



Fort Bend County Office of Emergency Management *Volunteer Newsletter*

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September is National Preparedness Month!

Are YOU Prepared?




Ready.

- 1 Get a Kit
- 2 Make a Plan
- 3 Be Informed

Tips for Emergency Preparedness

1. To begin your emergency plan, imagine that there is an emergency. What are the best escape routes from your home? Find at least two ways out of each room. Now, write it down — you've got the beginning of a plan.
2. Pick two places to meet after a disaster. One right outside your house if it is a household emergency such as a fire, and another outside your neighborhood, in the event that access to your home is not safe or possible.
3. Choose an emergency contact person outside your area since it may be easier to call long-distance rather than local after a local/regional disaster. Make sure you and your kids know the name and number at all times.

For more information, please visit:
<http://www.dhs.gov/xcitizens/editorial/0711.shtm>

Get a kit

Build an emergency supply kit for yourself and your family. While the kit can be customized according to individual needs, keep the basics of survival in mind: food, water, clear air, first aid kit, required medications, and a way to contact loved ones and authorities.

Make a Plan

Along with the emergency supply kit, make sure you formulate a family emergency plan. Basics of the plan should include how to get in touch with one another, how and where to meet up, what to do in different emergency scenarios, and an established emergency contact.

Be Informed

Be informed about the emergencies that can occur in Fort Bend County, and how to respond. In addition, if you can, learn about local and state emergency plans.

For more information, visit: <http://plan.fbcoem.org> or <http://ready.gov>.

Andover Farms, Teal Run HOA's Host Community Emergency Response Team Training



Hosted by the communities of Andover Farm and Teal Run, 21 local citizens completed the 8 week Community Emergency Response Team training. Weekly class topics included Disaster Preparedness, Fire Suppression, Disaster Medical Operations, Light Search and Rescue, and Team Organization and included simulations and exercises so students could get hands-on experience. "CERT training teaches preparedness skills that every citizen needs to have and promotes the importance of neighbor helping neighbor, in times of emergency or following a disaster," explains Shauna Evans, Volunteer

Programs Manager for the Fort Bend County Office of Emergency Management. "These graduates are committed to the safety and security of their respective neighborhoods and now have the knowledge and skill to provide a greater level of assistance when our first response agencies are overwhelmed and professional response assistance is delayed."

On June 21st, the Andover Farms / Teal Run team held their graduation ceremony and final exercise. The final exercise is designed to enhance the skills learned by each volunteer team member in a simulated disaster environment. With the assistance of several local teens that portrayed "victims" the new graduates responded to a simulated building collapse with victims trapped inside. Team members practiced their skills in search and rescue, disaster medical and triage, and CERT organization as they worked the scene to locate, extract, and treat victims.



Certificates and volunteer badges were presented by D'Neal Krisch, Community Relations Manager for the Fort Bend County Judge's Office. "CERT is the perfect example of neighbor helping neighbor and this team has what it take to make a difference. I look forward to helping this team work and grow in this vibrant community," notes Evans.



The Community Emergency Response Team program is sponsored by Fort Bend County and facilitated through the Fort Bend County Office of Emergency Management. For more information on the County's volunteer programs, visit www.fbcoem.org or contact the Fort Bend County Office of Emergency Management at 281-342-6185.

Seventeen from Fulshear, Simonton, and Weston Lakes Complete CERT Training

The Fort Bend County Emergency Services District #4 and the Fulshear—Simonton Fire Department hosted their second Community Emergency Response Team training for the Fulshear, Simonton and Weston Lakes communities. 17 local citizens completed the training conducted August 6th through the 8th. Cliff Aldrich and Lou Boudreaux, Emergency Management Coordinators for the cities of Weston Lakes and Simonton were present to kick off the training. The compressed weekend class included topics such as Disaster Preparedness, Fire Suppression, Disaster Medical Operations, Light Search and Rescue, and Team Organization and included simulations and exercises so students could get hands-on experience. “CERT is a wonderful program for communities looking to work together to provide assistance to those in need in the aftermath of a disaster when trained personnel are needed to work alongside our professional responders,” said Shauna Evans, Volunteer Programs Manager for the Fort Bend County Office of Emergency Management.



The graduation ceremony and final exercise were held on Sunday, August 8th. The final exercise is designed to enhance the skills learned by each volunteer team member in a simulated disaster environment. With the assistance of the Fulshear – Simonton Fire Department and Fort Bend County EMS, the newly graduated CERT team members responded to a simulated building collapse with victims trapped inside. Team members practiced their skills in search and rescue, disaster medical and triage, and CERT organization as they worked the scene to locate, extricate, and treat victims.

Certificates and volunteer badges were presented by Jeff Braun, Emergency Management Coordinator, Fort Bend County Office of Emergency Management and Shauna Evans. “I was thrilled to be invited back to do a second training for these communities. They are working hard to develop their teams for use in both non-emergency and emergency situations. They are already asking for more training and will be a valuable asset to the County’s preparedness and response efforts, should disaster strike,” observes Evans.



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Be Cool...Beat the Heat

Summer time is here and with it come the high temperatures that most of us do not enjoy. Although it's an occasion to have fun and spend time outdoors, people should also take precautionary measures to protect their health and their families. This summer you can "beat the heat" by taking simple steps to avoid heat illnesses that can harm you.

Heat illnesses occur when the body is unable to properly cool itself. The body normally cools itself by sweating; but sometimes sweating just isn't enough. Having a fever, heart disease, mental illness, poor circulation, sunburn or being dehydrated also limits the body's ability to control body temperature.

People at Risk

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others.



- ◆ **Infants and children up to four years**
- ◆ **People 65 years of age or older**
- ◆ **People who are overweight**
- ◆ **People who over-exercise**
- ◆ **People who are ill or who take certain medications**



Hot Tips

Drink plenty of fluids. During hot weather you need to increase the fluids you drink, regardless of your activity level. Don't wait until you're thirsty because by then your body's water supply is already lower than it should be. Don't drink liquids that contain caffeine, alcohol or large amounts of sugar – these actually cause you to lose more body fluid. Don't forget about your pets, they need fresh water too!

Wear appropriate clothing and sunscreen. Choose lightweight, light-colored, loose-fitting clothing. If you go outside protect yourself with a hat (such as a straw hat) and sunglasses. Thirty minutes before going outside, you should also apply sunscreen with an SPF 15 or higher rating.

Schedule outdoor activities carefully. Try to limit your outdoor activity to morning and evening hours. Rest often in shady areas so that your body's thermostat will have a chance to recover.

Pace yourself. If you are not used to working or exercising in hot conditions, don't over-do it. If you find yourself gasping for breath, STOP all activity. Get to a cool area or into the shade and rest.

Stay cool indoors. Try to stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to a shopping mall or public library. Even a few hours spent in air conditioning can help your body stay cooler. Electric fans do not lower your body temperature nor cool the air, they only circulate hot air. Taking a cool shower or bath can help you cool off as well.

We are in the middle of Hurricane Season! Are You Ready?

Following Hurricane Ike, OEM launched a new website at <http://www.fbcoem.org> (<http://www.fbcoem.org/>).

The new website has a lot of preparedness information and an emergency notification system called “FBC Alert.”



Citizens can register for at <http://alerts.fbcoem.org> to receive emergency information from Fort Bend County OEM.

If a hurricane forecast includes Fort Bend County, OEM will send email to all registered residents with a storm warning, and send updates as the threat changes. If an impact is imminent, you can receive Text (SMS) Messages and/or Text-to-Voice calls to up to three registered phone numbers.

The Office of Emergency Management urges all citizens to make to “Make a Plan, Build a Kit, and Stay Informed.” Visit our site for more information at <http://plan.fbcoem.org/>.

Do you live near a water body and would like to be notified when certain conditions change?

Would you like to receive customized notifications about crucial changes in a water body near a loved one?

HAVE YOUR RIVER TEXT YOU!

Sign up now the United States Geological Survey's
WaterAlert

WaterAlert sends e-mail or text messages when certain parameters measured by a USGS data-collection station exceed user-definable thresholds.



For more information and to sign up, please visit:
<http://water.usgs.gov/wateralert/>

This newsletter is published by the Fort Bend County Office of Emergency Management for individuals and groups interested in community preparedness and response.

For matters regarding the Fort Bend County Office of Emergency Management Volunteer Programs, you may contact Shauna Evans, Volunteer Programs Manager at shauna.evans@co.fort-bend.tx.us or by calling 281-342-6185.

Forward comments, article ideas, upcoming events, or photos to oem@co.fort-bend.tx.us.

**Fort Bend County
Office of Emergency Management**

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