency plans.

Make a Plan



- ◆ **If you do not own a vehicle or drive:** Contact your local emergency manager and learn your community's plans for those without transportation.
- ◆ **Record of possessions:** Take pictures or video or make a written list of possessions to help claim



Make a Plan



- ◆ **Work with your neighbors:** Find out if anyone has specialized equipment such as a power generator or expertise such as medical knowledge.
- ◆ **Pick a “safe room”:** Choose a basement or interior room or closet that has few doors and windows. Put duct tape and plastic sheeting in your kit to seal the room in case you need to “shelter in place.”
- ◆ **Plan to help others:** Take a first aid, CPR or other class so that you can help your family and others.

Make a Plan for Seniors/Disabled



- ◆ Does your apartment complex, assisted living facility or nursing home have emergency plans? Find out what they are and practice them.
- ◆ Identify the equipment you use on a daily basis and what you might do if they are not available.



- ◆ For persons with hearing impairments, buy an alert system that features a visual signal.

Make a Plan for Seniors/Disabled



- ◆ If you rely on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- ◆ People who need special help or transportation during an evacuation should contact their local emergency manager now.
- ◆ Wear medical alert tags or bracelets to help identify any disability.

Make a Plan for Seniors/Disabled



- ◆ If you will need assistance during a disaster, talk to family, friends and others who can help.
- ◆ Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- ◆ Make sure that someone has a key to your home and knows where you keep emergency supplies.

Make a Plan for Seniors/Disabled



- ◆ Show others how to operate your wheelchair. Know the size and weight of your wheelchair in case it has to be transported.
- ◆ Following an emergency, some people try to take advantage of others through price gouging and scams. Report suspicious activity to the Federal Trade Commission at 1-877-382-4357 or to the Better Business Bureau.

Make a Plan for Pets



- ◆ If you evacuate, take your pets with you, if possible.
- ◆ Make a plan for your pet to stay at a friend's or relative's home, a pet-friendly hotel/motel, kennel or vet's office that will shelter your pet in an emergency.
- ◆ Some emergency shelters will not accept pets.
- ◆ Get a pet emergency supply kit.
- ◆ Do not leave your pet outside during an emergency.

Stay Informed



- ◆ What types of threats could affect you?
- ◆ Listen to local news from emergency officials.
- ◆ Get a radio with a NOAA Weather Band and alert messages.

Ready Virginia
www.ReadyVirginia.gov

- ✓ Get a kit
- ✓ Make a plan
- ✓ Stay informed

Knowing what to do during an emergency is an important part of being prepared. Be informed about what kinds of threats could affect where you live. The Ready Virginia Web site, www.ReadyVirginia.gov, offers information about what emergencies can happen in Virginia and what to do if they happen.

Before, during and after a disaster, it is critical that you listen for the most local, up-to-date information from emergency officials. Through your local media, local, state and federal government partners will give you critical instructions, such as:

- Any orders to evacuate
- Details about evacuation routes
- Locations of evacuation shelters
- How to safely stay where you are
- Where to find assistance
- Weather warnings and watches

Make sure your battery-powered radio is working in case the electricity goes out, and have extra batteries on hand.

Get weather alerts and Emergency Alert System messages.

A National Oceanic and Atmospheric Administration broadcasts weather watches and warnings from local National Weather Service offices 24 hours a day. In addition to weather alerts, the network also sends environmental and public safety alerts.

These broadcasts cannot be heard on a simple AM/FM radio receiver. There are, however, many options that range from handheld units to desktop consoles that can receive NWS messages. Receivers can be found at many retail outlets and offer different features, such as:

Tone alarm: A tone sent with a NWS message will activate a weather radio, even if the audio is turned off. This is especially useful for warnings which occur during the night when most people are asleep.

SAME technology: SAME, or Specific Alert Message Encoding, allows you to specify the particular area for which you wish to receive alerts. Since most NWS transmitters are broadcasting for a number of counties, SAME receivers will respond only to alerts issued for the area (or areas) you have selected. This minimizes the number of alarms for events that are outside your area.

Selectable alerting of events: While SAME allows you to specify a particular area of interest, some receivers allow you to turn off the alarm for certain events, such as coastal events if you live inland.

The NOAA broadcast network covers all major metropolitan areas and many smaller cities and towns. Go to www.weather.gov to learn more.

If you live within 10 miles of either the North Anna or the Surry Power Station, the Emergency Alert System will provide you with emergency information in case of a radiological incident. A list of local EAS television and radio stations is available in your telephone directory in calendars distributed in the area by Dominion Virginia Power. Visit Dominion's Web site for more information about radiological preparedness: www.dom.com.

Types of Threats



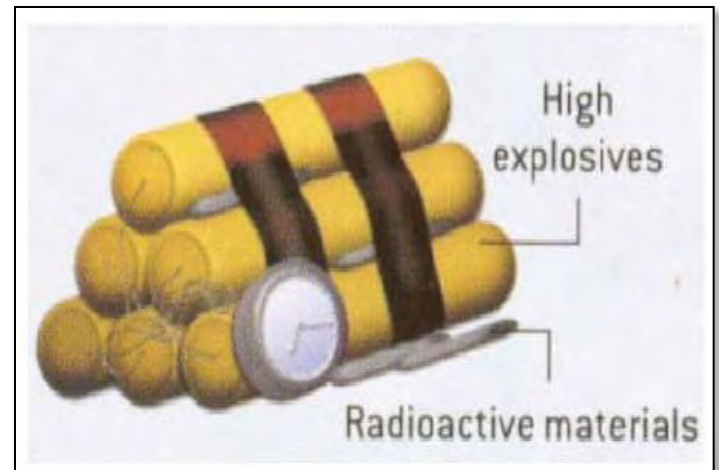
- ◆ Notice events such as hurricanes, tornados, extreme heat, fires
- ◆ No-notice events such as earthquakes, landslides, terrorism, nuclear or radiological



No-Notice – Dirty Bomb



- ◆ A dirty bomb combines an explosive with radioactive material.
- ◆ It is not a nuclear device/bomb.



Dirty Bombs – Why Worry? ✓

- ◆ Since 9/11, the fear of terrorist groups using dirty bombs has increased significantly.
- ◆ Terrorists would use a dirty bomb because they are relatively easy to make and disperse and they would cause fear, terror and chaos.
- ◆ Best counterweapon:
Knowledge.



In Case of a Dirty Bomb



- ◆ Stay calm.
- ◆ Protect yourself (stay or evacuate based on what local officials advise).
- ◆ Listen to local TV and radio for information.



Protective Actions



- ◆ Listen to officials.
- ◆ Evacuate if told to do so, but get inside a building with closed doors and windows as soon as you are out of the evacuation zone.
- ◆ Stay away from plume or dust cloud.



Protective Actions



- ◆ Cover your mouth and nose with a mask or material to avoid inhaling radioactive material.
- ◆ Remove contaminated clothing and place in sealed plastic bag; contact authorities if you think you have been contaminated.
- ◆ Wash skin; avoid any contact with the mouth.
- ◆ Local news will advise people where to report for radiation monitoring.

Dirty Bomb Info in Community

Thanks to the Regional Catastrophic Preparedness Grant Program (RCPGP), the National Capital Region Citizen Corps has been challenged to share information on dirty bombs as well as all-hazards emergency preparedness to its citizens.

The next slides share more about the Citizen Corps.



UNITING COMMUNITIES
PREPARING THE NATION
www.citizencorps.gov

Citizen Corps



Get Prepared. Get Trained. Get Involved.

Citizen Corps is FEMA's grassroots strategy to bring together government and community leaders to involve citizens in all-hazards emergency preparedness.



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Citizen Corps Five Programs ✓

- 1 **The Community Emergency Response Team (CERT)** classroom and hands-on instruction helps train people to be better prepared for emergencies at home, work and communities.



- 2 **Fire Corps** promotes non-operational community support, through volunteerism, of resource-constrained fire departments at all levels - volunteer, combination, and career.



Citizen Corps Five Programs ✓

- 3 **The Medical Reserve Corps** protect the health of Virginia by engaging medical, public health professionals, and community volunteers in public health initiatives and public health emergency response efforts.



Citizen Corps Five Programs ✓

4. **USAonWatch** (National Neighborhood Watch) in conjunction with law enforcement provides training and resources to neighborhoods.



5. **Volunteers in Police Service** enhances the capacity of law enforcement to use volunteers.



VA Citizen Corps Needs You ✓

If you would like to know more about any of the five Virginia Citizen Corps programs, or if you have any questions about how you can get involved, please go to

<http://www.vaemergency.com/>

OR contact the Virginia Department of Emergency Management (VDEM) at 804-897-6500 and ask for Citizen Corps office.

Stay Informed



Before, during and after a disaster, it is critical that you listen for information from emergency officials. Local media will share instructions from officials such as:

- ✓ Orders to evacuate
- ✓ Details about evacuation routes
- ✓ Locations of evacuation shelters
- ✓ How to safely stay where you are
- ✓ Where to find assistance
- ✓ Weather warnings and watches



Stay Informed



- ◆ Make sure your battery-powered radio is working in case the electricity goes out. Have extra batteries on hand.
- ◆ Use www.ReadyVirginia.gov to learn more about the types of threats that could occur in your area and how to respond to them.
- ◆ Knowing what to do in an emergency is an important part of being prepared.

Yearly Campaigns



**Hurricane Preparedness
Sales Tax Holiday**
May 25-31

Stock up on emergency supplies during the last week of May, and pay no sales tax for items you can use, including:

- Batteries
- Flashlights
- Smoke detectors
- Fire extinguishers
- Bottled water
- Battery-powered radios
- Weather radios
- First aid kits

Also sales-tax free: portable generators and inverters less than \$1,000

For the entire list of tax-exempt items and price caps, go to www.tax.virginia.gov.

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- ◆ Resolve to be Ready
- ◆ Tornado preparedness
- ◆ Hurricane/flood prep and sales tax holiday
- ◆ National Preparedness Month (September)
- ◆ Winter preparedness


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Tornado Preparedness • Make a plan



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Home


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→ Special Needs


→ Businesses




Take three easy steps to protect your loved ones in an emergency.

[Press Room](#) | [Download Brochures](#) | [About Ready Virginia](#) | [Contact Us](#) | [Site Map](#) | [Web Policy](#)

 Find the local emergency management office near you. 




HURRICANE PREPAREDNESS



Is your family ready for hurricane and flood season? Emergency preparedness is everyone's responsibility. [Plan now.](#)

NATIONAL PREPAREDNESS MONTH

SEPTEMBER 2010



Where to go for information? ✓

Local website and
contact info goes here.

Dirty Bomb Training Source ✓

The Dirty Bomb training and Citizen Corps informational portion of this PowerPoint was prepared under a grant from FEMA's Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this presentation are those of the authors and presenters and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security.

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