



- **Be Informed** – What to expect in location
- **Make a Plan** – What you need to do
- **Get Involved** – How you can help



What kinds of disasters does Arlington County prepare for?

- **Winter Storms**
- **Hurricanes, Tornadoes**
- **Power Outages**
- **Active Shooter**
- **Explosions**
- **Chemical, Biological,
Radiological**



Arlington plans to be Ready for All Hazards

All - County Team approach

- Office of Emergency Management
- Fire Department
- Police department
- Public Health
- Dept. of Technology Services
- Schools <http://www.arlington.k12.va.us/>
- Community - you



Office of Emergency Management

- **Emergency Planning**

- CEMP – Comprehensive Emergency Management Program; EOP - Emergency Operations Plan

- **Public Preparedness & Education**

- **Emergency notifications to the public**

- **Emergency Operations Center**

- **Emergency Communications Center (911)**

- **Training and Exercises**





Why Prepare?

In an emergency
we are responsible for ourselves
and
being prepared makes a difference



BE **READY** MAKE A **PLAN**

We can all take simple steps to be prepared for emergencies

■ Be informed

- Know how to decide to stay or go
- Know basics of response
- Know how to get alerts and information

■ Make a plan

- Make a communications plan
- Plan shelter, evacuation, meeting places

■ Assemble supplies

- Get water, food, supplies to shelter or evacuate



Response Basics

- **Stay or Go** - Plan shelter locations and exits wherever you are so you can act based on situation
- **Clean Air** - Use cloth or mask to protect airways & seek clean air by shelter or leaving contaminated area
- **Protect from debris** - Protect head, neck, body from debris, seek cover under something sturdy
- **Remove contaminants quickly** - Wash ASAP with water to remove chemical, radiological agents
- **Use good hygiene to avoid spreading germs**; wash hands frequently, use tissues with cough, sneezing



How to get Arlington specific information during an emergency

1. Arlington Alert* www.arlingtonalert.com
2. Cable Channel 74
3. Web site www.arlingtonva.us
4. Social Media – Ready Arlington (Facebook & Twitter)
5. Hot line 703 228-3000 TTY 703 228-4611
6. XM Channel 214 metro area will carry Arlington Alerts
7. Arlington Emergency Radio AM 1700
8. NOAA weather alert radio
9. Outdoor Voice Warning System



* For Rapid Enrollment - text "1776" to 411911



Make a Communications Plan



Elements of an effective communications plan:

- Sources of Alert and Information
- Family member information and contact plans
- School information. Caregiver information.
- Neighbor & Coworker information
- Meeting places



Plan for Shelter-in-Place

“Staying Put”

You may need to stay put minutes, hours, or days

- Designate at least one “safe room”
- Know how to shut off gas, electricity, and water if instructed (*Never turn gas back on yourself ! Ask gas company !*)
- Turn off water if water pipes or sewage pipes are broken, contamination is possible

If you are told to shelter from chemical or hazmat,

- Get your supplies – remember radio and cell phone
- Lock windows, close doors, vents. Shut off AC/heat.
- Move to inside room with no windows.
- Have plan to seal the room - duct tape and plastic
- Listen for directions on when to come out.



Plan for Evacuation

Most likely: a building due to fire or damage

- Have a plan for all buildings

Possibly: your neighborhood for gas, chemical leak

- Plan for a place to stay outside your neighborhood

Not very likely for all of Arlington

- Keep more than ½ tank of gas in car, plan alternate routes



High Rise Dwellers

- Shelter in Place unless in immediate danger
- Make sure you know the building's emergency/evacuation plan (plan required by law.)
- Know where your emergency exits are and practice using them
- Use the stairs not the elevator.
- Make sure you have supplies for 3-5 days



Assemble Supplies

Plan supplies for all locations

- **At Home** for min. of 5 days without power
- **At work** to shelter for a day and overnight
- **In your car** in case you can't return home
- **By your door** to grab and go quickly
- **On the Metro** to carry basics with you



Supplies: Essentials

Water and Food for all locations

- 1 gallon per person per day plus pets
- Non perishable foods, canned, dry

Other essentials

- Battery radio, flashlight, extra batteries, cell charger
- Prescriptions, medicines, special needs
- Vitamins
- First aid supplies, include alcohol wipes
- Personal hygiene, include hand sanitizer
- Whistle, dust mask (N95)



Pandemic Flu Planning

- A wide-spread flu epidemic could last several weeks/months.
- Be prepared to shelter in place for at least 10 -14 days.
- Wash your hands, cover your sneezes and coughs with tissues. Forego handshakes – touch opposite elbows.
- Have a plan in case the banks or grocery stores are closed for a few days.



Practice Good Hygiene

- Basic hygiene practices will help prevent/slow down the transmission of the flu virus.
- Wash hands for 10-15 seconds with warm, soapy water or use hand sanitizer
- Clean work and living areas with household detergents
- Avoid crowds, limit travel, and travel to and from work during non-rush hours.



What can neighbors do to help?



- Provide leadership & a “safety net”
- Work on Neighborhood Disaster Plans.
- Establish communications systems.
- Identify resources, needs and plan “mutual aid”.
- Recruit neighbors to get education and training through Citizen Corps, Red Cross, others



Citizen Corps



<http://www.arlingtonva.us/ccc/>

Join the Council to work on:

- Emergency Communication
- Preparedness Education
- Volunteer recruitment and coordination
- Building resilient neighborhoods
- Focus on community who are elderly, disabled, speak languages other than English



Be Involved – Citizen Corps programs

Community Emergency Response Team (CERT)

- Disaster Preparedness
- Disaster medical operations
- Light search and rescue
- Fire suppression & utility shut off
- Team organization and management
- Terrorism



Be Involved – Citizen Corps programs

Medical Reserve Corps - MRC

- Physicians
- Nurses
- Dentists
- Pharmacists
- Veterinarians
- Others



Arlington Chapter of American Red Cross



American Red Cross
Arlington County Chapter



<http://www.arlingtonredcross.org/>

Get trained

- First Aid, CPR, Disaster courses
- Community Disaster Education



Radio Amateur Civil Emergency Service

ARLINGTON COUNTY RACES

The Radio Amateur Civil Emergency Service (RACES) was established under FCC regulations, as part of the Amateur Radio Service. The mission of RACES is to establish and maintain the leadership and organizational infrastructure necessary to provide Amateur Radio communications in support of emergency management entities throughout the United States.



In Arlington County, RACES may be employed during a variety of emergency/disaster situations when governmental communications systems are damaged or when additional communications are desired.

RACES develops emergency communications training to enhance the Emergency Support Function 2 (ESF2) communications capabilities of Arlington County government.

www.w4ava.org



Emergency Preparedness Advisory Commission

**EPAC provides policy
advice to the County
Board on Arlington's
emergency preparedness
and ability to respond.**



You can make the difference.

