

Emergency Preparedness Newsletter



Department of Emergency Management and Security (DEMS)

National Preparedness Month

The 2023 theme is “Take Control in 1, 2, 3”. This theme empowers everyone, especially older adults, to 1) assess their needs, 2) make a plan and 3) engage their support network to stay safe when disaster strikes. The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

During week 4, we will cover several topics listed below!

Week 4: Emergency Planning (September 18th – September 22nd)

- Gathering supplies for your go-kit over time (make sure to include medicine, devices, etc.). Don't forget about your pet's needs.
- Have a plan for your devices if you need to evacuate.
- Keep a list of nearby medical facilities and local hospitals.
- Have a plan for your pets or service animals (Not all shelters accept pets, so plan for alternatives. Consider asking loved ones or friends outside of your immediate area if they can help with your animals.)
- Create a support network.



Emergency Preparedness Fair Sunday, September 24th From 12 PM – 4 PM

Prepare, Survive, Thrive

BROUGHT TO YOU BY:
CITY OF FAIRFAX EMERGENCY MANAGEMENT
AND
FAIRFAX COUNTY EMERGENCY MANAGEMENT

EMERGENCY PREPAREDNESS FAIR

September 24, 2023 12PM-4PM

Sherwood Community Center
3740 Blenheim Blvd Fairfax, VA
22030

FREE FAMILY EVENT

Personal/Family Preparedness & Safety Information *Emergency Kits *Fire Department *Police Department *Emergency Management

Join us this Sunday, September 24th from 12 PM - 4 PM at the Sherwood Community Center in the City of Fairfax to learn all about emergency preparedness! If you come to the event, you will go home with a free emergency preparedness starter kit!

Topics to learn about:

- Family preparedness
- Individual preparedness
- Pet preparedness
- Medication in your emergency kit
- Volunteering
- Emergency information

We look forward to seeing you there!

What's In Your Emergency Kit?

By the Fairfax County Health Department

What does Medical Preparedness mean for you and your household? Medication should be one of the very first things you consider when planning for an emergency. Build up your prescription medication supply by refilling your medication as early as your insurance and healthcare provider allow (usually up to seven days).



Important reminders as you build your emergency kit

- Ensure you have a list of all medications and current medical conditions along with your medical preparedness kit. This should include details such as your doctor's contact information, nearby hospitals, any medical devices you may need, and their requirements (e.g. battery type, model number, manufacturer).
- If possible, have a seven-day supply of all your medications and water in your kit to take medication with.
- Work with your provider to build up your supply and never ration your prescription medication.
- Keep track of the date you acquired prescription refills and ensure you use your refills in chronological order. This will prevent your prescription medication from expiring before you use them. Pharmacists, when dispensing medication, call it the First In First Out method.
- Always follow package instructions, and never mix medicines that should not be used together.

Once you have assembled your kit, make a schedule to check expiration dates. Check your kit every six months to ensure it is up to date. Replace outdated items and update your medication list, as your medications may have changed. Any expired items, such as gloves or water bottles, should also be replaced as well.

Below is illustrative of common health, medical and first-aid supplies to keep in your kit:

- Non-perishable foods that meet family needs: infants, dietary restrictions, food sensitivities, allergies, special diet for diabetes etc.
- Assistive technologies such as hearing aids and extra batteries.
- Supplies for durable medical equipment.
- Car charger and adapters for electric-dependent equipment and devices.
- Medical alert ID products.
- Prescription eyewear, contact lenses, and contact lens solution.

First aid supplies:

- Non-latex gloves
- Digital thermometer
- Waterproof bandages and gauze
- Tweezers and scissors
- Tourniquet

Medical supplies for family needs:

- Antibacterial wipes
- Catheters
- Nasal Cannulas
- Syringes
- Blood test strips
- Sanitation and hygiene supplies
- Baby and childcare supplies

For additional information, visit: www.fairfaxcounty.gov/health/emergency.

Please Take the Annual Emergency Preparedness Survey

Fairfax County is launching the 2023 Emergency Preparedness Survey to assess the culture of personal disaster preparedness and resilience in Fairfax County. How prepared are you? Here is your chance to tell us!

Survey link:

<https://survey123.arcgis.com/share/fd34b75072184e5daf72eb338421b3b9?portalUrl=https://Fairfaxcountygis.maps.arcgis.com>



Did You Plan for Your Pet or Service Animal?

Does your family include a cat, dog, or other furry or feathered friend? You'll need to consider their survival during an emergency as well! An emergency plan and kit will bring peace of mind, and the assurance that your whole family is prepared to survive, if a disaster occurs.

Ensure your pet is wearing a collar with up-to-date information, such as your name and phone number. Get your pet microchipped – this will make it easier to be reunited if you become separated.

Make a plan for how to care for your pet in times of an emergency.

- Always take your pets with you if you evacuate!
- Create a buddy system with neighbors in the event you're not home.
- Prearrange an evacuation site outside of your immediate area, for your family including pets.
- Document your pets' info, including medical conditions and medications.
- Practice your plan and familiarize your pet with the process of leaving your home urgently.

Make an emergency kit for your furry and feathered friends. Use the emergency kit checklist above to get started today!

PET EMERGENCY KIT CHECKLIST

- | | |
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| ✓ Food (don't forget treats!) | ✓ Picture of you and your pet |
| ✓ Water | ✓ Crate or pet carrier |
| ✓ Bowls for food/water | ✓ Familiar bed/blanket and a toy |
| ✓ Medications and vet records | ✓ Can opener (if needed) |
| ✓ First aid kit | ✓ Pet-friendly hotels/boarding facilities |
| ✓ Leash, and collar with ID | ✓ Specialty supplies for small animals/birds/reptiles if needed (heating pad, dietary supplements, etc) |
| ✓ Microchip info | |
| ✓ Medical records | |
| ✓ Cleaning products (dog waste bags, litter box, paper towels, trash bags) | |

Who Is in Your Support Network?

Creating a support network for your home emergency plan is crucial for several reasons. First and foremost, emergencies are often unpredictable and can be overwhelming, both physically and emotionally. Having a support network in place ensures that you're not facing these challenges alone. Your network can provide guidance and comfort during times of crisis, helping to alleviate stress and anxiety. Whether it's a natural disaster, a medical emergency, or a power outage, knowing you have people you can rely on can make all the difference in how you handle the situation.



For those with access and functional needs, a support network can provide essential assistance and accommodation tailored to their specific needs. This might involve individuals who are trained in providing specialized care, such as medical professionals or caregivers. Additionally, the network can include people who understand the unique communication needs of those with disabilities, ensuring that information and instructions are effectively conveyed during an emergency.

For more information on creating, or improving an already existing, support network visit [Fairfax County Community Emergency Response Guide](#).

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. Workshop Topics:

- Personal Preparedness Using the Community Emergency Response Guide (CERG).
- 5 Step Neighborhood Guide Workshop – Learn how to prepare for where you live!
- Business Disaster Resilience Workshop – Learn how to prepare your business!
- Youth Preparedness (Girl Scouts, Boy Scouts, schools, etc.).

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 \(fairfaxcounty.gov\)](#).

