

Emergency Preparedness Newsletter



Department of Emergency Management and Security (DEMS)



DEMS Monthly Webinar on Wednesday, February 7, 2024, at 7 PM

Join us on Wednesday, February 7, at 7 p.m. as we host Dominion Energy and learn about power outages, how to report outages, and get a behind the scenes overview of how restoration works! Link: <https://youtu.be/tDv-yVNncDU>

Power Outages

Power outages can affect large groups of people for a matter of minutes or for an extended period of time. These events usually take place secondary to another event such as storms, tornados, or even deliberate attacks. Depending on the cause of the power outage it could impact the time it takes to restore it. There are a few key terms to remember when talking about power outages.

There are ways to prepare for a power outage, and the first step is to sign up for Fairfax Alerts to receive up to date information on events in the area. Other steps can include:

- Back up all computers and files.
- Consider getting a generator.
- Unplug all electronics to prevent potential damage from power surges.
- Fill bathtubs with water and purchase bottled water.
- Ensure all electronics are fully charged.
- Keep flashlights and batteries nearby and charged.

POWER OUTAGE

What to Do and Not to Do

- 1** Report your outage. Never assume that a neighbor has reported it.
- 2** Use a flashlight only for emergency lighting.
- 3** Unplug electrical equipment until a steady power supply returns.
- 4** Only use generators away from your home, and never run a generator inside a home or garage.
- 5** Do not open your refrigerator or freezer – they will remain cold longer this way.
- 6** If water pressure fails, a bucket of water dumped manually into a toilet will cause it to flush.



After the power is restored, do not immediately plug electronics back in. Ensure the power stays on without flickering before reconnecting devices. Only travel if an emergency, some traffic lights may still be affected. Dispose of any cold food that reaches over 40 degrees Fahrenheit for over two hours. When in doubt, throw it out!

For additional information about power outages, visit

<https://www.fairfaxcounty.gov/emergency/readyfairfax/poweroutageblackout>

Volunteer with the Emergency Management Volunteer Corps

The Department of Emergency Management and Security's (DEMS) Volunteer Corps volunteers are trained in emergency preparedness and emergency management principles to help inform the public by staffing public events, leading presentations, and participating in trainings.

Interested in answering the call? Visit here for more info: [Volunteering in Emergency Preparedness | Emergency Management \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/emergency/volunteering).



Do You Have Canned Food in Your Emergency Kit?

February is National Canned Food Month! Enjoy the winter harvest and stock your pantries with non-perishable canned foods! Canned foods include:

- Meats
- Pastas
- Soups
- Fish
- Vegetables



Canned food remains good much longer than other forms of storing food and usually does not have to be cooked before eating. This makes it perfect for emergency situations. While shopping, be sure to grab some extra cans of food to add to your emergency kit. For more information on building an emergency kit, visit <https://www.fairfaxcounty.gov/emergency/readyfairfax/makeanemergencykit>.

REVIVE! Training – Learn How to Recognize and Respond to an Opioid Overdose Emergency Using Naloxone

Fentanyl is deadly. It's often found in recreational drugs and fake pain and anxiety pills. Wondering how to protect your teen? These 7 strategies can help:

<p>1 </p> <p>Lock up all of your prescription pills. Never share with anyone.</p>	<p>2 </p> <p>Safely dispose of unused pills at a drop-off site near you.</p>	<p>3 </p> <p>Never buy pain or anxiety pills online, on the street, or from an unlicensed pharmacy.</p>	<p>4 </p> <p>Watch out for suspicious credit card charges, expenses, or packages.</p>	<p>5 </p> <p>Have a judgement-free talk about stress, mental health, peer pressure and substance use.</p>	<p>6 </p> <p>If you know someone is struggling with opioids, support them in getting help.</p>	<p>7 </p> <p>Sign up for a REVIVE! training to learn what to do in an overdose situation.</p>
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Consider signing up to take the REVIVE! Training to learn what to do in an overdose situation.

Training link: <https://bit.ly/REVIVEAware22>

The Community Services Board provides Opioid Overdose and Naloxone Education trainings (REVIVE! kit training) that includes a free box of naloxone* — often referred to by the brand name Narcan — upon completion of the training. (*A free box of naloxone is only available to residents of Fairfax County and the Cities of Fairfax and Falls Church upon request.)

To raise awareness about the opioid crisis and highlight the resources available in the Fairfax community: www.bit.ly/FakeAware22

Request an Emergency Preparedness Workshop

DEMS conducts workshops (virtual or in person) to prepare your networks for an emergency. Submit your request today: www.fairfaxcounty.gov/emergencymanagement/presentation-requests.

- Introduction to Preparedness
- Until Help Arrives
- 5 Step Neighborhood Guide Workshop – Learn how to prepare for where you live!
- Business Disaster Resilience Workshop – Learn how to prepare your business!
- House of Worship Workshop – Learn how to prepare your house of worship.
- Youth Preparedness (Girl Scouts, Boy Scouts, schools, etc.).

Heart-Healthy and SMART Guide to Preparedness – Fairfax County Health Department Division of Emergency Preparedness and Response

In observance of American Heart Month in February, here are heart healthy and smart approaches to consider as you prepare for emergencies.

Understand the Risks

Cold temperatures, increased exertion (e.g. shoveling snow), changes in diet, sleep disruption, stress, and loss of medications can increase heart disease symptoms such as chest pain, difficulty breathing and abnormal heartbeat. Emergencies in general are stressful and stress can increase blood pressure. After an emergency you may experience interruptions (a few days to several weeks) in your daily routine, dietary habits, sleep, and medication regimens.

Preparation is Key to Prevention

A key step to ensure your heart condition remains stable is continuing your medical care and routine medical appointments with your doctor. Talk to your doctor about how you will manage your condition in any type of disaster and how to communicate your needs to emergency responders.

Additionally, stay well informed about your condition such as your blood pressure and cholesterol numbers. It helps to keep a list of all your medical conditions, medications, allergies, implantable devices, and surgeries. Remember to also keep current and updated prescription medications on hand in case of an evacuation. If you have a pacemaker, get a pacemaker ID card from your doctor, and always carry it with you. If you must evacuate to a shelter, inform shelter personnel of your heart condition.

Anticipate Your Needs and Stay Informed

Stay informed about different emergencies that may impact your area and how information is shared with the public. Sign up for Fairfax Alerts and monitor updates closely. Evaluate your health needs and create a plan for care with your network of caregivers such as family and friends.

Build an emergency kit with essential supplies tailored to your individual needs. Other items to include in your kit are non-perishable food, bottled water, a 7-day supply of prescriptions and medications and dosing instructions. Be sure to include a first aid kit, blood pressure machine, any medical equipment, and extra batteries.

Wear an ID bracelet or necklace to alert emergency personnel of your heart condition. Download a medical ID application on your smartphone which allows emergency responders to access medical information if you are unable to communicate.

For information and trainings on health preparedness contact Fairfax County Health Department's Division of Emergency Preparedness and Response at HDEPR@Fairfaxcounty.gov.



Community Connect

Community Connect is a free, secure, and easy to use platform that allows residents and/or business owners to share critical information about their home or business that will aid the Fairfax County Fire and Rescue Department (FCFRD) firefighters and paramedics during an emergency.

Any information you provide through Community Connect is completely voluntary and based on what you are comfortable sharing. The platform has made it easy for you to know what may be important by organizing your secure portal into buckets of information you can enter.

Data that you provide Community Connect is secure and is used only for the purpose of better serving you during emergency situations. Your information is never used for any other purpose.

Video: <https://youtu.be/JrTL2DlcUFI>

Registration Link: www.fairfaxcounty.gov/topics/alerts-and-emails



Community Connect
What kinds of information can I provide?

- Your Property**
Understanding critical information such as your residence type, whether or not you have fire sprinklers, or designated family meeting places, improves our ability to respond and make decisions during an emergency.
- Your People**
Let us know who is best to contact in case of an emergency. Your contacts can help us with everything from access, to how to deal with potential hazards or locate occupants. Getting in touch helps us better communicate at the time when it's needed most.
- Your Needs**
If you or members of your family have mobility or other types of functional needs that may require additional assistance, letting us know means we can plan accordingly and respond more quickly to those needs.
- Your Pets**
Your pets are part of the family too. We want to make sure that we are able to evacuate pets and best handle them as best we can during an incident. Tell us about any type of pet at your residence - even take a photo so we can spot them easily!

www.fairfaxcounty.gov/topics/alerts-and-emails




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