

*Virginia Partners in Prayer & Prevention, Partner  
Resource Webinar Series*

***Be Prepared: Emergency Preparedness &  
Response***

Kristina Stark

Federal Preparedness Field Assignee  
Office of Emergency Preparedness  
Virginia Department of Health

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*“Failing to Prepare is Preparing to Fail”*

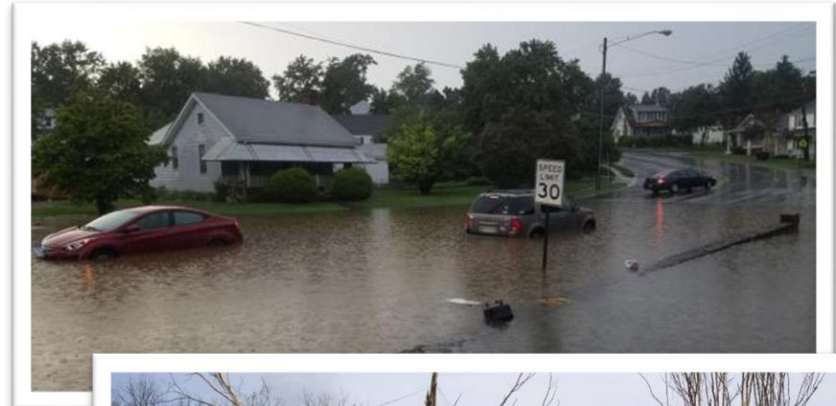
# Topics for Today's Discussion

- Why Prepare?
- Know your Risks
- Make A Plan
- Take Action
- Stay Informed
- How CBOs can Help
- Food & Water Safety
- Other Considerations
- Volunteer and Donation Opportunities
- Useful Links & Resources

# Why Prepare?

People, Families, and Communities that plan will:

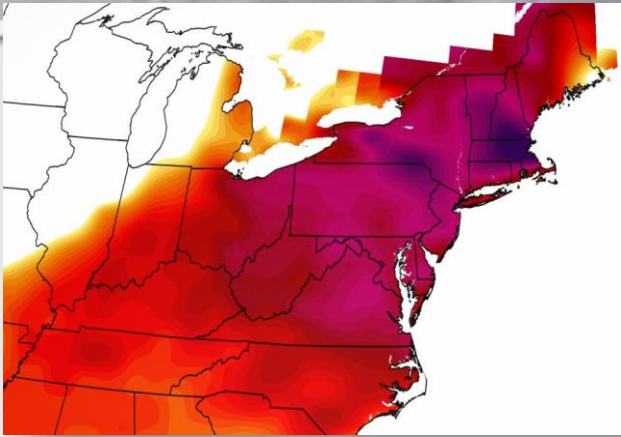
- Help keep people safe;
- Limit property damage;
- Know what to do during and after a disaster;
- Better manage their savings;
- Support community preparedness; and
- Help their community get back up and running after a disaster.



# The Basics

- ✓ **KNOW YOUR RISKS**
  - ✓ **MAKE A PLAN**
  - ✓ **TAKE ACTION**
- ✓ **STAY INFORMED**

# What Threats do We Face in Virginia?



[Threat-Specific Information \(VDEM\)](#)



# Making a Plan



Make a plan  
to prepare  
for disasters



FEMA

Ready. 

# Make a Personal/Family Emergency Communication Plan

- Out-of-Town Contacts
- Meeting Places/Contact Info
  - Local
  - Out-of-town
- Medical Contacts
  - Doctors, Veterinarians, Pharmacists, etc!
- Insurance Contacts
  - Medical Homeowner/Rental, Vehicle, Flood
- Work & School Locations/Contact Info
- [Premade Templates for Communication Plans](#)



# Make an Evacuation and Shelter-In-Place Plan

- ALWAYS Follow orders and advice from local authorities and first responders
- Evacuation
  - Local officials declare when a mandatory evacuation will occur. Local officials may also advise, but not require, evacuations.
  - If leaving, Shut off Gas or Water before leaving.
- Sheltering
  - Best protection in high winds, tornadoes, and many other events is to find shelter in an interior room away from windows, doors, and flood waters.

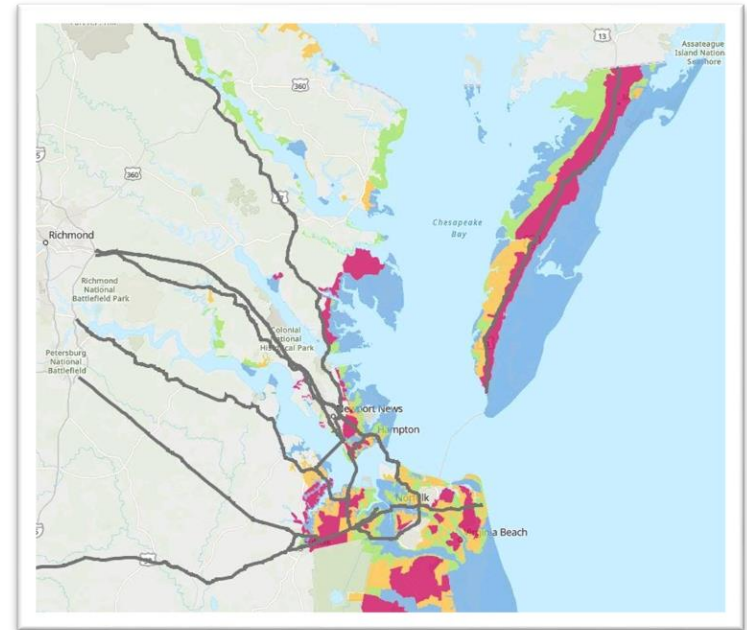


# Evacuating

- Pick safe meeting places.
- Make sure that everyone in your household knows where to go.
- If you have a vehicle, keep a full tank of gas.
- Become familiar with alternate routes and backup modes of transportation.
- Leave early enough to avoid being trapped.
- Be alert for road hazards.
- If you do not have a car, plan your transportation in case of an evacuation.
- Take your emergency supply kit with you during an evacuation.
- Pay attention to your radio or smartphone/tablet and follow local evacuation instructions.
- Take your pets with you but understand that only service animals may be allowed to stay with you in public shelters.

# If You Have Enough Time Before Evacuating

- Call, text message, or email your out-of-state contacts.
- Close and lock doors and windows.
- Unplug electrical equipment.
- Leave freezers and refrigerators plugged in, unless there is a risk of flooding.
- Shut off water, gas, and electricity before leaving.
- Leave a note telling others when you left and where you are going.
- Wear sturdy shoes and clothing that give protection.
- Check with neighbors who may need assistance



# Other Considerations



**PREPARE SUMINISTROS PARA DESASTRES.**

**Prepare Suministros para Desastres**  
 Haga una lista de artículos para reponer sus suministros de huracanes y comience a obtenerlos antes de que inicie la temporada de huracanes. Tenga suficiente comida y agua para cada persona para al menos tres días. Asegúrese de tener sus recetas y tenga sus medicamentos a la mano. Radios, baterías y cargadores de teléfono también son indispensables. Llene el tanque de gasolina de su vehículo y tenga dinero en efectivo a la mano.

Comida/Agua    Medicinas    Baterías, Radio, Cargadores

Gasolina    Dinero en mano

*Mientras se prepara para la temporada de huracanes, siga los últimos consejos de salud del CDC y de sus funcionarios locales.*

**PET DISASTER KIT CHECKLIST**

**DOCUMENTS**

<input type="checkbox"/> Photocopied veterinary records	<input type="checkbox"/> Photocopied registration information (ex: proof of ownership or adoption records)	<input type="checkbox"/> Microchip information (ex: microchip number, name and number of the microchip company)
<input type="checkbox"/> Rabies certificate	<input type="checkbox"/> Vaccinations	<input type="checkbox"/> Your contact information (phone numbers and addresses for your family and friends or relatives you may be staying with)
<input type="checkbox"/> Medical summary	<input type="checkbox"/> Pet description(s) (ex: breed, sex, color, weight)	<input type="checkbox"/> Recent photographs for each of your pets
<input type="checkbox"/> Prescriptions for medications	<input type="checkbox"/> Most recent heartworm test result (dog)	<input type="checkbox"/> Waterproof container for documents

**WATER, FOOD, MEDICATIONS**

<input type="checkbox"/> 2-week supply of food for each animal stored in waterproof containers	<input type="checkbox"/> Manual can opener	<input type="checkbox"/> Medication instructions (if applicable)
<input type="checkbox"/> 2-week supply of water for each animal	<input type="checkbox"/> Feeding instructions for each animal	<input type="checkbox"/> One month supply of flea, tick, and heartworm preventative
<input type="checkbox"/> Non-spill food and water dishes	<input type="checkbox"/> 2-week supply of any medications (if applicable)	

**OTHER SUPPLIES**

<input type="checkbox"/> Leash, collar with ID, and harness	<input type="checkbox"/> Appropriate-sized pet carrier with bedding, blanket, or towel	<input type="checkbox"/> Cleaning supplies for accidents (paper towels)
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CDC U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

- Seniors
- Children
- Non-English Speaking Population
- Pets
- People with Disabilities or Access and Functional Needs



# Prepare a Kit



Following a disaster, it may take **three to five days** for outside assistance to reach you!



# Food and Water

- Water
  - One gallon drinking water per person (& pet) per day (3-5 days)
- Food
  - (3-5 days) non-perishable; high protein; requiring no cooking



# Food and Water Safety

## Food Safety

[www.fda.gov/downloads/Food/RecallsOutbreaksEmergencies/  
ucm076962.pdf](http://www.fda.gov/downloads/Food/RecallsOutbreaksEmergencies/ucm076962.pdf)

## Water Safety

[https://www.cdc.gov/healthywater/emergency/pdf/make-  
water-safe-during-emergency-p.pdf](https://www.cdc.gov/healthywater/emergency/pdf/make-water-safe-during-emergency-p.pdf)



# Get a Kit

- First Aid Kit
- Battery-powered or hand cranked radio
- Flashlight
- Batteries
- Cell phone/charger
- Whistle
- Dust Masks
- Can Opener
- Cash (small bills)



# Get a Kit

- Personal Sanitation Items
- Plastic Sheeting/Duct Tape
- Multi-tool/wrench/pliers
- Local/Regional Maps
- Important Documents
- Medications/Med Supplies
- Warm Clothes/Blankets
- Comfort Items
- Pet Items



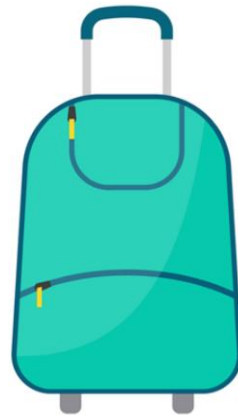
# Other Considerations

## Backup Power & Heat



# Grab & Go!

**Make sure your kit is portable and easy to grab in a pinch!**





# Review and Update Your Emergency Plan and Kit Every Six Months

# Stay Informed

- **Know local emergency management organizations' phone numbers, web pages**
  - Emergency Management, Fire/EMS, Law Enforcement, Social Services, etc!
- **Subscribe to Alert Services**
  - Reverse 9-1-1
  - Other Local Alert/Notification Systems



# Stay Informed

- **Social Media**

- Facebook, Twitter, etc!

\*Many city & county governments have Facebook & Twitter pages where you can go to find local and up-to-date info on emergency preparedness.

- **Apps:**

- [FEMA Mobile App](#)
- [OSHA-NIOSH Heat Safety Tool App](#)

# VDH Websites

## (Facebook and Twitter)

<https://www.vdh.virginia.gov/>

<https://www.vdh.virginia.gov/news/>

<https://www.facebook.com/VDHgov>

<https://twitter.com/VDHgov>

Check if your Local Health Department has their own  
Social Media/Communications Pages!

# Stay Informed

Who should I contact to learn more about emergency preparedness in my area?

- Local Jurisdiction Emergency Manager  
[www.vaemergency.gov/readyvirginia](http://www.vaemergency.gov/readyvirginia)
- Local Health District Emergency Coordinator  
<http://www.vaemergency.gov/prepare-recover/>
- Law Enforcement  
<https://vsp.virginia.gov/>

# Stay Informed

## National Oceanic & Atmospheric Administration (NOAA) [Website](#) and Weather Radio

- Programmed to WeatherBand Frequencies
- Plug-in and Battery-Powered
- AM and FM
- Approx \$20 in most Big Box Stores

# NTAS



## National Terrorism Advisory System

- Replaced old color-coded Homeland Security Advisory System in 2011
- Alerts only issued when credible information is available
- Alerts include a clear statement that there is an imminent threat or elevated threat.

# Ways Faith Based Organizations Can Help



- Bolster Recovery and Resilience
  - Engage with the Community
  - Provide Comfort and Hope
  - <https://n-din.org/>

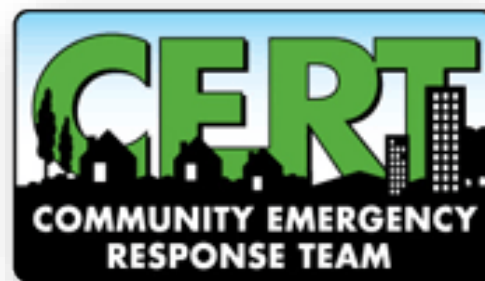


# Volunteer And Donate

## Virginia Medical Reserve Corp



## Community Emergency Response Team



## National Voluntary Organizations Active in Disasters (NVOAD)



**National**  
Voluntary Organizations  
Active in Disaster

# Useful Links & Resources

## Guides/Toolkits/Webinars:

- [Are You Ready? An In-Depth Guide to Citizen Preparedness - FEMA](#)
- [Social Media Toolkit](#)
- [Build a Kit](#)
- [Emergency Partners Information Connection \(EPIC\)](#)
- [Ready Virginia](#)
- [Pets and Animals](#)
- [Individuals with Disabilities](#)
- [Financial Preparedness](#)
- [American Red Cross Emergency Contact Card](#)
- [Disaster Planning: Infant and Child Feeding](#)
- [Disaster Safety for Expecting and New Parents](#)
- [Infant Feeding in Disasters and Emergencies](#)
- [Ready for Kids](#)
- [Ready for Business](#)

# Useful Links & Resources

## State Resources:

- [www.vaemergency.gov](http://www.vaemergency.gov)
- [www.vdh.virginia.gov/emergency-preparedness/](http://www.vdh.virginia.gov/emergency-preparedness/)
- <https://www.vdh.virginia.gov/local-health-districts/>
- [www.vamrc.org](http://www.vamrc.org)
- [www.dss.virginia.gov/community/211.cgi](http://www.dss.virginia.gov/community/211.cgi)
- [www.dom.com](http://www.dom.com)
- <https://www.appalachianpower.com/>
- [lge-ku.com](http://lge-ku.com)

## National Resources:

- [www.ready.gov](http://www.ready.gov)
- [www.fema.gov](http://www.fema.gov)
- <https://emergency.cdc.gov/protect.asp>
- [www.redcross.org](http://www.redcross.org)
- <https://www.noaa.gov/>
- [n-din.org](http://n-din.org)

# Questions?

# Thank you!

Kristina Stark

Federal Preparedness Field Assignee

Office of Emergency Preparedness

Virginia Department of Health

(804) 968-8733

[Kristina.stark@vdh.virginia.gov](mailto:Kristina.stark@vdh.virginia.gov)

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