



Introduce yourself (name, organization affiliation, etc.)

Welcome and thank everyone for attending and taking time to learn about emergency preparedness.

Purpose of workshop: to talk about personal preparedness and what it means to be prepared for emergencies.

Options:

- *have attendees introduce themselves and what they hope to learn*
- *have attendees fill out either*
 - **How Prep RU** – Give a PRIZE to person with most “yes” answers
 - **Disaster Prep Quiz** – review it AT END of presentation and give PRIZE to person who got the most answers right.

Ask attendees: “Has anyone here today already taken steps to be prepared for emergencies?”
Allow for answers and discussion.

Personal Preparedness in America:
Findings from the 2012 FEMA National Survey

- 45% of citizens are familiar with local warning systems and alerts
- 43% have made an emergency plan
- 52% have emergency supplies stored in their home



Statement:

Individuals and households are at the core of our Nation's preparedness. A community's ability to respond to or recover from a disaster depends on the level of preparedness of every citizen and household.

2012 Personal Preparedness Statistics in America show that:

- 45% of citizens are familiar with local warning systems and alerts
- 43% have made an emergency plan
- 52% have emergency supplies stored in their home.

As you can see, half of our nation has yet to take the necessary steps to be prepared for disasters.

Ask Attendees: "So why is it important to be personally prepared for emergencies?"

Anything can happen at any time. Being ready ahead of a disaster is the most critical action you can take to protect the things that matter most:

...your family, your home, your pets, yourselves and your business!



2015 Winter & Spring Storms
Flooding in Southern
WV Counties

2012 Derecho Storm
Statewide power outages

It's important to be prepared because Anything can happen at Anytime!

Point to examples on the slide:

2015 Storms: Over 1,000 homes in 32 counties were damaged or destroyed by flooding and mudslides. Many in southern coalfields.

2012 Derecho: Left Over 1.4 million West Virginians without power, many were without power for over a week, during 90+ degree weather. Dangerous heat index.

Ask attendees: ***"Were any of you affected by these or other disasters? If so, what did you do? How were you able to take care of yourself, your family, and your needs? Or were you taken by surprise?"***

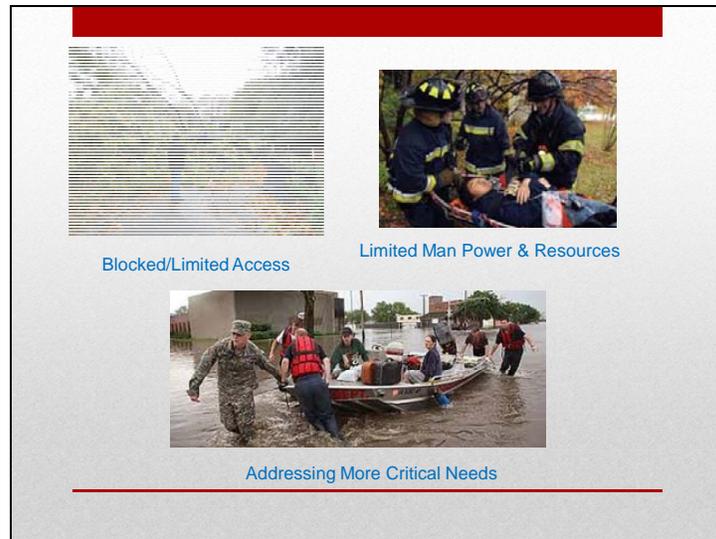
Let folks share their stories. If you have one, share a story of your own (*how you were or were not prepared for an emergency that you experienced*).

**1st Responders:
ONLY 1% of population**

- Fire Department
- Law Enforcement
- Emergency Medical Services
- Emergency Managers



Another important reason to be prepared is that 1st Responders make up ONLY 1% population and can be quickly overwhelmed by larger, widespread incidences.



Realistically, they would not be able to reach everyone right away due to:

- Limited man power and resources
- Blocked roads or access to residents caused by flooding, downed trees, power lines or other debris that must be attended to first.
- Addressing more critical/ urgent needs.

Provide Examples that have happened in WV:

- A lot of private bridges were destroyed during the 2015 flooding, which left homes inaccessible to emergency responders.
- Impassable roads: past flooding, downed trees, ice/severe weather.
- Or other example if you have one.

Utilities & Critical Services



- Electric
- Gas
- Water
- Medical
- Banking





Another important reason to be prepared is that critical services – LIKE utilities, banking or medical services may not be accessible or shut down due to the affects of a disaster.

For instance, if the power goes out, providers may not be about to restore your services right away. **Examples:**

- **Derecho/High Wind storm (in 2012)** – Across the state, West Virginians experienced widespread power outages
- **Water contamination (Jan. 2014)** – West Virginians in 9 counties couldn't consume or use the water for cleaning for several days.

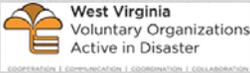
THEREFORE it is critical for citizens (for you) to be prepared to take care of themselves (yourself and your family) within the first 72 hours of a disaster – a minimum of 3 days.

What is Emergency Management and Response?

Levels of Response

- **Local:** County Emergency Management Agencies
- **State:** West Virginia Department of Homeland Security and Emergency Management (WVDHSEM)
- **Federal:** Federal Emergency Management Agency (FEMA)

Volunteer Agencies

So what happens when an emergency strikes your community? What does the response look like?

There are 3 levels of response:

LOCAL Level: Each county has an **Emergency Management Agency**. Most disasters are managed at the local level. Even when a disaster becomes larger, local government continues to manage the response for their area.

State Level: If the disaster overwhelms local capability, local jurisdictions can request assistance from the state’s Department of Homeland Security and Emergency Management, which will activate a state level response.

Federal Level: Furthermore, IF a disaster is widespread and overwhelms the state’s capability, the governor can declare a state of emergency and request federal assistance from **FEMA – the Federal Emergency Management Agency**.

In addition, there are voluntary agencies (*like the Red Cross, local CERT programs, Salvation Army, and various faith-based disaster response programs*) **that help with response and recovery during disasters**. These voluntary organizations help to set-up & operate shelters, distribute food and water, conduct damage assessments and wellness checks, and assist with recovery efforts – such as mucking out mud & removing debris, tree removal, clean-up and repair of damaged homes, providing psychological first aid, etc.



“So what can you do to be prepared to take care of yourself and family during a disaster or emergency?”

There are 4 main steps that you can take -- that will help get you and your family better prepared for emergencies:

- *Be Informed,*
- *Make a Plan,*
- *Make a Kit,*
- *and Be involved.*

Step 1: Be Informed
Know Area Hazards



Chemical & Industrial Hazards

Severe Storms

Flood

Power Outage

The 1st Step is to be INFORMED - Know your LOCAL HAZARDS

Questions you could ask attendees:

What are some common disasters in your area?

Do you live near a chemical plant?

Do you live in a flood zone?

Do you have frequent power outages?

Allow for answers and discussion.

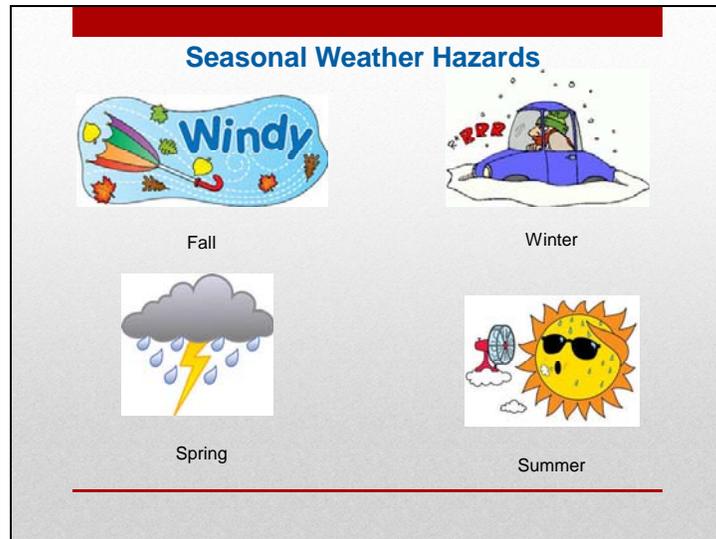
Refer to slide for prompts.

Step 1: Be Informed

- Know how you will be informed of important information before, during, and after an emergency.
 - Emergency Alerts
 - Radio/ television
 - Social Media



- **Learn about your local alert systems:** How will you be informed about a sudden event or disaster? What public alert systems are in your community? **ASK attendees: “Have/how you been alerted to a public emergency in the past?”**
- **Examples of Public Alert Systems include** – outdoor sirens, the *Emergency Alert System* via radio/TV, automated “robo-calls” like reverse 911 (only used for land line phones). These alerts do not require residents to sign up to receive them.
- **OPT-In Alerts** – include alerts you can receive via mobile phone, such as text messaging, emails, and simple web-based access, as well as mobile Apps. Contact your County’s Emergency Management Agency to see what Opt-in programs they have. **See contact list of county Emergency Management Agencies in your handouts.**
- **SOCIAL MEDIA** – follow your county’s Emergency Management Agency, or local news channel.
- **Another means of alert is via Weather Radios** – NOAA provides daily/hourly forecasts and warning alerts as needed. They can be purchased at your local big box stores.



Severe storms can happen anytime of year, be aware of their potential hazardous effects.

Fall – Dry & windy – vulnerable to forest fires, Hurricanes

Winter – Blizzards and ice storms, extreme cold temperatures, heavy snow melt & flooding.

Spring – Spring Showers bring Thunderstorms, Heavy rains, Flooding

Summer – Thunderstorms and extreme high heat

All storms have the potential to bring about dangerous/destructive high winds.

Hazardous Weather Alerts	
Warning	<ul style="list-style-type: none">• Pose a threat to life or property.• Occurring, imminent or likely.• Need to take protective ACTION.
Watch	<ul style="list-style-type: none">• Possible occurrence.• Location or timing is still uncertain.
Advisory	<ul style="list-style-type: none">• Less serious conditions.• Occurring, imminent or likely.

There are 3 Different types of Hazardous Weather Alerts

Review each one. Refer to slide.

OPTION - Ask attendees: “Do you know what each one means?” OR “Which alert is the most dire?” Give participants opportunity to answer.

Warning - People in the path of the storm need to take immediate protective action. This is the most dire warning as it poses threat to life or property.

Watch - The intention is to provide enough lead time so those who need to set their plans in motion can do so. People should have a plan of action in case a storm threatens and they should listen for later information and possible warnings especially when planning travel or outdoor activities.

Advisory - Advisories are for less serious conditions than weather warnings. They mostly cause a significant inconvenience, but if caution is not exercised, could lead to situations that may be threatening.

So Be Aware of severe weather warnings and learn what to do.

Severe Weather Warnings



- Stay indoors on lowest floor
- Close shades/curtains
- Wear loose light clothing, wide rim hat
- Drink plenty of water
- Avoid Caffeine
- Check on vulnerable neighbors – *the elderly, ill, disabled, or have special needs*

During Extreme HEAT

- **Stay indoors on lowest floor**
- **Close shades/curtains**
- **Wear loose light clothing, wide rim hat**
- **Drink plenty of water**
- **Avoid Caffeine**
- **Check on vulnerable neighbors**

Severe Weather Warnings



- Secure outdoor objects
- Stay indoors
- Close doors, windows and curtains
- Stay away from glass
- Power outages, possible
- Unplug electronic equipment
- Fallen trees and moving debris



- **If there is a High WIND warning, remember to:**
 - **Stay indoors**
 - **Close windows & stay away from glass**
 - **Expect possible power outages, fallen trees, and moving debris.**
- **Severe Thunderstorms - produce 1" hail or larger and have winds of at least 58mph or more.**
 - Secure outdoor objects that could blow away or cause damage.
 - Get inside a home, building, or hard top automobile (not a convertible).
 - Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
 - Close windows, blinds, shades or curtains. Secure outside doors.
 - Unplug any electronic equipment well before the storm arrives.

Severe Weather Hacks (Tips!)

 <p>Let there be Light!</p>	 <p>DIY Air Conditioning!</p>
 <p>Protect your head in a storm!</p>	 <p>Turn AAA batteries into AA!</p>

Severe Weather Tips – make due with what you got

- **Turn a can of Crisco into a candle in an emergency.** Just place a string or piece of cotton into the middle of a can of Crisco and light it! This trick also works with lard. **OTHERWISE, keep flashlight & fresh batteries, or candles and matches on hand!**
- **DIY Air Conditioning using a battery operated fan and frozen 2 liter bottles of water.** Fill up empty 2-liter plastic bottles with water and keep them in your freezer. If the power goes out, you can place one frozen two-liter in front of a battery operated fan and sit directly in front of it for a DIY air conditioner. You can also put it in your frig to help keep food cool.
- **Helmet** – use it to protect your head in a storm (high winds, hail, flying debris).
- **Got a device (radio, flashlight) that uses AA, but you only have AAA? If so, you can still use your AAA battery and just fill the gap with aluminum foil.**

Severe Weather Warnings



- Stay Indoors - Pets too!
- Minimize travel.
- Alternative heating source – wood, propane...
- Store extra food, water & blankets
- Supplies: Shovel, salt, scrapper, gloves, etc.

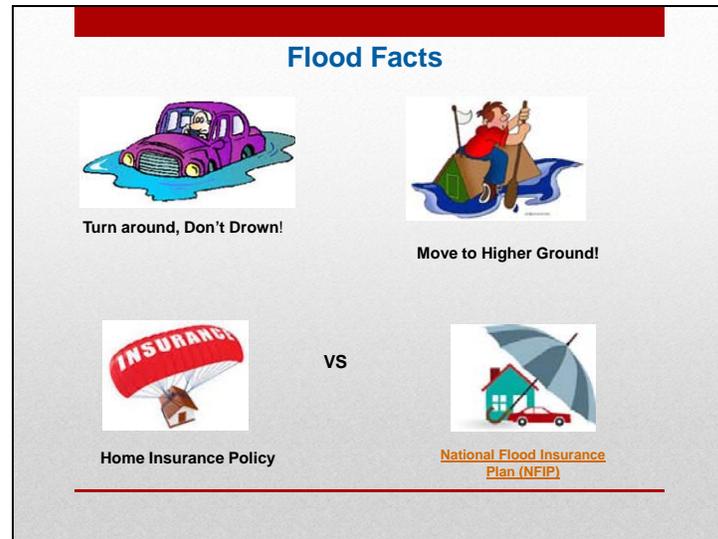
Be aware of warnings and what to do

- **Blizzards/Ice storms** – stay indoors, minimize travel, keep pets inside, obtain an alternative heating source, if possible – like wood burning stove.
- **Learn how to use alternative heat safely! Don't want to cause a home fire.**
- **Make sure to store extra food and water and medicines, as you may not be able to get out for a while.**



Winter Weather Tips

- **ROCK SALT** – Do you have it?! Don't be caught off guard and unprepared for the first winter snow storm! **Get ready for winter ahead of time** by making sure you have the items you need for winter weather hazards. A good time and reminder to do this would when you turn your clocks back in the fall.
 - **Also, don't forget to prepare your car as well for winter travel safety: KEEP EXTRA, EXTRA** non-perishable food (granola bars, etc.), bottled water, blanket & clothing in your car.
- **Non-Stick Cooking Spray** - When you are shoveling snow, spray this on your shovel and the snow will come right off every time.
- **Hand Sanitizer** – Use hand sanitizer to melt ICE on frozen door handles.
- **Car Mats** - If your car gets stuck in the snow, use your car mats to help get you out of a slick spot.



Flooding can happen any time of year – from too MUCH snow or rain. After heavy snow storm, if the snow melts too quickly, rivers and creeks can swell, gutters and roofs can become damaged, which can cause flooding and damage to homes.

- **Turn AROUND Don't Drown! Don't walk or drive through flooded water!** Just 6 inches of moving water can knock you down while walking, and 2 feet of water can sweep your vehicle away.
- If floodwaters rise around your car AND the water is not moving, abandon the car and move to higher ground. **DON'T WALK into moving water.**
- If you get caught in your car in deep water, you can use the car seat's headrest to break the window to escape! Seek refuge on **ROOF OF CAR**.
- Alternately, you could keep **Glass break hammer** in your car in case of an emergency where you would have to escape your vehicle.
- **Home Insurance does NOT cover flooding.** You are only required to have Flood Insurance if you live in HIGH risk area. These policies are managed by The National Flood Insurance Plan.
 - For information, go to the **National Flood Insurance Plan website** at https://www.floodsmart.gov/floodsmart/pages/about/nfip_overview.jsp You can fill out the FLOOD RISK Profile NFIP site to see if you are low, moderate or high risk.
 - Your local insurance agent can direct you to the right contact as well.

Step 1: Be Informed
On-line Resources

WEST VIRGINIA
Department of
**Health & Human
Resources**
BUREAU FOR PUBLIC HEALTH

Ready.
Prepare. Plan. Stay Informed.

Just in case.
ReadyWV
ReadyWV.gov

West Virginia Division of
Homeland Security & Emergency Management

LASTLY there are On-line Resources that you can go to for more information:

- Visit www.Ready.WV.gov website – for general preparedness information.
- Visit FEMA’s www.Ready.gov – for detailed information about each type of disaster and how to prepare for them. (Floods, Hurricanes, Winter Storms, etc.)

How many people use/get information from the internet?

Step 2: Make a Plan

Family Communications Plan

Have the following information written down:

- Family contacts
- Emergency Contacts (*in-state & out-of-state points of contact*)
- Designated meeting places (*in town & out of town*)
- School and Work information
- Medical Contacts
- Medications and allergies
- Insurance (*medical & home/rental*)
- Special considerations

Create an ICE (*In Case of Emergency*) Contact

Share your plan with your family and friends!

The 2nd STEP to being prepared is to make a Family Emergency Plan

Handout – point to the Family Emergency Plan handout that is in their packets. They can fill out & discuss with family and friends. Review points on slide & notes below.

- **Identify how you will contact each other during an emergency: Text DON'T Talk** Texting takes less data and you can often get through when networks are down.
- **Pre-Identify a common out of town contact (like a relative or friend) that you and your family can call to let them know you are safe.** This is helpful in case you and your loved ones cannot contact each other. This person can let you know when they have heard from your loved ones as well.
- **Identify a common meeting place: ONE IN TOWN** in case you can't return home due to a house fire or damage to the home. **AND ONE OUT OF TOWN** in case you have to evacuate the city/town. Also, indicate HOW you will get back together.
- **Program an "In Case of Emergency" (ICE) contact into your mobile phone. Make sure you let that person know he/she is listed as your ICE contact.** Good to have if you are in an accident or become incapacitated. Emergency response personnel will often look for this number. Can also have it written down on a medical emergency card that you can keep in your wallet or purse.
- **You can keep your Emergency Plan in a the plastic document holder provided.** Having a digital copy on your computer/phone is a good idea as well.

Step 2: Make a Plan

Make plans for different hazards:



Share your plan with your family and friends!

Consider all possibilities and make plans for different scenarios. For instance ...

- **Are you prepared to shelter in place if necessary?** *Allow for answers & discussion.*
 - What would that mean if you couldn't leave your home for days?
 - If you couldn't go to your job, the grocery store, the drug store for your medicines, the bank, etc.
 - What items would you need to have on hand in order to survive for several days?
- **If you are asked to evacuate, would you know what to do?** *Allow for answers & discussion.*
 - Would you have all your important financial documents, medicines, and other necessities at the ready to go? *Suggest a portable emergency kit.*
 - Are you familiar with the various routes (highways as well as back roads) to get out of town?

ALSO - Familiarize yourself with the Emergency Plans at places you spend the most time: at work, school, daycare, the gym, and your house of worship. This will help you to know what to do in case of emergencies while you are at these locations.

OPTIONAL: *Ask if anyone knows about their work/school emergency plan? If so, ask them to share what they know, if they have exercised their plan, had drills, or safety trainings.*

Step 3: Build a Kit

<p><u>Contents:</u></p> <ul style="list-style-type: none">• Radio: <i>crank or battery powered</i>• Flashlight & batteries• First Aid Kit• Wrench//Pliers• Local maps• Medical, Insurance and Bank account information• Paper towels, moist wipes, garbage bags & ties• Cash, check book• Can opener• Whistle• Filter/Dust mask	<p><u>Have a 3-day supply of:</u></p> <ul style="list-style-type: none">• Non-perishable food• Water: <i>1-gallon/person/day including children</i>• Medications & medical equipment• Pet supplies• Baby supplies• Other special Needs
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The 3rd Step to being prepared is to – Make an Emergency Kit!

What are some items you will need in case of an emergency?

Review the list of items on the slide & mention following additional items/comments:

- **Cash is the #1 item, besides Water & Food, that is extremely important to have.** Example: During Derecho, ATM, credit card machines and gas pumps were down, and people couldn't get gas or other necessities due to power outage. **YOU NEED CASH!**
- **Change of CLOTHES**
- **Blankets, sleeping bag, hat, gloves**
- **Don't forget to check your Batteries! Make sure they are working!** Store them in their original container, if you have it, or a separate plastic bag.
- **Keep list or copy of important financial information:** bank accounts, insurance policies, credit cards, and such. Keep a copy of your Family Emergency Plan in your kit as well.
- **Don't forget PETS!** : Extra food, water, medicines, litter, pooper scooper, bags for waste. **Take a picture of you and your pet and keep it in your kit in case you get separated.**

ASK Attendees: "What would be some other items you might need?"

- **Any Special Needs that you might have?**
 - Medical needs like oxygen, insulin, needles, other home health equipment.
 - Special Dietary Needs? Baby formula, food allergies, diabetic, etc.
 - Anything else?

- Kits for different locations:
 - Home
 - Car
 - Work
 - Go-kit (evacuation)
- Update your kits:
 - For different hazards
 - Once or twice a year



WINTER EMERGENCY KIT

Make sure to have emergency kits for different locations:

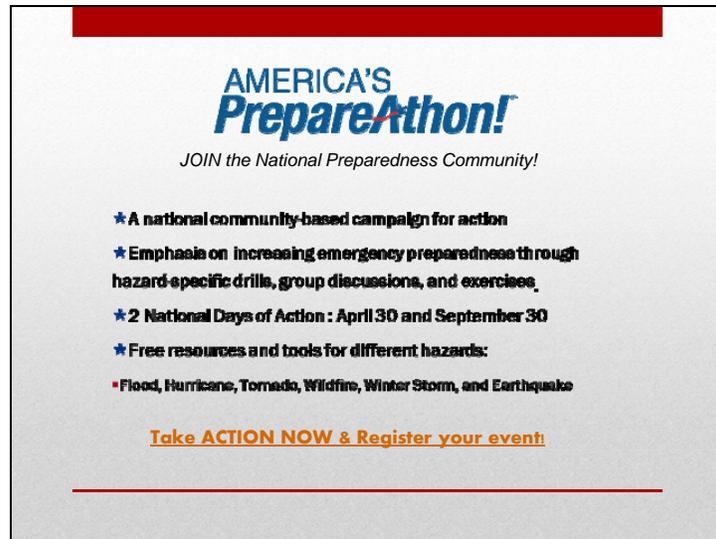
- **Home** – Should contain items for all members of your family/occupants/pets. **Keep in covered plastic container or duffel bag in an easy to reach location** so you can use @ home (to shelter in place) or grab n’ go if you have to evacuate.
- **Car kit** – make sure to have items specific to travel –emergency flasher or flair, jumper cables, blanket, hat/gloves/jacket, non-perishable food & water, map, small shovel for snow, medicines, etc. This can also serve as your evacuation kit, if you have all the supplies you need in it.
- **Work** – small personal prep kit @ work. Include things you would need if you got “stuck” at work – medicines, medical needs, blanket, change of clothes, food, etc.
- **Update your kit** – **1X or 2X year** , Fall and/or Spring --when you change clocks.
- **Check Expiration dates and replace expired items and dead batteries.** If there is no expiration date, mark the date you stored the item so you know how old it is and when to replace it.
- **Don’t store batteries in flashlight or radio!** They can corrode and ruin your flashlight/radio as well as the other stuff in your emergency kit. Store batteries in their original packaging, which should have an expiration date. This way, you will know when you need to replace them.

Step 4: Be Involved
Volunteer to support disaster prep & recovery efforts

1. WV VOAD (Volunteer Organizations Active in Disaster)
 - Red Cross
 - Salvation Army
 - Faith-based disaster relief organization
2. CERT (Community Emergency Response Team) - JOIN or start one in your community.
3. Community Preparedness - JOIN or start a preparedness event in your neighborhood, school, youth group or faith-based organization.
 - Plan with Neighbors
 - Conduct a Fire Drill
 - Participate in Training or Exercise (CPR, 1st Aid, etc.)
 - Invite 1st Responder to talk about safety

Lastly, if you want to help with disaster response or recovery efforts in your community, you can...

- **Volunteer with a local disaster response agency** such as the Red Cross, Salvation Army or faith-based organization.
- Join or start a local **Community Emergency Response Team Program (CERT)**. For more information, call Volunteer West Virginia at 304-558-0111.
- **Participate in or initiate a Community-based preparedness project** with your Neighborhood Association, faith-based group, or school. *Refer to the points on the slide.*



**AMERICA'S
PrepareAthon!**

JOIN the National Preparedness Community!

- ★ A national community-based campaign for action
- ★ Emphasis on increasing emergency preparedness through hazard-specific drills, group discussions, and exercises
- ★ 2 National Days of Action : April 30 and September 30
- ★ Free resources and tools for different hazards:
 - Flood, Hurricane, Tornado, Wildfire, Winter Storm, and Earthquake

Take ACTION NOW & Register your event!

Join the National Preparedness Community @ FEMA's America's PrepareAthon (AP) website – where you can participate in preparedness discussions, share information and see what other communities are doing to be better prepared.

America's PrepareAthon is a nationally driven preparedness campaign that promotes and encourages citizens to take ACTION on 2 Days out of the year – April 30 & Sept. 30. So take ACTION and be Counted! **Register your event on the AP site.**



You don't have to wait until April 30 or Sept. 30 to participate in America's PrepareAthon. You can take ACTION now to be better prepared!

Here are 10 Ways that you can participate:

- Sign up for local alerts and warnings and/or check access for wireless emergency alerts.
- Download emergency preparedness Apps, like the FEMA App.
- Create and test your family emergency communications plan.
- Assemble or update emergency kit supplies.
- Learn about local hazards and conduct a drill to practice emergency response actions.
- Participate in a preparedness discussion, training, or class.
- Collect and safeguard important documents like credit cards, insurance policies, and bank accounts.
- Make property improvements to reduce potential injury and property damage.
- Plan with neighbors to help each other and share resources in case of emergency.

Don't forget to register your event on America's PrepareAthon website.



To learn more about emergency preparedness and other actions you can take to protect you and your loved ones, visit www.ready.wv.gov

Be Informed. Make a plan. Make a Kit. Be involved.

Questions?