



Feature

Happy Thanksgiving!

In the wake of the devastation of Superstorm Sandy, the recent minor earthquakes near our area, October's severe thunderstorms in Shelby County, and the deadly explosion that leveled homes in Indiana....can we be anything but thankful this holiday season? We encourage you to stay prepared and work with us for a safe end to 2012. **The Shelby County Office of Preparedness, under the direction of Bob Nations, Jr., Staff, Reserves, and partners wish the citizens of Shelby County a peaceful and happy Thanksgiving holiday.**



Next of Kin Registry



Who will speak for you when you cannot? The Next of Kin Registry (NOKR) is a free, secure database tool citizens can use to store personal information such as emergency contacts and vital medical history. A non-profit organization, the NOKR is a link for victims and local and state agencies. The stored information is only accessible to you and other trusted agencies that are registered with the NOKR. A NOKR sticker can be placed on your drivers' license to denote that your emergency contacts can be found at NOKR. To find out more or to register, go to www.nokr.org.

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Winter Weather Awareness

Despite the mild temperatures we are enjoying this fall, the Shelby County Office of Preparedness, under the direction of Bob Nations, Jr., is urging citizens to get prepared - winter is on the way!

November 12 – 16, 2012 is “Winter Weather Awareness Week” in Tennessee.

Winter storms, even here in the MidSouth can cripple transportation, cut off communication, and cause widespread power outages. Do you know what to do during a winter storm?



Photo Caption: Winter weather downtown Memphis.

There are five simple steps to preparing for winter weather.

- 1. Know Your Risks** by contacting the National Weather Service to find out what winter weather events are possible in this region.

Learn the winter weather terms:

Outlook: Winter conditions are possible in a few days

Watch: Winter conditions are possible within 36 hours

Warning: Severe winter conditions have begun or will begin in 24 hours

Advisory: Winter weather may become hazardous

Freezing rain: rain freezes as it hits the ground making a coat of ice on roads

Sleet: Rain that turns to ice before reaching the ground

Snow flurries: Light snow falling for a short duration with little or no accumulation

Snow showers: Snow falling for brief periods of time with some accumulation possible

Blizzard: Sustained winds of 35 miles per hour with blowing snow for 3 hours or longer

Black ice: A thin coat of glazed ice on a surface – very dangerous for drivers

Wind chill: How wind and cold feels on skin

Frostbite: Damage to body tissue due to extreme cold. Symptoms include: loss of feeling, white or pale skin in fingers, toes, ear lobes or the nose. Get medical attention immediately!

Hypothermia: When body temperature drops below 95 degrees F. Symptoms include: shivering, memory loss, slurred speech, confusion, drowsiness and exhaustion. Seek medical attention immediately! If no medical help is available, wrap the victim in a warm blanket covering head and neck. Do not give the person hot beverages or food.

- 2. Get a Kit!** Gather supplies for home, work and auto to sustain you, your family and pets for up to 7 days.

Be sure to include: NOAA All Hazards battery-powered radio, ALERT FM, sleeping bag, flashlight and

batteries, extra car and house keys, food, water, tools (shovel, tow rope, booster cables, compass, knife, can opener, windshield scraper), road maps, hygiene supplies, clothing, personal protective equipment, cash, first aid kits / medical supplies, eye glasses, cell phone and charger, copies of important papers (health, insurance, medical, finance), photos of loved ones and pets, special needs supplies, infant supplies, and supplies for your pets and livestock.

Make sure your kit is portable - easy to move in case evacuation is needed.

3. **Make a Plan** by meeting with your family and co-workers to discuss what you will do before, during and after the next winter storm:
 - Decide on two places to meet, one outside the home and one elsewhere in the community if you become separated.
 - Choose an out-of-state contact to call during an emergency to check in.
 - ICE your cell phone (program In Case of Emergency phone numbers).
 - Teach children when to call 911.
 - Have an alternative heat source in the home (fireplace or propane heater).
 - Install smoke alarms in your home along with an ABC fire extinguisher.
 - Know how to shelter-in-place or evacuate at a moment's notice.

4. **Stay Informed** with a NOAA All Hazards radio with a battery back-up and tone alert and an ALERT FM receiver. Heed the watches and warnings.

5. **Be a Buddy!** Get to know your neighbors. Befriend those who are living alone, single parents, the elderly, those without transportation, citizens with chronic illnesses, and those with disabilities. They will need extra support during an emergency.

Winter survival tips:

- **Minimize travel** when winter weather hits by staying indoors unless it is an emergency.
- **Keep auto “winter ready”** with a tune up, a full tank of gas, and an auto emergency kit that includes a shovel, kitty litter, jumper cables, flashlight, maps, gloves, and scraper.
- **Dress for winter** by wearing lightweight, warm clothes in layers to include a hat, mittens, coat, scarf and boots.
- **Avoid overexertion** such as shoveling, pushing a car, or walking in deep snow to avoid a heart attack.
- When a **freeze warning is issued**, open cabinet doors under sinks, let faucets drip to keep them from freezing. Wrap exposed pipes for insulation.

When caught in a winter storm:

If outside, seek shelter immediately and stay dry. Build a fire for heat and melt snow for drinking water.

In a vehicle, run the motor for 10 minutes per hour for heat. Open windows occasionally for fresh air to avoid carbon monoxide. Check to see exhaust pipe is unblocked. Turn on lights when running the engine. Tie a red cloth to the window or antenna. If no snow is falling, raise your hood to signal for help. Move arms and legs often to keep blood circulating and stay warm.

If inside, stay indoors using an alternative heat source. Close off unused rooms and stuff towels under the doors of the room with the heat source. Keep body replenished with fluids

Pets and Livestock: Move animals in to sheltered areas. Have extra food and water available.

Remember, your preplanning now for winter storms can keep you safe and may save your life!

Health Department Exercise

By Heather Burton Reynolds



Photo Caption: Volunteers go door to door to dispense “medication” in Lakeland for the mass prophylaxis delivery drill.

On Tuesday, October, 30, the Shelby County Health Department’s Public Health Emergency Preparedness Program (PHEPP) held the first door to door dispensing exercise in Tennessee. In less than an hour, over 1250 households received “medication” at their doorstep. This exercise was initiated to test the feasibility of this type of dispensing in a bioterrorism event or other public health emergency.

Over 60 volunteers and public health employees walked from door to door delivering empty, sealed medication bottles to each house in the Stonebridge area of Lakeland. Although local Point of Dispensing (POD) sites are still the primary source of distribution, the success of this exercise now allows for the incorporation of door to door delivery as a compliment to standard 48-hour POD plans. “The main goal of this exercise was to see if we could serve 1,000 people per hour,” commented Matt McDaniel, Cities Readiness Initiative Coordinator for PHEPP, “and we actually were able to dispense to 2760 in an hour, so this test was a great success!”

“This exercise was meant to test the viability of door to door distribution. Overall, we have received positive feedback

from both the public and staff,” said Kasia Smith-Alexander, Emergency Response Coordinator for PHEPP.



Photo Caption: Volunteers get their instructions from Matt McDaniel, 4th from left before going door to door.

Smith-Alexander continued, “Exercises help us better prepare for potential emergencies. Testing different methods helps us create plans to handle any situation.”

Mr. McDaniel reports that the next plan is to see how this mode of dispensing can be adapted for other areas of Shelby County.

In addition to the Shelby County Health Department, the following organizations also participated:

- City of Lakeland
- Shelby County: Sheriff’s Office, Fire Department, Health Department Medical Reserve Corps
- West Tennessee Region PHEPP and MRC
- Covington High School HOSA
- Southwest TN Community College Pharmacy Techs
- STCC Homeland Security Grant Program
- Mississippi Dept. of Health Districts 1 and 2 PHEPP
- Arkansas Dept. of Health Northeast Region PHEPP
- University of Memphis School of Public Health
- University of Tennessee Health Science Center
- Tennessee Emergency Management Agency West

For more information on PHEPP contact 901.222.8204.

Tennessee 511



Now travelers in Tennessee have a new “smartway” to know the conditions of the roadways before venturing out. The Tennessee Department of Transportation (TDOT) has introduced a new web site and phone numbers to help drivers stay safe and find their way efficiently.

Just log on to www.TN511.com to find out where recent construction is going on, highway incidents, where cameras and road signs are located, and to see if traffic is congested where you are headed.

Travelers can also call 511 from a mobile phone or landline, or if you are outside of Tennessee call 877.244.0605. This phone service is an automated voice response system to help callers obtain information about weather-related road conditions, locations of rest areas and welcome centers, public transportation, and airports.

TDOT SmartWay is also “tweeted” through TDOT’s twitter pages at <http://www.tdot.state.tn.us/mediaroom/info.htm>.

VHF/UHF Narrow banding

On January 1, 2013 all public safety and business land mobile radio systems operating in the 150 – 512 MHz radio bands must cease operating using 25 kHz technology and start using at least 12.5 kHz technology. Licensees not operating at 12.5 kHz will be in violation of the FCC rules and subject to admonishment, monetary fines or loss of license.

Preparedness Outreach

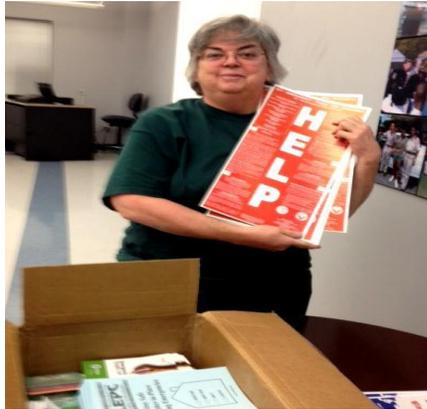


Photo Caption: Reserve Jo Griffith handing out HELP / OK signs at the MPD Ridgway Precinct.

The Shelby County Office of Preparedness took part in the Memphis Police Department Citizens Academy as guest speakers during the 9-week seminar. They presented disaster preparedness information at each precinct and taught their audience how to prepare for unexpected events that may happen here in Shelby County.



Photo Caption: Reserve Regina Shipp hands out preparedness brochures to the attendees before the run begins and afterwards.

The Shelby County Office of Preparedness attended the National Alliance on Mental Illness (NAMI) 5K fund raiser on October 13, 2012 at Collierville Carriage Crossing Mall.



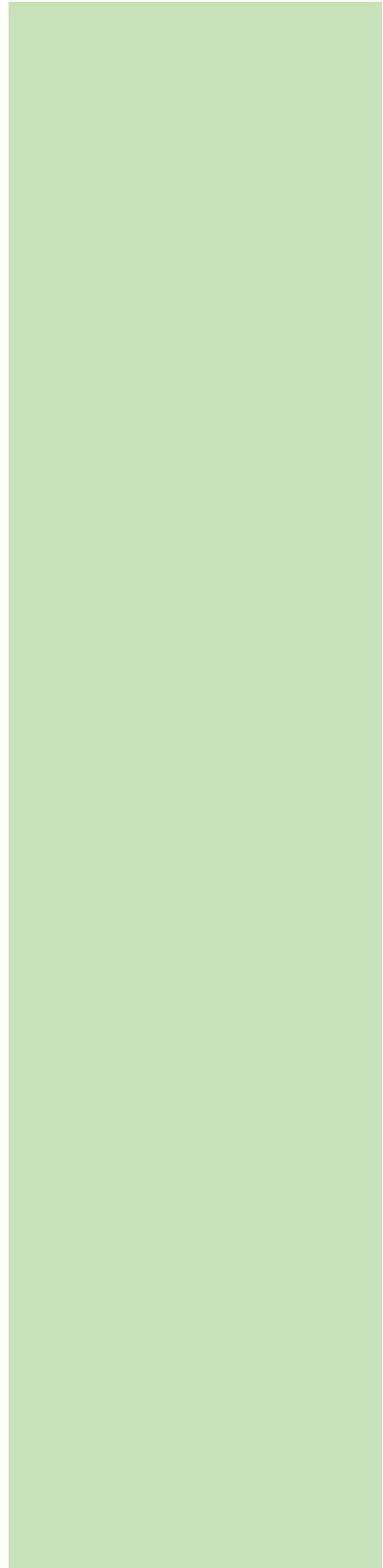
Photo Caption: Shelby County Office of Preparedness Reserve Alonza Carter, far right, greets families at Ready Shelby Day, October 20, 2012

The Shelby County Office of Preparedness, along with other emergency agencies, set up a table with brochures, cups, pencils, and bracelets to give away at the annual “Ready Shelby Day at the Zoo” on October 20, 2012. Hundreds of families learned about preparedness at the zoo.



Photo Caption: Reserve Ruth Watson, center, spoke to over 100 citizens about disaster preparedness.

The Shelby County Office of Preparedness visited with the over 100 citizens attending the Mt. Piscah Baptist Church Health Fair on October 13, 2012.





The Shelby County Citizen Corps Council, under the leadership of Kimberlyn Boulter, Chairperson / Shelby County Office of Preparedness Planning Officer, meets monthly to direct the programs for volunteers and emergency agencies who support disaster preparedness and response.

Programs include:

- Community Emergency Response Team (CERT)
- Volunteers in Police Services (VIPS)
- Medical Reserve Corps
- Fire Corps
- Power Squadrons
- USAonWatch (Neighborhood Watch)



Photo Caption: Ongoing Community Emergency Response Team (CERT) training at Federal Express, lead by Eugene Jones, CERT Coordinator from the Shelby County Office of Preparedness. Students get ready by putting on personal protective equipment.

Preparedness Training and Events:

“Tornado Alley” at the Pink Palace IMAX Theatre until November 16, 2012 at 3050 Central Avenue, Memphis, TN. For more information, show times and prices, please visit: www.memphismuseums.org.

National Weather Service **SKYWARN Storm Spotter** Training, December 4, 2012, 9:00 a.m. – 10:30 a.m., 1075 Mullins Station Road, Memphis, TN 38134, EOC.

Basic Animal Emergency Services, December 8 and 9, 2012, 9:00 – a.m. – 5:00 p.m., at 7777 Walnut Grove, Edward Jones Amphtheatre, Memphis, TN 38120.

Natural Gas Emergency Response Training, January 14, 15, 16, or 17, 2013, 7:30 a.m. – 4:30 p.m., MLGW Training University. www.mlqw.org or email: [Bin Holland at bholland@mlgw.org](mailto:Bin.Holland@mlgw.org).

Community Emergency Response Team Training, Germantown, January 25, 26 and February 2, 2013. Contact shrea@germantown-tn.gov to register.

Threat and Risk Assessment Course, January 29 – 30, 2013, 8:00 a.m. – 4:00 p.m., 1075 Mullins Station Road, Room C-116, Memphis, TN 38134. Contact: Shannon Towery or call 979.458.2764.

Enhanced Threat and Risk Assessment Course, March 26 – 27, 2013, 8:00 a.m. – 4:00 p.m, 1075 Mullins Station Road, Room C-116, Memphis, TN 38134. Contact: Shannon Towery or call 979.458.2764.

For more information about preparedness training or any of these events, please call 901.515.2525 or email: CitizenCorps@shelbycountyttn.gov.

Pet Identification - Microchips



A collar with a metal tag is a good way to identify your pet.

Each year more than seven million household pets are lost. If the pet finds their way to a shelter, it is possible for the collar to have slipped off or accidentally removed. However, if the pet has been implanted with a microchip, it can likely be reunited with their owner.

Microchipping cost ranges between \$25 and \$45 at most veterinarian offices. For your pet, it is a painless and quick procedure. A tiny microchip is implanted between the shoulder blades. Then the pet owner registers the information about the owner and pet into a database. If the pet gets lost, an animal shelter can scan the chip for information and locate the owner.

This is an effective way to track your pet and bring “Buddy” home as soon as possible. Pet owners should be mindful to keep their registration information updated should they move to another location. Contact your local veterinarian for more information.

Preparedness Question:

I am concerned about power outages. I need an emergency power supply. How do I know which type of portable generator to purchase for my home?



First, decide what you want to be able to power with a portable generator. Make a list of the most important electrical appliances you will need to power in an emergency. Next, visit your local hardware store to shop for the size you will need. Generators range from 800 watts, for home use, up to 500,000 watts for commercial buildings.

There are two basic types: one is a “standby” generator that is connected to your electrical system, has its own fuel tanks, and can run for a longer period of time. The second and more common, is a portable generator that has a smaller fuel capacity and runs for shorter periods of time.

Three types of fuel can be used for portable generators: gasoline, diesel, and propane. Gasoline generators are the cheapest and most convenient to operate.

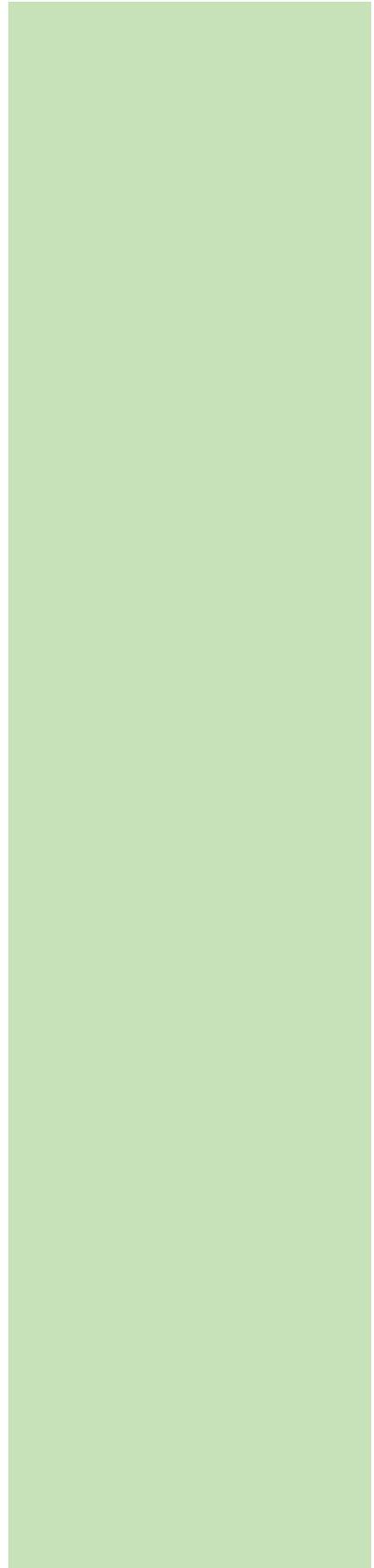
If you purchase a portable generator, read the instructions carefully before you use it, and power it up at least twice a year. Read the maintenance instructions carefully.

Safety is very important when using a portable generator. It is imperative to operate the generator in an open area – never in an enclosed space. The fumes can cause illness and even death.

Prepare Word Search – Winter

E H C T A W A G S S
X R Q R W N R N H T
W U A O H E X I O O
H I N P P F G N V O
A S N A E L R R E B
T I R T O R B A L R
M C J V E P P W C I
S Z E Y U R R W M S
W S Y R O S I V D A
M I T T E N S I I R
A V Z C V J Y Z C D
B G B B C O A T X E

ADVISORY	BOOTS	COAT
GLOVES	HAT	ICE
MITTENS	PREPARE	SCARF
SCRAPER	SHOVEL	SNOW
WARNING	WATCH	WINTER



Preparedness Resources

Shelby County Office of Preparedness:

www.staysafeshelby.us

Shelby County Citizen Corp

(email): **citizencorps@shelbycountyttn.gov**

Shelby County, TN: **www.shelbycountyttn.gov**

Ready Shelby: **www.readyshelby.us**

ALERT FM: **www.alertfm.com**

Memphis Light Gas and Water: **www.mlqw.com**,
901.544.6549

Ready TN:

www.tn.gov/homelandsecurity/getready.shtml

Tennessee Department of Transportation SmartWay:

www.TN511.com or call 511.

American Heart Association : **www.heart.org**

United States Geological Society: **www.usgs.gov**

National Fire Protection Assoc. **www.nfpa.org**

Center for Earthquake Research and Information (CERI)

www.ceri.memphis.edu

Citizen Corps: **www.citizencorps.org**

American Radio Relay League: **www.arrl.org**

Federal Emergency Management Agency: **www.fema.org**

Ready America: **www.ready.gov**

National Weather Service: **www.nws.noaa.org**

NOAA Hurricane: **www.hurricanes.noaa.gov**

National Hurricane Center: **www.nhc.noaa.gov**

Department of Homeland Security: www.dhs.gov

National Flood Insurance Program: www.floodsmart.gov

Next of Kin Registry: www.nokr.org

Emergency: call 911

Shelby County Office of Preparedness

HLS/EMA

Bob Nations, Jr., Director

901.515.2525

www.staysafeshelby.us

- ***Know Your Risks***
- ***Get a Kit***
- ***Make a Plan***
- ***Stay Informed***
- ***Be a Buddy***