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Melissa Velez-Morales

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Sent: Friday, August 19, 2016 11:04 AM
To: Detoro, Fred; Harris, Laura; Weigle, Trevor J.
Cc: Melissa Velez-Morales
Subject: FW: September Preparedness Month - Training, Webinars, Zika and More!!!
Attachments: IED_NYC_08302016.pdf; OHA_Zika Virus-Poster-FINAL - 08-2016.pdf

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Subject: September Preparedness Month - Training, Webinars, Zika and More!!!



Promote National Preparedness Month

September is the first month of fall, when most of the kids head back to school, and our traditional month when we celebrate preparedness. Due to the success of last year's theme, "Don't Wait, Communicate. Make Your Emergency Plan Today," will be returning this September with a continuing emphasis on preparedness for youth- especially teens, older adults, and people with disabilities and others with access and functional needs. We're excited about the opportunity to help you and your family learn more about emergencies and how to be prepared whenever or wherever they strike.

As is the tradition, each week of National Preparedness Month has a designated theme:

- Week 1 (August 28-September 3): Promote National Preparedness Month
- Week 2 (September 4-10): Preparing Family and Friends
- Week 3 (September 11-17): Preparing Through Service
- Week 4 (September 18-24): Individual Preparedness
- Week 5 (September 25-30): Lead-up to National PrepareAthon! Day

More information about each of these themes is available on Ready.gov/september, where you can also find social media content, 2016 NPM logo, graphics, and more to share with your friends and family.

Get the NPM Toolkit ▶



FEMA

AMERICA'S
PrepareAthon!



Ready®

NATIONAL PREPAREDNESS MONTH 2016

Get the National Preparedness Month Social Media Toolkit

Get ready for National Preparedness Month (NPM) with the 2016 NPM Social Media Toolkit!

The toolkit has emergency preparedness messages you can share on your social media channels to spread the word to colleagues, family, and friends throughout the month of September and beyond! Feel free to copy the messages directly or customize them. Find graphics, videos, and other resources you can use to promote preparedness.

The 2016 NPM theme is “Don’t Wait, Communicate: Make Your Emergency Plan Today.” Each week of the month has a specific focus highlighting ways to get prepared and leads up to National PrepareAthon! Day on September 30.

- Week 1 (August 28-September 3): Promote National Preparedness Month
- Week 2 (September 4-10): Preparing Family and Friends
- Week 3 (September 11-17): Preparing Through Service
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Don't Wait. Get the NPM Social Media Toolkit today!

Also, be sure to check out the Ready Campaign's 2016 Seasonal Preparedness Messaging Calendar to find other toolkits, including the Children and Youth Preparedness Social Media Toolkit, to share with your networks.

Campus Fire Safety Tips and "See It Before You Sign It" Campaign



As college students head back to school, take a moment to talk with them about fire safety. Each year, on-and off-campus college and university students are impacted by hundreds of fire emergencies. Most of these fires are caused by flammable materials and cooking. The United States Fire Administration (USFA) suggests the following campus fire safety tips as young adults head off to school:

When cooking:

- Cook only in spaces where it is permitted.
- Keep cooking area clean and uncluttered.
- Keep an eye on what's being cooked, especially if cooking at high temperatures.
- If a fire starts in a microwave, keep the door closed and unplug the unit.

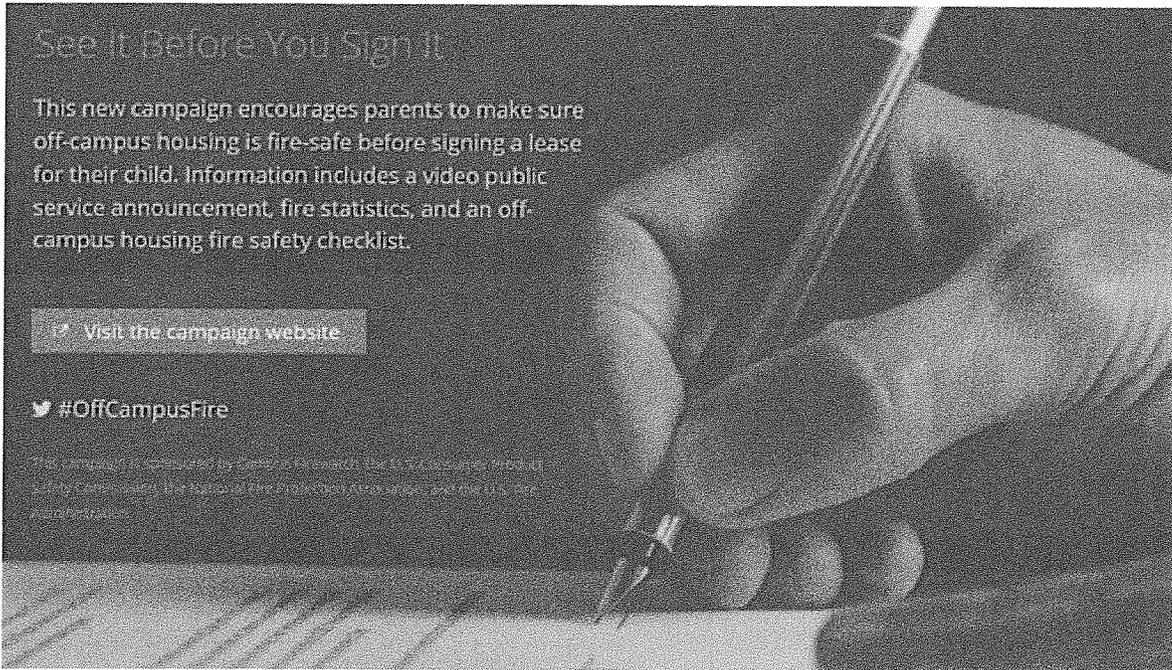
If smoking:

- Make sure cigarettes and ashes are out. Never toss hot cigarette butts or ashes in the trash can.
- After a party, check for cigarette butts, especially under cushions because chairs and sofas catch on fire fast and burn quickly.
- Be aware of how risky it is to smoke when drinking or drowsy.

Never disable or remove batteries from smoke alarms. Smoke alarms could provide the crucial extra minutes necessary to escape from a fire. Have a plan, and practice it, that includes multiple escape routes for the same location.

Join USFA's campaign, "See It Before You Sign It" encouraging parents to ensure that off-campus housing is fire-safe before signing a lease for their child. Visit the campaign website for more information.

Visit the USFA website at www.usfa.fema.gov for more information on fire safe college housing.



FEMA extends deadline to Dec. 15, 2016, for comments on draft disaster resilience indicators concept

The Federal Emergency Management Agency (FEMA) has extended the deadline to Dec. 15, 2016, to submit feedback to the Mitigation Federal Leadership Group (MitFLG) Disaster Resilience Indicators Subcommittee’s Draft Interagency Concept for Community Resilience Indicators and National-Level Progress Measures. Stakeholders can submit comments and feedback to FEMA-CommunityResilience@fema.dhs.gov. In response to broad public interest in identifying key factors of community resilience nationwide, FEMA, the National Oceanic and Atmospheric Administration (NOAA), and federal partners in the MitFLG Disaster Resilience Indicators Subcommittee released the draft white paper in June 2016. It is intended to start a broad conversation among public- and private-sector stakeholders on ways to best define and track improvements in community resilience capacity across 28 key indicator categories. Learn more details about this initiative through FEMA and NOAA partnership [here](#).

30th Anniversary National CERT Conference



This year is the 30th Anniversary of the Community Emergency Response Team (CERT) program. To celebrate, the Federal Emergency Management Agency (FEMA), has partnered with CaliforniaVolunteers, NBCUniversal, and other CERT partners to host a National CERT Conference September 8 – 10, 2016 in Universal City, CA.

Attendees will join nearly 650 CERT program managers, instructors, and volunteers at the event, which will offer a variety of activities and workshops. Some of the workshops include: Map Your Neighborhood, Moulage 101, and How to Use Social Media to Enhance Your CERT Program.

One of the biggest activities this year will be the 30th Anniversary National CERT Conference Awards ceremony. Similar to FEMA's Individual and Community Preparedness Awards, the ceremony will recognize all the great programs, volunteers, and partners that have made CERT successful.

To learn more about the 30th Anniversary National CERT Conference, visit the CaliforniaVolunteers website. You can register for the conference here: <http://2016certconference.eventbrite.com>.

Starting a Youth Preparedness Program

Youth preparedness programs provide kids with the skills they need to protect themselves during an emergency. Looking to start a youth preparedness program in your community? FEMA can help! We've outlined seven steps for implementing a successful program. Here are the first three:

Step 1: Getting Started

Begin by assessing the needs of the community, identifying the goals of the program, and securing the necessary financing and resources to facilitate a smooth launch. The first step involves deciding what to include in the program. For example, will it include information and training on a particular type of disaster, or general information about family preparedness and/or emergency response? Once you have identified your community's needs, you will be able to establish a focus for your youth program.

Step 2: Engaging Partners

Youth preparedness requires collaboration. The second step in implementing a youth preparedness program is to identify and secure partners, and to define the roles and responsibilities for each partner. Refer to the *Partnership Checklist in the Implementation Guide* for a starting point.

Step 3: Identifying Your Curriculum

This step involves determining who your audience is, choosing what topics to focus on, and identifying a curriculum that meets the demands of your audience and topics. The *FEMA Youth Preparedness Catalogue: Disaster Preparedness Education Programs and Resources* lists a number of curricula that may work for you. Also, printed program materials are available for the Student Tools for Emergency Planning (STEP) and Teen CERT programs through the FEMA warehouse.

For more information about starting a youth preparedness program, and to see the full list of steps, visit <https://www.ready.gov/youth-preparedness>.

Stakeholder Advisory

Today, FEMA released updated Federal Interagency Operational Plans (FIOP) for three of the five mission areas outlined in the National Preparedness Goal: Mitigation, Response, and Recovery. In addition to the updated FIOPs, FEMA has released the first edition of the Protection FIOP. The fifth FIOP – the Prevention FIOP – contains sensitive information for the law enforcement community and is not publically available.

All five plans link together the range of activities conducted by all of the Federal departments and agencies involved in national preparedness. They specifically outline the concept of operations for integrating and synchronizing existing national-level Federal capabilities to support local, state, tribal, territorial, insular area, and Federal plans.

National preparedness is a shared responsibility—everyone has a role to play to ensure that our nation can address its greatest risks. FEMA supports the mission of strengthening the security and resilience of the nation by working to improve the ability of all to manage incidents, events, and emergencies. The FIOPs do this by creating a shared understanding about how we, as a nation, coordinate, share information, and work together to achieve our missions, as well as define our roles and responsibilities.

The FIOPs also provide local, state, tribal, territorial, and insular area planners an understanding of how the Federal Government will utilize capabilities so that they may develop or modify their plans accordingly. While engaging the whole community is critical to successful integration of the plans, the FIOPs are directed towards Federal department and agency operations and do not dictate the operations of any other level of government, private sector, or nonprofit entity.

The updates to the four established FIOPs focused on critical content revisions and include the edits from comments received on the National Preparedness Goal and National Planning Frameworks. Changes due to lessons learned from implementing the FIOPs and recent events, as well as the findings of the National Preparedness Report are also included.

The Department of Homeland Security's National Protection and Programs Directorate, FEMA, and an interdisciplinary team developed the Protection FIOp after the other FIOPs to ensure alignment with other National protection policies, such as the Presidential Policy Directive 21: *Critical Infrastructure Security and Resilience*, National Infrastructure Protection Plan (NIPP 2013), and Executive Order 13636: *Improving Critical Infrastructure Cybersecurity*.

FEMA is hosting a series of 60-minute informational webinars with interested stakeholders to discuss the updates to the FIOPs. These webinars look to provide information regarding changes and updates as well as to answer questions related to the FIOPs.

Advanced registration is required due to space limitations. **Registration is on a first come, first serve basis.**

All FIOPs, except Prevention, are available online.

For more information on national preparedness efforts, to download the FIOPs, or to register for a webinar, visit: <http://www.fema.gov/national-preparedness>.

U.S. Dept of Homeland Security Sponsored IED Counter Terrorism Workshop

Attached is the announcement for a U.S. Department of Homeland Security **IED Counter Terrorism Workshop** scheduled for Aug 30th at the New York Bank of Mellon building at 101 Barclay Street. The course is free but attendees need to register using the link in the attached announcement. All students need to have a FEMA Student ID# which can be obtained by going to the FEMA website <https://cdp.dhs.gov/femasid>. (process takes about 2 minutes) before registering. Please distribute to all your organizations members.

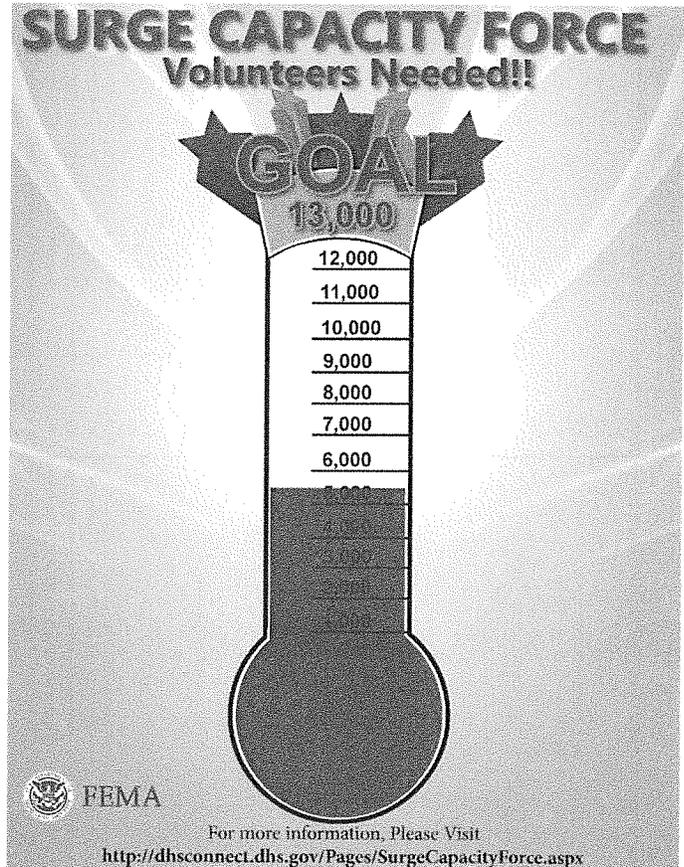
DHS EMPLOYEES ONLY - Join the Surge Capacity Force Today – Don't Delay!

When communities are affected by disasters and emergencies, people depend on DHS, and DHS depends on you! The Surge Force Capacity (SCF) is a voluntary program for employees of DHS and its components, providing an opportunity to receive training and potentially deploy in support of federal disaster response and recovery activities. The Department's goal is to register a total of 13,000 employees this year. [Register to join the SCF today!](#)

Joining the SCF is one way the greater DHS family can help communities and survivors following a disaster. No prior emergency management experience needed, only a willingness to help others in their time of need. When you register to join the SCF, you will join thousands of colleagues from all components of DHS in helping individuals, families and communities. Employees who volunteer to serve will receive training to maximize their effectiveness in a disaster response environment.

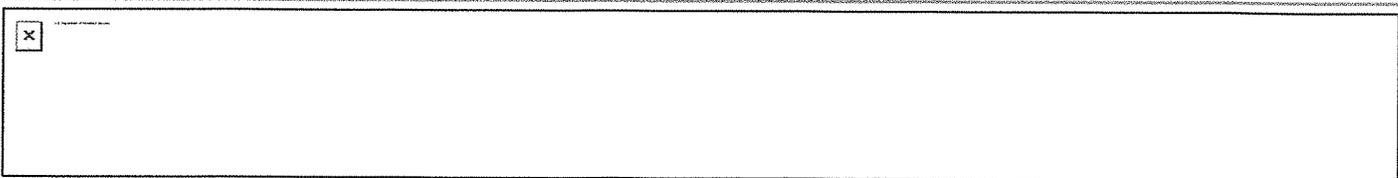
If deployed, SCF members are paid at their regular rate, plus any overtime required during their service. Employees must notify their supervisor if interested in volunteering, and supervisors retain the ability to approve or deny an employee's deployment.

The ongoing flood situation in Louisiana is a reminder that DHS needs to remain nimble and have an ongoing capability to mobilize resources from within. The SCF enables the department to meet the needs of large-scale disaster response and recovery operations. In October 2012, DHS activated the SCF for the first time, sending more than 1,100 DHS employees to support disaster response and recovery efforts in New York and New Jersey in the aftermath of Hurricane Sandy. Learn more about how survivors view SCF efforts: [view video](#) and [read stories from SCF volunteers](#) about their experiences supporting local communities in the aftermath of Hurricane Sandy.



For more information, including your component registration site, frequently asked questions, go to <http://dhsconnect.dhs.gov/Pages/SurgeCapacityForce.aspx>

If employees and/or supervisors have any questions, please feel free to contact SCF at: SurgeCapacityForce@fema.dhs.gov.



New Anti-Human Trafficking Materials Available

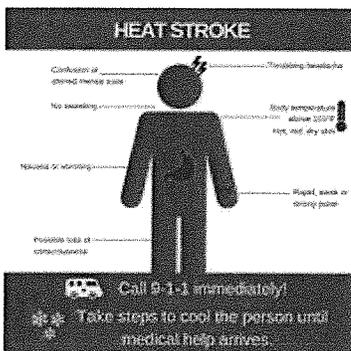
The U.S. Department of Homeland Security recently introduced new web-based educational resources to support its Blue Campaign against human trafficking.

One of the more difficult aspects of spotting and stopping human trafficking is that it is so hidden. It can and does happen in our communities, yet remains nearly invisible to us and we easily explain away the indicators of this highly-profitable crime.

The new resources include a short video and several infographics that detail the differences between human smuggling and human trafficking and talks about the three different types of human trafficking: sex trafficking, forced labor, and domestic servitude. The site also tells of several recent cases from across the country, describing the conditions the people were subject to and how they were eventually found.

This new campaign will target areas where human trafficking is active, including parts of Arizona, Nevada, and North Dakota. The Blue Campaign website also offers [online awareness training](#), [resources for law enforcement](#), and instructions on how to [report a tip](#). Fire, EMS, public health, and law enforcement personnel are in a unique position to catch these modern-day slave traders in the act and help their victims.

Warning Signs: Heat Stroke



According to the Centers for Disease Control and Prevention (CDC), heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, sweating mechanism fails, and the body is unable to cool down.

Do you know the signs of heat stroke? While warning signs may vary, symptoms may include:

- An extremely high body temperature (above 103 degrees Fahrenheit);
- Red, hot, and dry skin (no sweating);
- Rapid, strong pulse; and
- Dizziness.

According to the CDC, if someone experiences signs of a heat stroke, have someone else call for immediate medical assistance while you begin cooling the person by:

- Getting him or her to a shady area; and/or
- Immersing the person in a tub of cool water, placing him or her in a cool shower, or spraying the person with cool water from a garden hose.

Be sure to monitor the person's body temperature, and continue cooling efforts until the body temperature drops to 101-102 degrees Fahrenheit. If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Don't give the victim fluids to drink.

If emergency treatment isn't provided, heat stroke can cause death or permanent disability. To learn more about this and other heat-related illnesses, visit the CDC website.

For questions about extreme heat safety, check out the CDC's list of FAQs.

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NFPA's Take Action Campaign: Wildfire Preparedness

Have you heard? The National Fire Protection Association (NFPA) has a campaign to help youth prepare for wildfires. According to the NFPA, more than eight million students across the U.S. live in a community at risk for wildfire.

Youth can play an important role in helping minimize these risks. The "Take Action" campaign has resources and projects for young adults to prepare themselves, their families, and their neighbors with wildfire planning and evacuation. There's even information about preparing pets, too!

Get in-the-know about wildfires! Watch NFPA's Wildfire Facts video to learn more about this hazard. Be sure to share on your social media channels.

You can also visit America's PrepareAthon! for additional wildfire preparedness resources, including the *How to Prepare for a Wildfire* guide and the *Prepare Your Organization for a Wildfire* playbook.

When You Get Blank Stares....

There is nothing quite like teaching a training module, giving a press conference, presenting before a municipal board, or in some other way speaking to a group of people and finding out later that your message just did not come across. What's worse is if someone received the message completely skewed but believes it is correct, which can have many unpredicted consequences.

It's important to learn to recognize when your message isn't being communicated completely or clearly. This may be little more than getting a confused look, or someone asking a question on something you thought you'd carefully covered. We've all been in a situation where an instructor or speaker paid little attention to the confusion of their audience and know the frustration that causes. Take a lesson from their mistake and learn to read your audience.

This translates to electronic messaging as well. People are not shy about pointing out problems with online messaging; take notice of the comments people are making. Yes, some people make negative comments just for the sake of doing it, but you can usually tell the difference between the troublemakers and the genuinely confused. Clear up any confusion early, be clear in messaging, and make it obvious the clarification is coming from official channels. For more help, see the free Federal Emergency Management Agency training "[Effective Communication](#)."

Ask An Expert Firewise Virtual Workshop Series

Hour-long workshops designed to connect wildland fire stakeholders with subject matter experts.

The Firewise virtual workshop series provides conference quality, free learning opportunities for wildfire stakeholders, by connecting them with leading researchers and practitioners in a live interactive format. Each session is an hour-long and features a wildfire related topic that closes with questions received directly from participants.

Register for September's free virtual workshop

Understanding Insurance in the Wildland Urban Interface, Thursday, September 15, 2 pm EDT (12 pm MDT)
Carole Walker, Executive Director, Rocky Mountain Insurance Information Association

Homeowner's insurance policies for residences located in wildfire prone areas are often misunderstood by the policy holder. Discover what insurance companies know about your property, how they make policy related decisions and most importantly how to ensure your policy is all you think it is when a wildfire strikes. Participating in this hour-long session is a must for homeowners and all other wildfire stakeholders.

REGISTER TODAY

Webinar: Private Sector Access to Disaster Sites

Managing who has access, and what level of access, to disaster sites is an important part of the planning process. The upcoming webinar “Entry Approved: A Review of Coordinated Access for Critical Personnel to Disaster Sites” sponsored by the Health and Human Services (HHS) Office of the Assistant Secretary for Preparedness and Response (ASPR) will cover this top with a focus on private sector access.

Healthcare Ready will review current policies and programs that address private sector access to disaster sites and examine why this remains a challenging problem. The webinar will also go over current public sector access programs, private sector experiences, recommendations for changes, and established best practices.

This webinar is open to members and representatives of the Healthcare and Public Health Sector community and all related subsectors. Please feel free to distribute widely to your coordinating partners and associates.

Join the webinar on Tuesday, August 30 from 2:30 p.m. to 3:30 p.m. Eastern. The dial-In number is 202-774-2300 and the access code is 67411014. For more information, see Public Health Emergency website, and contact CIP@hhs.gov with questions

HHS.gov

U.S. Department of Health & Human Services



A Simple Way You Can Help Us Fight the Zika Virus

This summer, whether you’ve been scrolling through Facebook, Twitter or Instagram, your social media feeds have probably included stories about the Zika virus. You may have read about how the Zika virus spreads mostly through mosquito bites, the potentially devastating impact that Zika can have on pregnant women and their newborns, or the number of cases here in the United States. At HHS, we are working to ensure you have the most accurate and up-to-date information about Zika and what it means for your health and safety.

Social media is a valuable tool for key information about Zika, but we need your help to spread the word. We want to make sure you and your social networks have the most accurate information on the Zika virus, and we’ll share more information as it becomes available.

Share **key messages about Zika with your friends and family**. Every retweet and share helps us educate more people and plays a part in preventing the spread of Zika.



READ MORE: [A Simple Way You Can Help Us Fight the Zika Virus](#)

SHARE ON FACEBOOK

Respond Now to the Threat of Zika



PHF is aware that health departments are not getting all the resources they need to respond to Zika and other vector-borne diseases. With the limited resources available, it is imperative that agencies be effective and efficient in combating these public health threats.

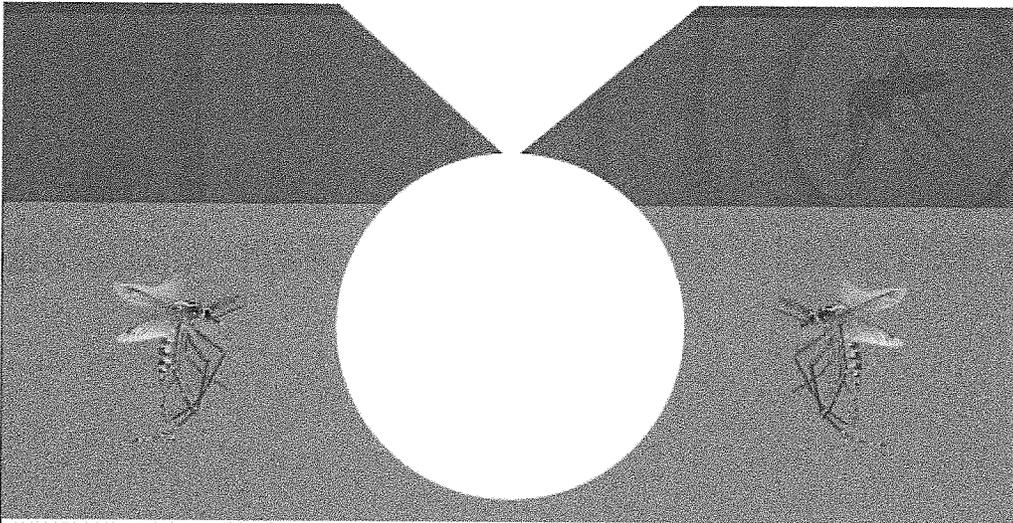
"PHF really helped us turn the corner for mosquito control," said Scott Meador, Vector Control Supervisor for the Tulsa Health Department in Oklahoma.

Find out how PHF can help you combat this growing public health challenge by getting the most out of the limited funding and resources that you have.

Attached is a recent Zika poster issues by the DHS Office of Health Affairs.

Zika Wallet Cards and Door Hangers

Expand your ways to reach your audiences. CDC has wallet cards and door hangers on topics such as mosquito prevention and insect repellent, condom use, and larvicides.



**Los mosquitos son portadores
de virus y pueden enfermarlo**

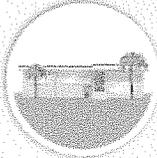
Evite las picaduras de mosquitos



Use repelente de insectos



Use camisas de mangas largas
y pantalones largos



No deje entrar a los mosquitos

**Controle los mosquitos que pueda haber
en su casa. Una vez por semana vacíe y limpie,
voltee, tape o deseche los artículos que contengan
agua. Coloque mallas para ventanas y puertas.**

www.cdc.gov/zika



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

11/2016 ZIKV-001

Using condoms the right way can reduce the risk of getting Zika from sex

Condom Dos and Don'ts

- ✓ DO use a condom every time you have sex.
- ✓ DO put on a condom before having sex.
- ✓ DO read the package and check the expiration date.
- ✓ DO make sure there are no tears or defects.
- ✓ DO store condoms in a cool, dry place.
- ✓ DO use latex or polyurethane condoms.
- ✓ DO use water-based or silicone-based lubricant to prevent breakage.
- ✗ DON'T store condoms in your wallet as heat and friction can damage them.
- ✗ DON'T use nonoxynol-9 (a spermicide), as this can cause irritation.
- ✗ DON'T use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
- ✗ DON'T use more than one condom at a time.
- ✗ DON'T reuse a condom.



Condom Use Palm Card

Zap Zika Video Series



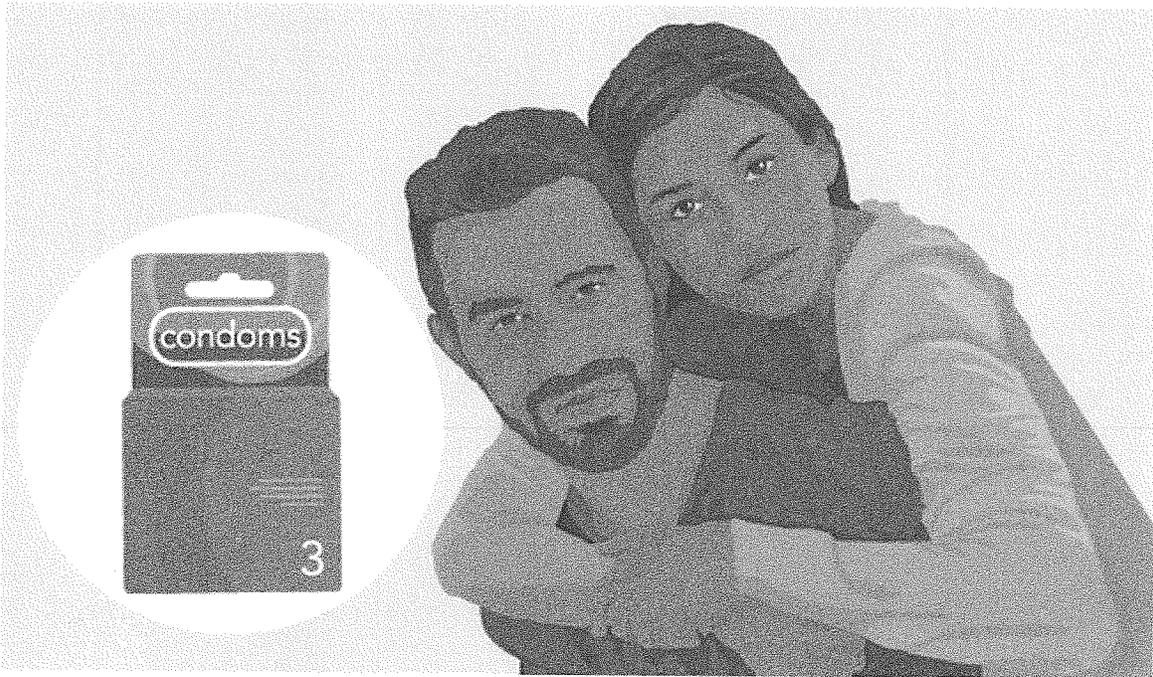
Zap Zika videos

CDC has released a series of videos that encourages Zika preventive behaviors. You can check out more videos by accessing CDC's [Zika Video Resources](#) page.

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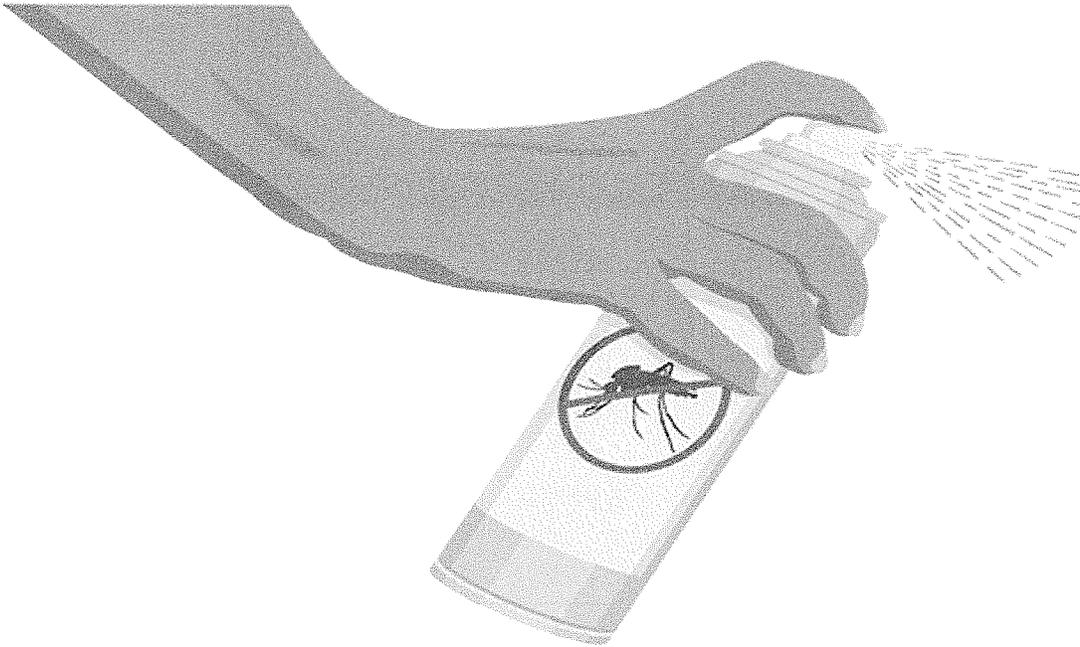
Zika Topic of the Week: Protect Your Partners from Zika!

August 8 - 12



Although Zika is primarily spread through mosquitoes, it can also be passed through sex from a person who has Zika to his or her sex partners, even if the infected person does not have symptoms at the time or if their symptoms have gone away. Condoms (and other barriers to protect against infection) can reduce the chance of getting Zika from sex. This is especially important if the infected person has a pregnant sex partner, because Zika can cause serious birth defects. Learn more about how to prevent sexually transmitted Zika and help spread the message that all travelers coming from an area with Zika can take steps to protect their partners and families from Zika.

August 15 - 19

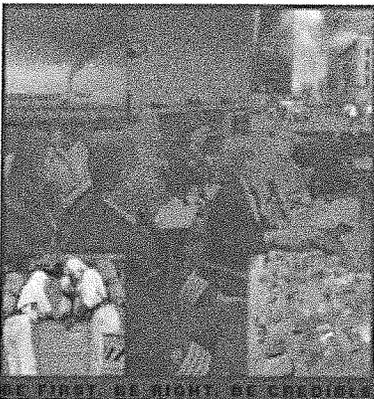


Bite back against mosquitoes!

[Learn more](#) about mosquitoes and how to protect yourself.

This week's topic is in support of World Mosquito Day on August 20.

Weekly CERC Teleconference: "Zika CERC Summary"



To address the communication concerns and needs of state, local, and territorial health communicators, as well as partner organizations, CDC is hosting a series of Crisis and Emergency Risk Communication (CERC) teleconferences related to Zika issues.

These teleconferences are held on a weekly basis from **1-2 pm (Eastern Time)**. Each week, a new CERC topic will be presented as it relates to Zika.

August 16 – Zika CERC Summary- In this last week of the Zika Crisis and Emergency Risk Communication discussions, we will summarize the six basic principles of CERC and concepts that have been discussed throughout the series.

Audio Conference Access Information:

1-800-593-8913 (U.S. Callers)

1-212-547-0398 (International Callers)

Passcode: 3609251

***Please note this is the final call in the series.**

All calls will be recorded and posted to our website.

Presentation slides for this teleconference will be available on our website:

<https://emergency.cdc.gov/cerc/zika-teleconferences.asp>

Communication Tips: "Messaging on Emerging Infectious Diseases"

CRISIS COMMUNICATION CORNER

Messaging on Emerging Infectious Diseases

Infectious diseases are a danger to all people, no matter their age, gender, lifestyle, ethnic background, or economic status. These infections impose a huge cost on society. Crisis and Emergency Risk Communication (CERC) principles can help us—as public health communicators—explain risks and recommendations to affected populations.

In the years following World War II, it seemed people were winning the war against infections. We learned that antibiotics could treat life-threatening bacterial infections and vaccines could prevent disabling childhood diseases. However, this hopefulness was premature; some diseases have become resistant to antibiotics and new infections continue to emerge.

- In 2009, the emergence of H1N1 made the threat of a global pandemic a very real possibility.
- In 2013, the largest epidemic of Ebola virus disease in history began primarily in three West African countries and spread across local and international borders.
- In February 2016, the World Health Organization declared an outbreak of Zika virus a Public Health Emergency of International Concern.

Since it is never certain when or where new diseases will arise, we must always be prepared. Our job as public health and crisis communicators is to provide people the information they need during an outbreak of infectious disease, so we can effectively support the public, our colleagues, and the organizations offering help during an emergency.

For more resources and information on CERC, please see [Crisis and Emergency Risk Communication, 2014 Edition](#) or [Crisis and Emergency Risk Communication Pandemic Influenza, 2007](#).

Have you used CERC in your work? To share your CERC stories, e-mail cercrequest@cdc.gov. Your stories may appear in future CERC Corners.

Substance Abuse & Mental Health Services Administration: Coping with Traumatic Events

<http://media.samhsa.gov/MentalHealth/TraumaticEvent.aspx?from=carousel&position=1&date=3112011>

Strong Feelings are Expected: After a traumatic event emotional and physical reactions are different for each person. While it is typical to react to a stressful event with increased anxiety, worry and anger, most people bounce back. In fact, Americans consistently demonstrate remarkable resilience in the aftermath of disasters and other traumatic events.

Connect with Friends and Family

Check in with family members and friends to find out how they are coping. Feeling stressed, sad, upset are common reactions to life changing events. Recognize and pay attention to early warning signs of more serious distress. Your children, like you, will have reactions to this difficult situation; they too may feel fearful, angry, sad, worried, and confused. Children will benefit from your talking with them on their level about what is happening, to get your reassurance, and to let them know that you and they will be OK and that you will all get through this together.

Take Care of Yourself and Each Other

Getting support from others, taking care of yourself by eating right, getting enough sleep, avoiding alcohol and drugs and getting some exercise can help to manage and alleviate stress.

Know When to Seek Help

Depending on the situation, some people may develop depression, experience grief and anger, turn to alcohol or drugs and even think about hurting themselves or others. The signs of serious problems include:

- excessive worry
- crying frequently
- an increase in irritability, anger, and frequent arguing
- wanting to be alone most of the time
- feeling anxious or fearful, overwhelmed by sadness, confused
- having trouble thinking clearly and concentrating, and difficulty making decisions
- increased alcohol and/or substance use
- increased physical (aches, pains) complaints such as headaches
- trouble with your "nerves"

If these signs and symptoms continue (persist) and interfere with daily functioning, it is important to seek help for yourself or a loved one.

Know How to Find Help

If you or someone you care about needs help, you should contact your health care provider to get connected with trained and caring professionals. Anyone in crisis or thinking about suicide should call SAMHSA's Suicide Prevention Lifeline at 1-800-273-TALK (8255). It is important to seek professional help if you need it. The Missouri Department of Mental Health has set up a Mental Health Crisis Hotline at 1-800-494-7355.

Resources to Help Cope with a Traumatic Event

For Emergency Responders:

- [SAMHSA Disaster Kit](#)
Arms disaster recovery workers with a toolkit on mental health awareness. Includes materials for responding effectively to the general public during and after a disaster and in dealing with workplace stress.
- [Psychological First Aid for First Responders](#)
Gives tips to emergency response workers and disaster response workers to help disaster survivors cope with the psychological aspects of a traumatic event. Offers strategies for managing intense emotions and promoting a safe, calm environment. [[PDF \(English\)](#) | 430kb] | [[PDF \(Japanese\)](#) | 1,100kb]
- [Guide for Emergency Response and Public Safety Workers: Tips for Managing and Preventing Stress](#)
Gives organizational and individual tips for stress prevention and management for emergency response workers and public safety workers. Describes normal reactions to a disaster, signs of the need for stress management, and ways to handle stress.
- [Tips for Emergency and Disaster Response Workers: Possible Alcohol and Substance Abuse Indicators](#)
Information on the indicators or warning signs associated with alcohol and drug addiction, and other physical and mental disorders.

For Individuals and Families:

- [Tips for Survivors of a Traumatic Event: Managing Your Stress](#)
- [Tips for Survivors of a Traumatic Event: What to Expect in Your Personal, Family, Work & Financial Life](#)
- [Guide for Parents and Educators: Tips for Talking to Children and Youth After Traumatic Events](#)
- [Tips for Talking to Children: Interventions At Home for Preschoolers to Adolescents](#) [PDF 263kb]
- [Disaster Tips Wallet Card: Having Trouble Coping?](#) [[PDF \(English\)](#) | 420kb] | [[PDF \(Spanish\)](#) | 430kb]
- [How to Deal With Grief](#)
- [National Mental Health Recovery Campaign](#)
A public education campaign designed to encourage, educate, and inspire people between 18 and 25 to support their friends who are experiencing mental health problems.
- [Social Acceptance is the Key to Mental Health Recovery](#)
This fact sheet provides information on a 2006 survey of the public's attitudes on mental illness and highlights how increasing social acceptance can help to increase mental health recovery.

Flooding Resources for Public Health

We've had at least three instances of extreme flooding responsible for numerous deaths in the past two months. Homes were washed away in [West Virginia](#) in June, while an estimated 20,000 people had to be rescued in [Louisiana](#) just this week. In [Ellicott City, Maryland](#), floodwaters carved caverns out of sidewalks and

roads. In these instances, heavy rains brought historic floods that went far beyond what was expected, overwhelming response agencies.

Mother Nature has no problems throwing us curveballs. Other lesser instances of flooding, though minor compared to the events discussed above, still are a serious issue to life and health. All jurisdictions, even those not prone to flooding, should have plans on hand to deal with the issue and need to ensure all facets of response and recovery are addressed.

The Technical Resources, Assistance Center, and Information Exchange (TRACIE) has a number of flood-related health resources that may be helpful to jurisdictions currently experiencing flooding and those jurisdictions planning for flooding. The Technical Resources page covers a broad range of healthcare emergency preparedness topics, including the Natural Disasters Topic Collection with a section on Flooding – Lessons Learned and Flooding – Plans, Tools, and Templates.

They also have numerous individual resources on flooding in the Resource Library, which is connected to the National Library of Medicine Disaster Lit database. Accessing the resources in the Information Exchange does require a free, simple Registration, as it is a secure environment.

TRAIN Learning Network Now Reaches Health, Preparedness Agencies in Over Half the U.S. States



The Public Health Foundation (PHF) welcomes the Commonwealth of Pennsylvania as the newest member of the growing TRAIN Learning Network. Pennsylvania joins 25 other state health and preparedness agencies as well as three federal agencies - Centers for Disease Control and Prevention (CDC), Medical Reserve Corps (MRC), and Veterans Health Administrator (VHA). As TRAIN affiliates, these agencies collaborate to disseminate, track, and share trainings for professionals who protect and improve the public's health. The Pennsylvania TRAIN portal will launch later this year. Learn more about the growing TRAIN Learning Network that now serves more than half of the U.S. states.

Campus CERT and Workplace CERT Guides Now Available

We're excited to announce the release of the Campus CERT and Workplace CERT Guides! The Guides will help new Campus or Workplace CERT programs establish their teams and be successful in their unique environments. The Guides are supplements to the existing CERT curriculum (<https://www.fema.gov/training-materials>) and can even be used to help existing CERT programs branch out into new areas.

The Campus CERT Guide can help program managers establish a new CERT in a college or university setting. A college or university campus often functions as a "city within a city," and often has its own emergency management capabilities. A Campus CERT program can support and enhance existing capabilities, and CERT volunteers can participate in efforts to increase the preparedness and resilience of the on-campus community. Campus CERT volunteers can also support the non-emergency needs of the college or university. For example, appropriately trained Campus CERT volunteers can help manage traffic and crowds at large sporting events or other major campus functions, such as graduation ceremonies. The Guide will make starting a new CERT within the framework of a college or university easier.

The Workplace CERT Guide can help start a CERT within any place of work. Whether it is a retail store or an office building, a Workplace CERT program equips employees with skills that enable them to perform basic disaster response operations in an emergency. A Workplace CERT program can support and enhance existing capabilities, and CERT volunteers can participate in efforts to increase the preparedness and resilience of the workplace and community. Workplace CERT volunteers are trained using the CERT Basic Training curriculum. Workplace CERT volunteers can also support the non-emergency needs of the workplace. For example, appropriately trained Workplace CERT volunteers can help manage traffic and crowds at large events and functions.

Download your copy of the Campus CERT and Workplace CERT Guides today!

Home Fires: It's Everyone's Fight



The United States Fire Administration (USFA) reported that fires kill an average of seven Americans every day in the United States and cause an estimated \$7.3 billion property loss annually. Home fires can be prevented by having the basic knowledge of fire prevention, such as the use of smoke detectors. In a recent partnership between FEMA and Red Cross, they focused on a simple goal – to provide smoke detectors to households that need them the most.

FEMA and Red Cross collaborated and combined data on fatal home fires in order to determine the various neighborhoods that are most at risk of home fires. The results gathered from this study will be used to support households and provide smoke detectors. The goal of this new program is to prevent deaths caused by home fires as well as property loss.

USFA is also working with FEMA to prevent home fires. USFA's "Fire Is Everyone's Fight" campaign is a national initiative to unite the fire service, life safety organizations, and professionals in an effort to reduce home fire injuries, deaths and property loss by changing how people think about fire and fire prevention. Fire safety and prevention webinars are available for individuals interested in joining the campaign and promoting fire safety.

To watch previous fire safety and prevention webinars, visit USFA. Home fire prevention and safety information are also available from Ready.gov.

Disabilities, Access, and Functional Needs Symposium report

We are happy to announce that NYC Citizen Corps released the latest [Access and Functional Needs Symposium report](#) which focuses on emergency planning for people with disabilities and others with access and functional needs. The symposium brings together service providers, consumers, advocates, and community stakeholders to specifically address planning for people that require a higher level of support during emergencies. Receive

an invitation to this year's symposium when it is released by [joining the NYC Citizen Corps Communication Network](#).

DHS Announces Brand New Center of Excellence Grant Opportunity

The Department of Homeland Security (DHS) Science and Technology Directorate (S&T) Office of University Programs (OUP) is requesting applications from U.S. colleges and universities to lead a consortium of universities for a Center for Homeland Security Quantitative Analysis (CHSQA). The deadline for submission is **November 1, 2016**. To learn more, [sign up for the informational webinar](#) on **August 23, 2016** at 3:00 P.M. EDT or visit go.usa.gov/x2gNG.

Deadline Approaching for Countering Violent Extremism Grant Program

The FY 2016 Countering Violent Extremism (CVE) Grant Program supports programs, projects and activities that prevent recruitment or radicalization to violence by interrupting those efforts, building community-level resilience to them and identifying the early signs of radicalization to violence and providing appropriate interventions through civic organizations, law enforcement or other entities. The application deadline for the FY 2016 CVE Grant Program is **September 6, 2016**. Any questions should be directed to CommunityPartnerships@HQ.DHS.GOV. For more information, please visit <https://www.dhs.gov/cvegrants>.

FEMA EMI Emergency Management Higher Education Community Conference Calls

FEMA's Emergency Management Institute is hosting community conference calls in an effort to: learn from the emergency management academic community what is new and exciting in their world; find out about ongoing projects; discuss higher education community needs that DHS can address; and provide the opportunity for callers to ask questions. **Dates for the next conference calls are August 18 and September 15**. Calls will be held 2:00 – 3:00 P.M. EDT. The conference call number for August 18 is: 800-320-4330, PIN: 271433.

FEMA Higher Education Program Webinar: The Role of Research in Emergency Management

This webinar will feature discussion of results of a recent study related to utilization of research by students at Arkansas State University and incorporate webinar attendees in discussing the extent to which those findings are similar to their perceptions and experience at their institutions. The webinar will then discuss efforts that have been undertaken to address research issues in emergency management higher education programs and involve webinar attendees in discussion of what additional efforts ought to be undertaken.

The webinar will take place from **3:00 – 4:00 P.M. EDT on September 28**. The conference call number is: 800-320-4330, PIN: 995678. For more information, please contact Wendy Walsh at wendy.walsh@fema.dhs.gov or visit <https://training.fema.gov/hiedu/femaemploymentwebinar.aspx>.

Emergency Management Institute Offers Earthquake Virtual Tabletop Exercise

FEMA's Emergency Management Institute (EMI) Virtual Tabletop Exercise (VTTX) program will offer an earthquake scenario from **September 20 to 22, 2016 at 12 p.m. to 4 p.m. EDT**. The VTTX was designed to help communities specifically look at an earthquake in their community, using historical events and recovery actions. The VTTX involves key personnel discussing simulated scenarios in an informal setting and can be used to assess plans, policies, training, and procedures. Content for each session is the same for all days and participants should only attend one session.

EMI conducts a monthly series of VTTXs through video teleconferences (VTC) to reach community-based training audiences around the country, and provide a virtual forum for disaster training. The VTTX is designed for a group of ten or more representatives from state, local, tribal, and territorial emergency communities of practice. Participants will need to connect via a site equipped with the appropriate VTC capability, but alternate ways to participate are also available upon request.

The goals of the VTTX are to test the participants' knowledge, skills, and abilities to conduct all-hazards emergency response and recovery effectively. The VTTXs also enable coordination of response operations with counterparts from federal agencies, state, local, tribal, and territorial governments, private sector organizations, non-governmental agencies, and other whole community partners.

To participate in a VTTX, send an email request to Doug Kahn at douglas.kahn@fema.dhs.gov and copy fema-emi-iemb@fema.dhs.gov. Participants can also call 301-447-7645 or 301-447-1381. The deadline for all applications is **August 26, 2016**. Additional information is available at <https://training.fema.gov/programs/emivttx.aspx>.

Draft Disaster Resilience Indicators Concept Deadline Extended

The deadline has been extended until **December 15, 2016**, to submit inputs and feedback to the Mitigation Federal Leadership Group (MitFLG) Disaster Resilience Indicators Subcommittee's "Draft Interagency Concept for Community Resilience Indicators and National-Level Progress Measures." Stakeholders can submit comments and feedback to FEMA-CommunityResilience@fema.dhs.gov.

In response to broad public interest in identifying key factors of community resilience nationwide, FEMA, National Oceanic and Atmospheric Administration (NOAA), and federal partners in the MitFLG Disaster Resilience Indicators Subcommittee released the draft white paper in June 2016. This white paper is intended to start a broad conversation among public- and private-sector stakeholders on ways to best define and track improvements in community resilience capacity across 28 key indicator categories.

The document is the result of a year-long effort to identify potential indicators of community resilience capacity building that align with the Mitigation and Recovery Core Capabilities under the National Preparedness Goal. Learn more details about this initiative through FEMA and NOAA partnership [here](#).



Cyber Information

- **User Ed: Patching People Vs Vulns**
- **Why you STILL can't trust password strength meters**
- **Pragmatic Steps to Manage File Data Leakage Risks**

Reminder of Upcoming Deadlines

Higher Education Webinar in Emergency Management Education

FEMA's Emergency Management Institute Higher Education Program is hosting a webinar, "The Role of Research in Emergency Management Education: Current Status and Future Directions," **September 28, 2016 from 3 - 4 p.m. EDT**. The webinar highlights research issues in emergency management higher education programs. The webinar will examine the results of a recent research study by Arkansas State University students who will discuss the relationship between the results of their research and the perceptions and experiences at their institutions. Presenters include:

- **Deborah J. Persell, Ph.D., RN, APN, Director, Regional Center for Disaster Preparedness Education College of Nursing and Health Professions Arkansas State University**
- **Jessica Jensen, Ph.D., Associate Professor, Department of Emergency Management Co-Director, Center for Emergency Management Education and Research, North Dakota State University**

Interested individuals should register using the event registration link and contact Wendy Walsh at wendy.walsh@fema.dhs.gov for more information on the webinar.

E0427 Community Emergency Response Team (CERT) Program Manager

Course Dates: September 29-30, 2016

Course Description: This course prepares participants to establish and sustain an active local CERT program.

Link for more information: <http://training.fema.gov/EMIGrams/2016>

Link to apply: <http://training.fema.gov/Apply>

E0428 Community Emergency Response Team (CERT) Train-the-Trainer

Course Dates: September 26-28, 2016

Course Description: This course prepares participants to deliver FEMA's *CERT Basic Training* course.

Link for more information: <http://training.fema.gov/EMIGrams2016>

Link to apply: <http://training.fema.gov/Apply>

EMI offers earthquake virtual tabletop exercise, Sept. 20-22, 2016



FEMA's Emergency Management Institute (EMI) has scheduled a Virtual Tabletop Exercise (VTTX) offering an earthquake scenario, Sept. 20-22, 2016, 12:00 p.m.-4:00 p.m. EDT. This exercise is designed to help communities specifically look at an earthquake in their community, using historical events and recovery actions. The VTTX involves key personnel discussing simulated scenarios in an informal setting and can be used to assess plans, policies, training, and procedures. Content for each session is the same for all days, and participants should only attend one session. Complete details are available [online](#). Interested participants should email a request to Doug Kahn at douglas.kahn@fema.dhs.gov and copy fema-emi-iemb@fema.dhs.gov, or call 301-447-7645 or 301-447-1381. Deadline for applications is **Aug. 26, 2016**.



U.S. DHS and IPSA Joint Webcast: Resources Emergency First Responders

Tue, Sep 20, 2016 3:00 PM - 4:00 PM EDT

[Show in My Time Zone](#)

The United States Department of Homeland Security (DHS) and the International Public Safety Association (IPSA) are collaborating with emergency first responders about the tools and resources available to them through the Emergency Services Sector (ESS).

Encompassing a wide range of emergency response functions, ESS saves lives, protects property and the environment, assists in recovery from emergencies. ESS has many resources available to help manage risks, improve security, and aid in the implementation of emergency measures programs.

On September 20 @ 3pm EDT, the IPSA and DHS ESS will conduct a presentation on their sector collaborations, resources, and emergency first responders.

Instructor: Arthur Gibson is a Security Specialist for the ESS, within the Infrastructure Protection and Programs Directorate. He is collaborating with sector partners to create goals that represent the sector's view of how to achieve a secure, protected, and resilient continuity of operation of ESS. Arthur's goal is to improve the sustainability and resilience of the sector and its normal services, level of security, and economic activity following an incident. Mr. Gibson joined DHS after spending 11 years at various agencies. During that tenure, Arthur worked in every facet of law enforcement and security.

Moderator: Heather Cotter is the Executive Director of IPSA and will be moderating this event.

The IPSA currently serves as Vice Chair of the DHS ESS Coordinating Council. This event will provide the audience with information on the ESSCC.

To register: <https://attendee.gotowebinar.com/register/8734619703751081988>

FEMA Mobile App Comes to Life



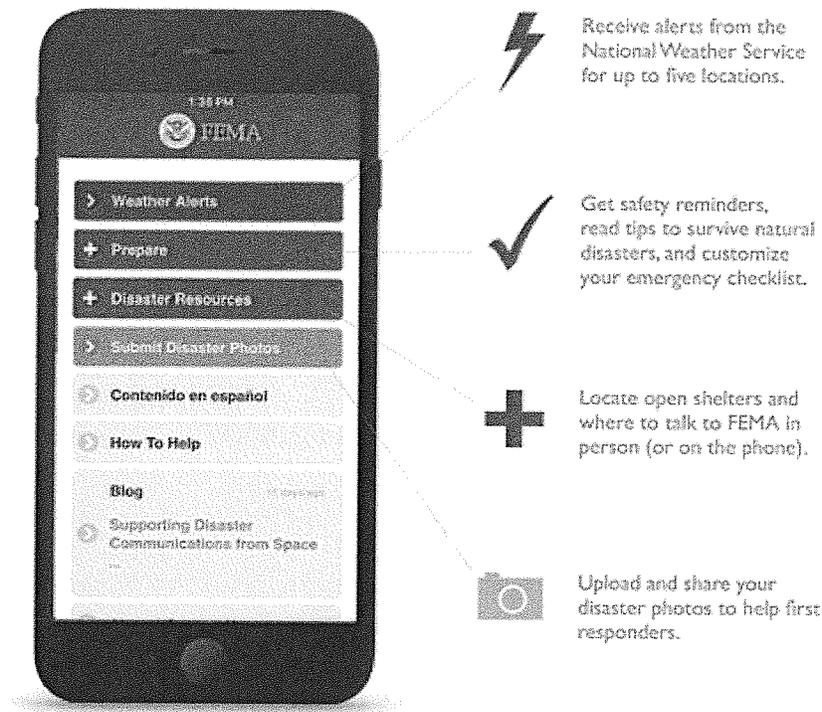
The external affairs team from Austin, TX promoting the FEMA App through temporary tattoos and additional support from service dog Molly McGee

The External Affairs team in Austin, Texas took the FEMA App to heart—and skin. With temporary tattoos, they hope to promote and showcase their enthusiasm about the FEMA App. The first recruit to the cause, Deputy Federal Contracting Officer Scott Thomas, shared his interest in the initiative with his tattoo, prompting others to follow his example.

The team incorporated the graphic in email signatures and downloaded the App on their mobile devices. The App sends out emergency alerts and provides shelter information, safety tips, 911 access and more. The App helps keep citizens—and the FEMA family safe.

Kudos to the in-house tattoo development team!

[FEMA App Challenge: Did You Download the App Yet?](#)



Thank you for all your help in reaching a current total of 102,269 towards our 350,000 goals, and in setting a new record for most downloads in one day on August 2 with 3,762 downloads! Continue promoting the FEMA App to your friends and family and let's reach the 350,000 downloads.

As a reminder, the FEMA App allows users to receive weather updates up to five U.S. locations. The emergency safety tips included in each weather alert will benefit users providing information on what to do to stay safe before, during and after each type of emergency.

The App is available for free download on the [App Store](#) and [Google Play](#).

Available in English and Spanish, talking points, examples of social media posts, graphics and videos are available to help you tell others about the FEMA App at ready.gov/fema-app-toolkit.



IED COUNTERTERRORISM WORKSHOP

NO. OF OPENINGS: 200
AUGUST 30, 2016

NYC

1 DAY

ANNOUNCED: JULY 12, 2016

Description:

This workshop enhances the participant's understanding of the IED threat, surveillance detection methods, and soft target awareness. The workshop also covers awareness and prevention measures, as well as collaborative information-sharing resources to enable first responders and critical infrastructure owners, operators, and security staff to deter, prevent, detect, and protect against the illicit and terrorist use of explosives in the United States.

Prerequisite:

None

Cost: There is no fee for the course. Food, lodging & transportation costs are the responsibility of the participant.

Location: NY Bank of Melon

101 Barclay Street
New York, NY 10268

Time: 8:00 a.m. – 5:00 p.m.

Who Should Attend?

This course is designed for executive and frontline security personnel from the public and private sector who are involved in planning or establishing appropriate protective measures.

Registration:

Please click on link to register:

<https://www.surveymonkey.com/r/D98T5K3>

Registration Deadline: August 16, 2016

TRAINING NOTICE

Zika Virus

Office of Health Affairs



HealthAffairs@hq.dhs.gov



Follow OHA on Twitter! @DHSHealth1

Since mid-2015, Zika virus has spread rapidly throughout South and Central America and the Caribbean, including U.S. territories such as Puerto Rico and the U.S. Virgin Islands. In July 2016, Florida became the first U.S. state to report local mosquito-borne transmission of the Zika virus.

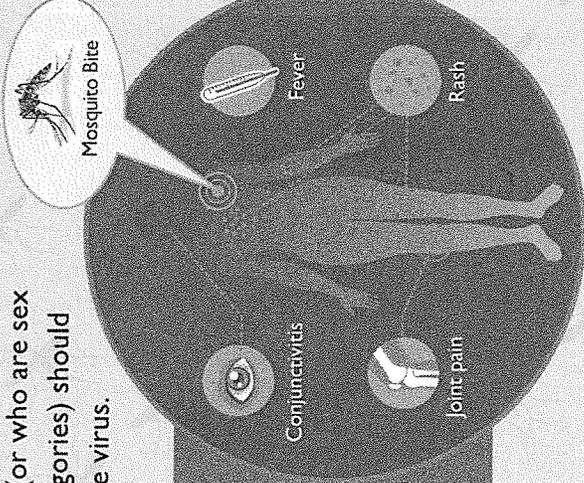
How Does Zika Virus Spread?

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). Zika can also be passed through sex from a person who has Zika to his or her sex partner and it can be spread from a pregnant woman to her fetus.

Risk to the DHS Workforce

Zika infections are generally mild and only 1 in 5 people with Zika will show signs or symptoms. The most common symptoms are fever, rash, joint pain, or red eyes. However, Zika infections have also been linked to severe birth defects. Therefore, employees who are pregnant or attempting to become pregnant (or who are sex partners of women in these categories) should take extra precautions against the virus.

Even if you do not feel sick, if you have traveled to a Zika-affected country (on or off duty), please use mosquito-bite preventive measures for 3 weeks after returning to help prevent the spread of Zika in the United States.



Protect Yourself from Zika Virus

Know Where Zika is Spreading:

- For the most up-to-date list of locations where Zika is spreading, please see: <http://www.cdc.gov/ZIKA/geo/index.html>. The CDC recommends that pregnant women avoid travel to areas with active Zika transmission. Partners of pregnant women should also be aware that Zika can be sexually transmitted even if no symptoms are present.

Prevent Mosquito Bites:

- Wear long-sleeved shirts and long pants.
- Use an EPA-registered insect repellent, such as DEET, on exposed skin.
- Treat your clothing and gear with permethrin or buy pre-treated items.
- To the extent possible, spend your time indoors in places with air conditioning, and use window and door screens to keep mosquitoes out.

Destroy the Habitat:

- Remove standing water inside and around your home.
- Empty and scrub containers that hold water at least once per week. The mosquitoes that transmit Zika breed in containers like flowerpots, spare tires, and birdbaths.

Prevent Spread to Your Partner:

- If you live in or have recently travelled to an area with Zika transmission, use condoms every time you have sex, especially if your partner is pregnant.

If you have any questions about your occupational risk of Zika virus infection or reasonable accommodation as it relates to Zika virus, please contact your supervisor and/or human resources personnel.

For more information about the Zika virus, go to: <http://www.cdc.gov/ZIKA/>



Homeland Security