

# EMERGENCY PREPAREDNESS NEWSLETTER



DEPARTMENT OF EMERGENCY MANAGEMENT AND SECURITY

## Emergency Preparedness in October



### Cybersecurity Awareness Month

Join us for our monthly webinar on Wednesday, October 5, 2022 at 7 PM!



### National Fire Prevention Week October 9-15, 2022

Visit the Fairfax County Fire and Rescue Department Open House Saturday, October 15, 2022 from 10 AM - 4 PM



### International Shakeout Day - Earthquake Safety

At 10:20 AM on October 20, 2022, practice earthquake safety with an earthquake drill.



Cyber Security Webinar Link: <https://youtu.be/aknjrtR4CY8>

## Cyber Security Awareness



This year's campaign theme — “*See Yourself in Cyber*” — demonstrates that while cybersecurity may seem like a complex subject, ultimately, it's really all about people. This October will focus on the “people” part of cybersecurity, providing information and resources to help educate CISA partners and the public, and ensure all individuals and organizations make smart decisions whether on the job, at home or at school – now and in the future. Know your cyber basics. Here are four things you can do now:

- **Think Before You Click: Recognize and Report Phishing:** If a link looks a little off, think before you click. It could be an attempt to get sensitive information or install malware.
- **Update Your Software:** Don't delay -- If you see a software update notification, act promptly. Better yet, turn on automatic updates.
- **Use Strong Passwords:** Use passwords that are long, unique, and randomly generated. Use password managers to generate and remember different, complex passwords for each of your accounts. A passwords manager will encrypt passwords securing them for you!
- **Enable Multi-Factor Authentication:** You need more than a password to protect your online accounts, and enabling MFA makes you significantly less likely to get hacked.

Cybersecurity & Infrastructure Security Agency (CISA) Cybersecurity Awareness Month webpage: [www.cisa.gov/cybersecurity-awareness-month](http://www.cisa.gov/cybersecurity-awareness-month)

## National Fire Prevention Week

The National Fire Protection Association® (NFPA®) has announced “[Fire Won't Wait. Plan Your Escape™](#)” as the theme for Fire Prevention Week™, October 9-15, reinforcing the critical importance of developing a home escape plan with all members of the household and practicing it regularly. In addition, this October represents the 100th anniversary of Fire Prevention Week, the nation's longest-running public health observance on record.

Developing a home escape plan with all members of the household and practicing it regularly ensures that everyone knows what to do when the smoke alarm sounds and uses that time wisely. Here are some key considerations:

- Make sure your home escape plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.



National Fire Protection Association: [Fire Prevention Week \(FPW\) \(nfpa.org\)](https://www.nfpa.org)

## Public Input Sought on Northern Virginia Hazard Mitigation Plan

The 2022 Northern Virginia Hazard Mitigation Plan (NOVA HMP) is a multi-jurisdictional plan. Fairfax County's Department of Emergency Management and Security — along with the other jurisdictions in Northern Virginia — is seeking public comments on the proposed plan through 5 p.m. on Oct. 8, 2022.

The public comment period is a time where anyone who lives and/or works in Northern Virginia can provide feedback to ensure the NOVA HMP reflects the priorities and concerns of the community, and proposes action items to address those risks. Members of the public can also review the results of the jurisdictions risk analysis, which was guided in part by the results from an earlier community survey and is included in the draft plan.



Plan Link: [Public Input Wanted on Northern Virginia Hazard Mitigation Plan; Comment Period Open Through October 8, 2022 | NVERS](#)

## 2022 Emergency Preparedness Survey

DEMS is also launching the 2022 Emergency Preparedness Survey to assess the culture of personal disaster preparedness and resilience in Fairfax County. Survey link: [2022 Preparedness Survey \(arcgis.com\)](https://arcgis.com)

## October Earthquake Drill - Great Southeast Shakeout 10/20/22 at 10:20 AM

Virginia and much of the East Coast experienced a widely felt earthquake at 1:51 p.m. eastern daylight time on Tuesday, August 23, 2011. According to the U.S. Geological Survey, the epicenter of the quake was located near Cuckoo, in Louisa County. With a magnitude of 5.8, this is the largest Virginia earthquake recorded by seismometers. More than 80 aftershocks have been reported by the USGS and the area is currently being monitored by geophysicists from several leading science institutions.

Why is it important to do a Drop, Cover, and Hold On drill? To react quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down--or drops something on you. Practicing helps you be ready to respond.



In most situations, if you feel shaking or get an earthquake alert, immediately:

1. **DROP** where you are, onto your hands and knees. This position protects you from being knocked down and reduces your chances of being hit by falling or flying objects.
2. **COVER** your head and neck with one arm and hand.
  - If a sturdy table or desk is nearby, crawl underneath for shelter.
  - If no shelter is nearby, crawl next to an interior wall.
  - Stay on your knees; bend over to protect vital organs.
3. **HOLD ON** until the shaking stops.
  - Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
  - No shelter: hold on to your head and neck with both arms and hands.

Or adapt to your situation. If you have difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

If you use a cane: **DROP**, **COVER**, and **HOLD ON** or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.



If you use a walker or wheelchair: **LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms, a book, or a pillow. Then **HOLD ON** until the shaking stops.



Stay indoors till the shaking stops and you are sure it is safe to exit. In most buildings in the Southeast, you are safer if you stay where you are until the shaking stops.



If you are outdoors when the shaking starts, you should find a clear spot away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold On. Stay there until the shaking stops.

If you are driving, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking stops. Once the shaking stops, proceed with caution and avoid bridges or ramps that might have been damaged.

Ground shaking during an earthquake is seldom the cause of injury. Most earthquake-related injuries and deaths are caused by collapsing walls and roofs, flying glass, and falling objects. It is extremely important for a person to move as little as possible to reach the place of safety he or she has identified because most injuries occur when people try to move more than a short distance during the shaking.

Look around you now, before an earthquake. Identify safe places such as under a sturdy piece of furniture or against an interior wall in your home, office, or school so that when the shaking starts you can respond quickly. An immediate response to move to the safe place can save lives. And that safe place should be within a few steps to avoid injury from flying debris.

CERG Earthquake Video: [https://youtu.be/7XchiTGq\\_YY](https://youtu.be/7XchiTGq_YY)

CERG Earthquake Hazard Page: [Earthquake | Emergency \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/emergency/earthquake)

Additional accessibility recommendations: [EarthquakeCountry.org/accessibility](https://www.earthquakecountry.org/accessibility).