

THE PROTECTOR

KENTUCKY DIVISION OF EMERGENCY MANAGEMENT

A newsletter dedicated to emergency management in Kentucky.

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KYEM

Kentucky Emergency Management

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Now IS THE TIME...

RESOLVE TO BE READY IN 2012

For many, the New Year is a time for making resolutions and goals for the year to come. Spending more time with the family, losing ten pounds, exercising more and reducing debt are resolutions that appear on many of our lists, but the Federal Emergency Management Agency's (FEMA) Ready Campaign is asking you to Resolve to be Ready by making an emergency preparedness resolution.

The Ready Campaign would like to make an emergency preparedness resolution easy to keep by providing the tools and resources needed to take the four important steps: ***learn your risks, make a plan, build a kit and get involved.***

Flooding, winter storms, wildfires and earthquakes - preparing ahead of time can help save lives, protect property and speed up the pace of recovery. By taking a few simple steps, you can prepare for what potential disaster and emergencies can bring. Make a simple resolution that can help save you all year long. You and your family can create or update your own emergency preparedness plan, build your own supply kit and be ready for Mother Nature.

Free preparedness resources, such as a Family Emergency Plan template and an Emergency Supply Kit Checklist are just a click away at Ready.gov or Listo.gov. The Ready Web site also has a special section for kids, ages 8-12, (Ready Kids) and for owner – operators of small to medium-sized businesses (Ready Business).

Emergencies will happen, but taking action now can help us all to minimize the impact they will have on our lives. Preparedness is contagious. What starts with one family can spread throughout a neighborhood, and every prepared community frees up emergency responders to take care of those who are in dire need. Preparedness is a shared responsibility and everyone has a role. ***So take the time and Resolve to be Ready in 2012.***

ONE TEAM - ONE MISSION: PROTECT OUR COMMONWEALTH

Make a Family Emergency Plan and Build a Family Disaster Kit

Family Emergency Plan

- Identify an out-of town contact. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.
- Be sure every member of your family knows the phone number and has a cell phone, coins or prepaid phone card to call the emergency contact. If you have a cell phone, program that person(s) as "ICE" (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Make sure to tell your family and friends that you've listed them as emergency contacts.
- Teach family members how to use text messaging (also known as SMS or Short Message Service). Text messages can often get around network disruptions when a phone call might not be able to get through.
- Subscribe to alert services. Many communities now have systems that will send instant text alerts or e-mails to let you know about bad weather, road closings, local emergencies, etc. Check with your local Emergency Management Office to see if they offer alert services.

Family Disaster Kit

Recommended Items for a Basic Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers
- Books, games, puzzles or other activities for children
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil

Additional Items to Consider:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet



Get Involved!

Participate in Local, State and Federal Planning, Training and Exercises

Upcoming activities to get involved with:

- Earthquake Awareness Month (February)
Contact David Davis at 502-607-5712
- Central US ShakeOut (February 7)
Contact David Davis at 502-607-5712
- Severe Storm Awareness Month (March)
Contact Buddy Rogers at 502-607-1611

Exercises to get involved with:

- Statewide Weather Exercise - April 2 - 3
- Statewide Communications Exercise - May 1 - 2
- HazMat Exercise - August 3
- CSEPP Exercise - September 19
- SAR Mutual Aid Exercise - October 19

EARTHQUAKE PREPAREDNESS

PRACTICE LEADS TO PREPAREDNESS... AND SURVIVAL

By David Davis, KYEM Earthquake Program Manager

Individuals, families and communities can become better prepared for an actual earthquake through regularly scheduled practice of simulated earthquake exercises. The Great Central U.S. ShakeOut on February 7th will provide a valuable opportunity for schools in Kentucky to increase everyone's potential for survival after an earthquake by practicing "Drop, Cover, Hold On."

Rescue teams, from the U.S. and around the world, who have searched for trapped people in collapsed structures, as well as emergency managers, researchers and school safety advocates, all agree that "Drop, Cover, Hold On" is the appropriate safety action to reduce injury and death during earthquakes.

DROP down onto your hands and knees, before the earthquake knocks you down. This position protects you from falling but allows you to still move if necessary.

COVER your head, neck and entire body if possible, under a sturdy table or desk. You should get down near an interior wall only if there is no shelter nearby. Crouch next to low-lying furniture that won't fall on you and cover your head and neck with your arms and hands.

HOLD ON to your shelter or to your head and neck until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

The main goal of "Drop, Cover, Hold On" is to protect you from falling debris and other nonstructural hazards, and to increase the chance of your ending up in a survivable void space if the building actually collapses. Earthquakes occur without warning and may be so violent that you cannot run or crawl; therefore, you will most likely be knocked to the ground anywhere you happen to be. Trying to move during an earthquake puts you at risk! It is best to drop before the earthquake drops you. Then, find nearby shelter or use your arms and hands to protect your head and neck.

If there is no furniture nearby to get under, you can still reduce the chance of injury from falling objects by getting down next to an interior wall and covering your head and neck with your arms. Avoid exterior walls, they are more likely to collapse and often have windows that may break. If you are in bed, the best thing to do is to stay there and cover your head with a pillow. Studies of injuries in earthquakes show that people who moved from their beds would not have been injured if they had remained in bed.

Studies of injuries and deaths caused by earthquakes over the last several decades show that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. Furthermore, the space under a sturdy table or desk is likely to remain even if the building collapses.

Remember, “Drop, Cover, and Hold On” gives you the best overall chance of quickly protecting yourself during an earthquake... even during quakes that cause furniture to move about rooms, and even in buildings that might ultimately collapse.

While images of collapsed structures in earthquakes around the world are frightening and get the most attention from the media, most buildings do not collapse at all and few completely collapse. In earthquake prone areas of the U.S., and in many other countries, strict building codes have worked to greatly reduce the potential of structure collapse. However, there is the possibility of structural failure in certain building types, especially unreinforced masonry (brick buildings), and in certain structures constructed before the latest building codes. Based on years of research about how people are injured or killed during earthquakes, and the experiences of U.S. and international search and rescue teams, the following three actions are NOT recommended to during earthquakes:

DO NOT run outside or to other rooms during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse.

DO NOT stand in a doorway! An enduring earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came the belief that a doorway is the safest place to be during an earthquake. True - if you live in an old, unreinforced adobe house or some older wood-frame houses. However, in modern houses, doorways are no stronger than any other part of the house, and the doorway does not protect you from the most likely source of injury- falling or flying objects.

DO NOT get in the “triangle of life!” In recent years, an e-mail has been circulating which describes an alternative to the long-established “Drop, Cover, and Hold On” advice. The so-called “triangle of life” and some of the other actions recommended in the e-mail are potentially life threatening, and the credibility of the source of these recommendations has been broadly questioned.

Practice the RIGHT thing to do; it could save your life! You will be more likely to react quickly when shaking begins if you actually practice how to protect yourself on a regular basis. A great time to practice “Drop, Cover, and Hold On” is by participating in the Great

Central U.S. ShakeOut on February 7, 2012 @ 10:15 a.m. CST.

This date was chosen because it coincides with the 200th anniversary of the February 7, 1812 earthquake near New Madrid, Missouri. This earthquake was part of a series of magnitude 7+ earthquakes in the winter of 1811-1812. These events literally changed the landscape of the central United States. If they were to happen today, their effects could be disastrous.

Even if you participated in the 2011 ShakeOut, we encourage you to participate again in 2012. There were more than 3 million registered participants in the 2011 Great Central U.S. ShakeOut! With your help, how many people will participate in 2012?

The ShakeOut is a two minute commitment for something that can save your life. It all begins with registering, which is free and open to everyone. To participate, register at www.shakeout.org/centralus and pledge yourself, your family, or your workplace.

If you have any questions about the ShakeOut, please contact the Kentucky Earthquake Program Manager at (502) 607-5712 or KYEMEQ@gmail.com.

Join Us
for the Largest Earthquake Drill in Central U.S. History.
February 7, 2012
10:15 a.m.
Register at www.ShakeOut.org/centralus

The Great Central U.S. **ShakeOut**

DROP! **COVER!** **HOLD ON!**

Severe Weather PREPAREDNESS

As we move forward into the new year, the chance for severe weather quickly approaches. **RESOLVE to be READY!** Get informed about possible weather in your area, make a plan and put your emergency kit together today - don't wait!

Here are some additional tips to help you prepare yourself and your family.

Don't forget to join us
Saturday, March 1 at 10:00 pm,
on KET for the Severe Weather
preparedness Call-in Show!

Severe Weather

If thunder roars, go indoors - no place outside is safe when lightning is in the area. Stay indoors until 30 minutes have passed after the last clap of thunder.

Lightning Safety Tips

- Avoid contact with corded phones.
- Avoid contact with electrical equipment or cords.
- Avoid contact with plumbing - do not wash your hands, take a shower, wash dishes or laundry.
- Stay away from windows and doors and stay off porches.
- Do not lie on concrete floors or lean against concrete walls.

Guidelines for what you should do if a thunderstorm is likely in your area:

- Postpone outdoor activities.
- 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.
- Avoid showering/bathing.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Unplug appliances and other electrical items.
- Monitor your NOAA Weather Radio for updates from local officials.

Avoid the following:

- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.

What to do Before a Tornado

- Be alert to changing weather conditions.
- Listen to a NOAA Weather Radio or commercial radio or television newscasts for latest information.
- Look for approaching storms.
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train

If you see approaching storms or any of the danger signs, be prepared to take shelter immediately!

Flooding

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. Even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that appear harmless in dry weather can flood.

If a flood is likely in your area, you should:

- Listen to your local media for information
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions.
- Be aware of streams, drainage channels and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, remember these evacuation tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely.

Driving Flood Facts

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.



TURN AROUND
DON'T DROWN!

YES - EMERGENCY MANAGEMENT IS IMPORTANT IN KENTUCKY

By Larry Dixon, KYEM Regional Manager, Area 7

Is emergency management important – does it really matter? I know local EM officials ask this question because it seems to be a constant banging of heads against a wall of lack of cooperation, or the attitude of ‘you are not getting in my sandbox.’ Let’s step back and look at what we are really doing – to our communities.

As an EM director, the decisions you make during a crisis, plans you have written and actions taken in your EOC affect every individual in your jurisdiction. Time is not our friend during a crisis; inaction is as dangerous as making a wrong decision. A county Emergency Operations Plan (EOP) that has been written, vetted and tested can be your best friend during a crisis when agencies are unsure where they fit in a major event. Your county EOP is the road map to point you in the direction of success. Your EOP, when applied, keeps us on track and provides broad task responsibilities and lays out, in detail, the roles and primary responsibilities, chain of command and reporting procedures.

Will a disaster play out exactly as you have planned? No. Every disaster throws its twists and turns we did not plan for. For those unexpected events, we have to deal with them based on the information and resources at hand. Unexpected events do not negate the plan because an issue was not specifically addressed; however this may be an opportunity to review and update your plan.

An effective County EOP must be written with input from many disciplines in your jurisdiction who are responsible for some part of the response during a crisis. This input makes the plan viable and real to those on the front line, it is their plan.

Getting agencies to participate in plan writing is a difficult task, requiring huge efforts to build relationships between agencies. A good starting point for building those relationships is to attend other agency meetings and participate in other agency drills and exercises – be proactive, not just reactive.

It will take months to realize the results, but the efforts will show a more organized response which will be cost effective and a better use of limited resources. All disasters are painful, but we shouldn’t have to suffer due to poor planning, old turf battles or a lack of understanding the roles and responsibilities of the disciplines involved.

The tribulations faced by a local EM director in getting input for a viable EOP may seem nearly impossible at times, but stay focused on the issue. The critical first step is to get the chief elected official to tell all involved agencies this is a priority.

The next question is how can I make this happen? Where do I start?

1. Create a detailed strategy and present it to your chief elected official(s) to get their input and buy-in. Once you have their support it will be easier to get participation from the various agencies. Accept the fact there will still be some agencies that just do not want to be progressive and are focused only on their agency.
2. Request your chief elected official(s) to communicate their support directly to the various agencies that the EOP is important.
3. Select a working team with a representative from each discipline. The working group should be people of leadership and the least controversial personalities.
4. Once the team has been selected, meet with them as a group to provide them with necessary background information and a copy of the EOP (ESF format) so they can see where and how they fit in.
5. Determine benchmarks that are realistic and attainable for the team to work toward with a deadline to have their input back to you.
6. Produce a draft of the entire plan for a final review by the team and upon their approval, submit to the KYEM Planning branch.

If you need help or assistance, just ask. Your regional response manager is ready to assist you to ensure the safety of your citizens and the Commonwealth!

It’s up to you to make
the difference!