



Melissa Velez-Morales

From: Masser, Michelle
Sent: Monday, June 27, 2016 9:26 AM
To: Harris, Laura; Weigle, Trevor J.; Detoro, Fred
Cc: Melissa Velez-Morales
Subject: FW: Safe Rooms, Ready Where You Are: Disaster Kit Storage, In Case of Emergency (ICE) Cards for Kids, Extreme Heat Info and Cyber Information

Correspondence

Michelle Masser
Township Clerk
Mount Olive Township
PO Box 450
204 Flanders Drakestown Road
Budd Lake, NJ 07828
clerk@mtolivetwp.org
973-691-0900 X7291

From: Fox, Russell [mailto:Russell.Fox@fema.dhs.gov]
Sent: Monday, June 27, 2016 9:18 AM
To: Fox, Russell <Russell.Fox@fema.dhs.gov>; Olivera, Orlando "Landy" <Orlando.Olivera@fema.dhs.gov>
Subject: Safe Rooms, Ready Where You Are: Disaster Kit Storage, In Case of Emergency (ICE) Cards for Kids, Extreme Heat Info and Cyber Information

ICE Cards for Kids

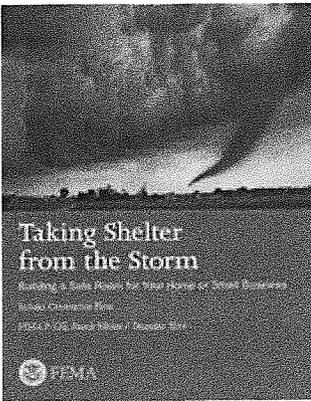
Looking for a way to make disaster preparedness fun for kids? Check out the new PSA from Save the Children and 20th Century Fox featuring characters from the upcoming movie *Ice Age: Collision Course*! The children's rights organization and film distributor recently teamed up to encourage parents to create In Case of Emergency (ICE) cards for their children so families can quickly reunite after a disaster.

Make an ICE card with phone numbers of family and friends you can call in case of an emergency. Print the free cards at home, put one copy in your child's bag, and keep another copy for yourself.

Disasters can strike when you least expect them. Plan ahead to stay connected to those you love. Create your ICE card today!



Room for Safety



Safe rooms are a good way to protect you and your family or employees from hurricanes or tornadoes. Having a safe room for your home or business can help provide “near-absolute protection” from injury or death caused by the dangerous forces of extreme winds.

Are you interested in building a safe room for your home or small business? Download FEMA P-320 *Taking Shelter from the Storm: Building a Safe Room For Your Home or Small Business*, and FEMA P-361 *Safe Rooms for Tornadoes and Hurricanes: Guidance for Community and Residential Safe Rooms*. These publications help home or small business owners assess their risk and determine the best safe room for their needs.

To learn more about safe rooms, visit fema.gov/safe-rooms. You can also check out this list of FAQs.

If a safe room is not available during a hurricane, the best protective action is to evacuate before the hurricane makes landfall. Otherwise, seek the best available shelter:

- Go to a small, interior, windowless room such as a closet or bathroom on the lowest level of a sturdy building; for a hurricane, make sure the room is not subject to flooding;
- Cover yourself with any materials that may provide protection from debris, such as cushions, a sleeping bag, or a blanket; and
- Kneel down and bend over into a ball, and cover your head and neck with your arms.

To learn more about how to protect yourself and your family during severe weather, visit the America’s PrepareAthon! website.

Ready Where You Are: Disaster Kit Storage

You never know where you’ll be when an emergency occurs, so it’s a good idea to be ready wherever you are. That means preparing supplies for your home, work, and vehicle.

The *Ready Campaign* has information about creating a disaster supply kit for each location.

For your home:

- Create a kit containing enough food, water, and supplies to last at least three days; and
- Keep the kit in a designated place and make sure family members know where it is.

For your work:

- Be prepared to shelter in place for at least 24 hours;
- Include food, water, and other necessities like medicines in your kit. Keep the kit in one container and be ready to grab and go; and
- Have comfortable walking shoes in case an evacuation requires walking long distances.

For your vehicle:

- Include jumper cables, flashlights, clothing, and a first aid kit; and
- Consider having a fully charged cell phone and phone charger, flares, baby formula, and diapers if you have a small child.

Summer's Heating Up - Are You Ready?

1. Heat-Related Illness

Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat. Know the signs of heat-related illness and what to do when you notice them.

Heat exhaustion: heavy sweating; weakness; cold, pale, and clammy skin; fast, weak pulse; nausea or vomiting; fainting

What to do: move to a cooler location; lie down and loosen clothing; apply cool, wet cloths to as much of the body as possible; sip water; seek medical attention if the person vomits and continues vomiting

Heat stroke: high body temperature (above 103 degrees Fahrenheit); hot, red skin - dry or moist; rapid and strong pulse; possible unconsciousness

What to do: CALL 911 immediately and follow the operator's directions - this is a medical emergency; move the person to a cooler place; reduce the person's body temperature with cool cloths or a bath; do NOT give liquids

For more information, see CDC's [Extreme Heat](#) website.



2. Preparing for Extreme Heat

Free Training - Recognizing, Preventing and Treating Heat-Related Illness (select title for link to class)

This training was designed especially for coaches, school nurses, parents, and others who train or provide athletic training in the heat.

After completing this web based course, the learner should be able to:

- Define heat-related illness
- Identify the three main types of heat-related illness
- Identify the symptoms, or warning signs, for each type of heat-related illness
- Describe treatment options for each type of heat-related illness, including return to play considerations
- Describe steps you can take to prevent heat-related illness



Continuing education credits available.



3. Extreme Heat Media Toolkit

CDC's Extreme Heat Media Toolkit offers logos, Web banners, posters, and more to help media, public health professionals, and others share information about how to stay safe during extreme heat events.

4. Ready Wrigley Prepares for Extreme Heat - An Activity Book for Kids

Summertime is a great time to make sure your family is ready for any kind of disaster. Kids can help Wrigley get her family ready to stay safe during extreme heat. Find helpful tips to help children and adults avoid heat-related illnesses too!



NATIONAL SAFETY MONTH

The National Safety Council (NSC) designates each June as National Safety Month. Join FEMA and thousands of organizations across the country as we work to raise awareness of what it takes to stay safe. This year, National Safety Month is focusing on aspects of safety: safety at work, home and on the road.

According to the NSC, there are 130 million workers in the United States, and there were close to 3 million workplace injuries and illnesses reported in 2014. Additionally, there were 136,053 work-related fatalities, which were attributed to: 1) motor vehicle crashes, 2) slips, trips and falls, 3) injuries by people or animals, 4) contact with objects or equipment, and 5) exposures to harmful substances.

FEMA employees work at many different types of facilities, including distribution centers, mobile response teams, regional centers, disaster sites, and administrative office buildings, where they may encounter the potential for a variety of workplace mishaps or injuries. Although FEMA maintains low workplace injury and illness rates, we still must stay vigilant and be aware of the leading causes of injuries and illness. Low workplace injury and accident rates are No

Accident!

FEMA reminds everyone to please take precautions and make necessary adjustments to avoid unintentional injuries, at work, at home, and on the road. To learn more about keeping yourself and your family safe, please review the safety information and resources available on the FEMA intranet: [2016 National Safety Month Resources](#).

Three Ways to Celebrate Internet Safety Month



June is Internet Safety Month. As we all know, kids are spending more and more time online as well as on their mobile devices. Children have been able to embrace technology in numerous ways, from being able to more effectively complete homework assignments to playing games online with friends. Though this increased connectivity has improved our lives in many ways, it also brings increased risks. For children and teenagers these risks include cyberbullying, online predators, and other online threats.

Just like we teach our children not to talk to strangers and to look both ways before crossing the streets, it is critical we teach them about online safety and how to behave properly online.

The Stop.Think.Connect.™ Campaign, the Department of Homeland Security's national cybersecurity awareness campaign, encourages parents to talk with their children and those in their community about the importance of online safety. Here are three ways to celebrate Internet Safety Month with your family and community:

- **Initiate the conversation.** Kids look to their parents to guide them. Start conversations with your children early and regularly about practicing online safety. Find materials to help you start the discussion with your kids or students in the [Stop.Think.Connect. Toolkit](#).
- **Create an open and honest environment.** Be supportive and positive when talking to children about online safety. Create an environment with kids where they can feel comfortable coming to you, or a trusted adult, if they see something online that makes them feel uncomfortable.
- **Get your school involved.** Reach out to your children's school to see if they incorporate online safety into their curriculum. Encourage them to host an Internet Safety Month event, using ready-made resources from the [Stop.Think.Connect. Toolkit](#).

As we all spend more and more time connected to the Internet, it is important to think about how practicing safer online habits is a year-round effort, not something to work on solely in June. Please visit the Stop.Think.Connect. Campaign at dhs.gov/stopthinkconnect for more online safety resources, tips, and information on how to get involved with the Campaign.

Read more about cybersecurity on the Stop.Think.Connect. Campaign blog [here](#).

THE REAL COST OF FREE WI-FI



As warmer weather approaches, millions of Americans will be traveling on summer getaways. Regardless of where you are heading on your vacation, chances are that you will pack connected mobile devices like smartphones and tablets. Once on vacation, most travelers will connect to Wi-Fi to find local hotspots, navigate new cities and countries, and share photos of their trips with family and friends back home.

Public Wi-Fi networks can now be found almost everywhere and make it easy for anyone to connect to the Internet no matter where they are. These networks can be very convenient and offer many benefits for travelers, however, they do come with risks. Many public Wi-Fi networks are not secure, exposing you to online risks and presenting an opportunity for attackers to steal sensitive information.

The [Stop.Think.Connect. Campaign](#) recommends following these simple tips, when you are using public Wi-Fi networks:

- **Think before you connect.** Before you connect to any public wireless hotspot – like on an airplane or in an airport, hotel, or café – be sure to confirm the name of the network and login procedures with appropriate staff to ensure that the network is legitimate. Cyber criminals can easily create a similarly-named network hoping that users will overlook which network is the legitimate one. Additionally, most hotspots are not secure and do not encrypt the information you send over the Internet, leaving it vulnerable to online criminals.
- **Avoid conducting sensitive activities.** Avoid online shopping, banking, and sensitive work that requires passwords or credit card information while using public Wi-Fi. In addition, enable two-factor authentication on all sensitive accounts to add a second layer of security beyond just the password.
- **Use your mobile network connection.** Your own mobile network connection, also known as your wireless hotspot, is generally more secure than using a public wireless network. Use this feature if you have it included in your mobile plan.
- **Keep software up to date.** Install updates for apps and your device’s operating system as soon as they are available. Updates include patches and other fixes to strengthen the security of the apps and devices you own. Keeping the software on your mobile device up to date will prevent criminals from being able to take advantage of known vulnerabilities.

For more tips on how to stay safe while on the go, visit the [Stop.Think.Connect. Toolkit](#) to find resources including the [Cybersecurity While Traveling Tip Card](#) and the [Mobile Security Tip Card](#).

PARTNER SPOTLIGHT: FAMILY ONLINE SAFETY INSTITUTE

As schools begin to let out for the summer, children will likely be spending even more time online and on their mobile devices. This increased connectivity offers kids a world of opportunity, however, it also comes with increased risks. Parents have a responsibility to have a strong understanding of your children’s online behavior and the risks they face. Yet with new technology and apps appearing what seems like every day, protecting your tech-savvy kids online can oftentimes seem

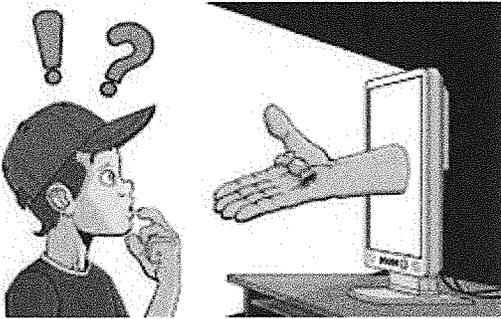
overwhelming.

The [Family Online Safety Institute \(FOSI\)](#), a Stop.Think.Connect. Campaign National Network partner, provides advice, tips, and tools that empower parents to confidently navigate the online world with your kids. Their [Good Digital Parenting](#) resources include actionable advice for parents on how to help ensure their children are safe online, social media guides, and tips for talking to children about online safety. Start by checking out these resources below:

- [Three Teachable Moments](#) tool
- [7 Steps to Good Digital Parenting](#) tool
- [Parenting in the Digital Age](#) research report
- [GDP: Setting Ground Rules](#) video

Visit www.FOSI.org for more information on resources available to you.

ONLINE SAFETY RESOURCES FOR KIDS



The Stop.Think.Connect. Campaign partners with a organizations that aim to provide you with the tools and resources you need to protect your children online while still allowing them to enjoy the benefits of a digital life.

- [ConnectSafely](#) offers Parent's Guides, a collection of short, clearly written guidebooks that explain apps, services, and platforms popular with teens.
- [Netsmartz Kids](#) provides interactive, educational, and age-appropriate resources to help teach children how to be safer online.
- [Family Online Safety Institute](#) gives advice, tips, and tools that empower parents to confidently navigate the online world with your kids.
- [Savvy Cyber Kids](#) offers curriculum that covers the concepts of security, privacy, bully response, and online ethics with engaging characters and in age appropriate language.

Cyber in the News: The Importance of Emphasizing Online Safety to Students



[Scholastic](#) featured an article about the importance of teaching students online safety in the classroom this month. The Department of Homeland Security's Deputy Under Secretary Dr. Phyllis Schneck wrote the article which makes the case for including online safety lessons in classroom curriculum. "Just as we teach our children not to talk to strangers and to look both ways before crossing the street, we need to teach children how to behave safely and appropriately online." The article also includes many cyber resources available to educators. Read the full article [here](#).

Russell Fox
Branch Chief, Analysis and Integration
FEMA Region II/DHS
World Trade Center 1 (WTC1), 52nd Floor
New York, NY 10278
917-318-4859 Cell

<http://www.fema.gov/continuity-operations>
<http://www.fema.gov/es/continuidad-de-operaciones>