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Questions or concerns regarding this newsletter, please contact us <u>here</u>

Hot Enough for You? – Five Easy Tips to Survive Extreme Heat

By Don Cobb

Roofers know how to deal with heat like few others, so finding the wise counsel of a professional roofer Ray Byrne, owner of America Roofing LLC, in Glendale, Arizona, for this article was serendipitous. As extrapolated from CNN.com's *The Chart*, Byrne, who has been in the roofing business 25 years or so noted that the average temperature in Glendale during the summer is about 115 degrees. "Basically at 100 degrees, it's not too bad," Byrne said. "At about 110 [degrees], you start feeling it, and at 120 [degrees], you start losing productivity...."

No kidding! This guy knows HOT! So here's what to do.

"1. Hydration is key

Hydrating at frequent intervals is critical, rather than waiting until you're at your maximum thirst. 'The minute you think you need a drink, stop and take the drink right then,' Byrne said. 'If you don't you'll end up getting heat exhaustion.'

2. Drink cool – not cold – water

This distinction makes all the difference. Byrne described the sensation from drinking extremely cold water like getting a brain freeze from a Slurpee, except amplified.

3. Start early

If you're working outside, make every effort to start before the sun comes up or at least before it's reached its peak. His company routinely starts work at about 5 a.m., and the crews try to finish up by 1 p.m., says Byrne.

4. Stay wet

If he notices that somebody has stopped sweating, Byrne recognizes it as the first sign of heat exhaustion. He's experienced it more than once. 'No matter what that individual is doing, he needs to go sit in the shade, sip some water – just sip it, don't chug it – and just get yourself off the roof and in the shade,' he said. When working with metal roofing, Byrne said, he brings a hose up and douses himself with water to stay cool.

5. Dress strategically

Although the roofers are required to wear long sleeves, Byrne said he wears light colors to reflect the sun. Even the color of your footwear is significant – Byrne said white shoes versus dark shoes could mean the difference between having cool feet and feeling like you have blisters."

Keep your cool like Ray Byrne and stay safe this summer! For more information, see <u>http://</u> <u>thechart.blogs.cnn.com/2012/06/20/5-tips-to-survive-extreme-heat/</u> or <u>http://www.ready.gov/</u> <u>heat</u>.

What to Take When You Must Evacuate

By Jesse Valenzuela, Region II Liaison

Tips from the "Utah, Living With Fire" Program

When disaster strikes and you need to evacuate, what should you take? Here are some suggestions.

Go Early:

By leaving early, you will give your family the best chance of surviving a wildfire. You also help firefighters by keeping roads clear of congestion, enabling them to move more freely and do their job.

Make a Kit:

Keep a pair of shoes and a flashlight handy for a night evacuation.

Remember to keep the six "P's" ready, in case an immediate evacuation is required:

People and Pets

Papers, phone numbers and important documents

Prescriptions, vitamins and eyeglasses, hearing aids and batteries

Pictures and irreplaceable memorabilia

Personal computers (information on portable storage devices)

"Plastic" (credit cards, ATM cards) and cash

Other Items that may help:

Battery-operated radio and flashlight with extra batteries Infant care items such as formula, food, wipes and disposable diapers Special dietary food if required Photos/video of the inside of your house (for insurance purposes) Personal hygiene items such as soap, deodorant, shampoo, toothbrush, aspiring, antacid, etc. Change of clothing Nonperishable foods that do not need cooking and water Sleeping bag or blanket, sheets and pillow

You will often hear the terms **Voluntary** and **Mandatory** to describe evacuation orders. Though these terms are used to alert you to the significance of the danger, **ALL** evacuation instructions provided by officials should be followed immediately for your safety. This and more information regarding urban interface living and wild fire safety can be found at the "Utah Fire Info" web page http://www.utahfireinfo.gov/prevention/protect_your_home.html

Reminder for Local Emergency Planning Commissions (LEPC) that receive the HMEP (Hazardous Materials Emergency Planning) Grant:

The Utah Division of Emergency Management will have an early close-out option with the potential for additional funds. An LEPC that has submitted their application, award document 76-10, final report, and reimbursement form 85-21 with at least \$4,000 in eligible expenses by Friday, Aug. 16, 2013 will become eligible for additional funding if available. The additional funding will come from any money not allocated to or used by other LEPC's by Sept. 30, 2013. The additional funding is not guaranteed and the amount will vary each year. In years past, the additional amount has varied between \$900 and \$2,000 per LEPC. Additional documentation of eligible expenses might be required as match in order to receive any additional funding.

Please contact your regional liaison or Ty Bailey (<u>tybailey@utah.gov</u>) if you have any questions.

"Apocalypse How" - Discovery Communications, 2008

By Don Cobb

Rating: 4 MREs



The History Channel's *Day After Disaster* is a prepper-friendly show that deals with the fallout (pun intended) from a terrorist nuclear attack on Washington, D.C.

It's presented in typical History Channel shtick complete with ominous narration, talking-head-subject-matter-expertinterview format, and some pretty intense, albeit redundant, disaster footage. I've seen more gut-wrenching EM material and so have you. Trust me, though, this is nasty stuff and definitely NOT for young kids, folks with depression difficulties, or those who can't handle "the truth," whatever that might be.

Day After Disaster certainly contains some assumptions and "facts" that easily could be challenged. It doesn't really present an emergency management perspective per se. It does, however, attempt to depict a realistic portrayal of the widespread effects a relatively small nuke will have on the nation's Capital Region and the myriad of difficulties expected in response and recovery. The bottom-line: don't look for a win-win ending here. Continuity of government, perhaps at the expense of the citizenry, occupies much of the show's theme; massive death and destruction are givens; and post-attack world-wide stability looks to be pretty grim as well. Considering that WWI began with a single gunshot in Sarajevo, it is certainly plausible that an international nuclear conflict could begin with a small nuclear bomb in a van or suitcase detonated at the steps of the U.S. Capitol. Scary stuff, huh?

The real value of the *Day After Disaster* lies in the many questions that linger in the viewer's mind after a critical appraisal. Considering the high value targets in D.C., how wide-ranging would the human cost really extend? With the federal government hiding out in some 90 prepositioned nuke-proof bunkers, how successfully will it reconstitute itself through its controversial classified COG plans? How will local first responders and Voluntary Organizations Active in Disasters (VOAD) deal with the necessary mass evacuations from the D.C. area and huge num-



Credit: History Channel

bers of unprepared citizens ordered to shelter-in-place. Who will maintain direction and control? What will the U.S. military do to preserve order and support response? What will other countries' militaries do once the U.S. is attacked? Overwhelmed with heavy casualties, how will the health and medical community respond? You get the drift....

Those EMers reared on the Civil Defense plans of yesteryear and the Nuclear Attack Planning Base 1990 (NAPB-90) will probably view the *Day After Disaster* with a "been-there-donethat prejudice." Others so inclined may feel the desperation that only impending doom engenders. *Day After Disaster* is not a show to be liked, but respected for its topical theme, and perhaps feared if what it portrays proves out. You can find the DVD at the History Channel website, Amazon.com, and other vendors, or even on YouTube in its entirety.

Next time we'll tackle 1983's *The Day After*, a classic nuclear war TV show that though similar in name, brings nuke angst to an even higher level. Stay tuned if you dare; avert your gaze from the flash; and pass the popcorn while you still can!

Even After the Fires Are Out, Disaster May Still be Lurking

By Judy Watanabe

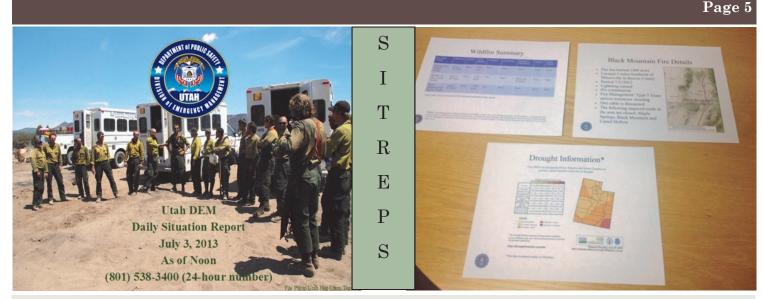
Huge burn scars are evidence of the active fire seasons Utah has experienced the last few years. Last summer, five fires were declared under the Fire Management Assistance Grant (FMAG), a new record for the state of Utah. This summer, many more acres have burned. Now what is lurking above our communities are large burn scars that with a simple rain storm can devastate communities with debris and mud.

Debris flows are one of the most dangerous post-fire natural hazards because they are life-threatening, move rapidly, and strike with little warning. Debris flows can cause damage by erosion, sediment deposits, and associated water flooding. They can fill in basements, waste water systems, and storm drains. With the vegetation burned off, nothing is there to hold the water or allow it to filter into the soil. It simply runs downhill and takes everything in its path.



It's difficult to prepare your residents for debris flows because you never know when they may occur, or what path the debris will flow. There are a couple things you can do to promote readiness in your community. One is to encourage residents to watch the weather. Most debris flows are caused by thunderstorms, and sometimes if an area has been burned, it doesn't take a lot of rain to produce a debris flow. These flows are capable of destroying homes, washing out roads and bridges, sweeping away vehicles, knocking down trees, and obstructing streams and roadways with thick deposits of mud and rocks. Watching the weather and knowing that a storm in your area is coming will help the residents prepare and possibly evacuate. Another item to share with your community, and most important, is moving kids upstairs during rain events. During debris flows, basements fill up fast and shut doors tight, not giving kids time to get out. Moving the kids upstairs for the night and having a camp-out in the living room is one way to be safe. Residents may consider leaving their house for the night, and staying with family or friends or in a hotel. Not being in the house is a good way to avoid being in a dangerous situation.

The potential for debris flow after an area has been burned can last up to three years. Your residents need to know what threats exist in the community. Keeping them informed of storms and the potential for debris flow is important. Hold community meetings, invite experts from the weather service, Utah Geological Survey, Division of Emergency Management and other agencies to empower your residents to be knowledgeable and know what to do if the debris flow happens in your community. If there is anything the DEM can do to help you keep your community informed and safe from debris flows, please don't hesitate to ask.



Division of Emergency Management Daily Situation Report by Susan Thomas

The Division of Emergency Management is publishing Situation Reports (SitReps) daily this summer. The Division shares the reports by email to all of the State's emergency managers, members of the State Emergency Response Team, the Governor's office and others as needed and desired. The reports are also available online at http://www.emergencyinfoutah.com.

The reports include information from a variety of sources including the Division of Forestry, Fire and State Lands, the National Weather Service, the Division of Air Quality, and Division of Emergency Management staff including Operations, Mitigation and Planning. During wildfire season, the reports usually include a significant activity summary, the State EOC Activation level, wildfire details, weather watches and warnings, the latest drought reports, fire restrictions air quality advisories, current public assistance for declared disasters and helpful twitter information and links. Additional information will be added as appropriate depending upon the emergencies or threats we face on any particular day.

For more information regarding these daily Situation Reports, contact Susan Thomas <u>susanmthomas@utah.gov</u>.



Important Statutory Requirement Reminders - by Director Kris Hamlet

Now that we have kicked off another state fiscal year, it is a good idea to be reminded of some of the statutory requirements that exist in the Utah State Code, as they pertain to those of us involved in emergency management. Also, please note that as of July 1, 2013, the Emergency Management Act has been created under 53-2a in the Utah State Code. This is a new code that updates and combines what used to be 53-2 and 63K-1

Additionally, during the 2013 State Legislature, 53-2b was created, which enacts the Interstate Local Emergency Response Act. This legislation begins to address mutual aid issues when working with emergency response personnel from our neighboring states. The new code can be found by accessing the following link: <u>http://www.le.utah.gov/UtahCode/section.jsp?code=53-2b</u>

Below are excerpts for two sections of the code that require action on behalf of the local political subdivisions:

2013 Utah Code Title 53 Public Safety Code Chapter 2a Emergency Management Act Section 807 Emergency interim successors for local officers.

53-2a-807. Emergency interim successors for local officers.

(1) By July 1 of each year, each political subdivision officer shall:

(a) designate three emergency interim successors;

(b) specify their order of succession; and

(c) provide a list of those designated successors to the division.



(2) In the event that a political subdivision does not designate emergency interim successors as required under Subsection (1), the order of succession shall be as follows:

(a) the chief executive officer of the political subdivision;

(b) the chief deputy executive officer of the political subdivision;

(c) the chair of the legislative body of the political subdivision; and

(d) the chief law enforcement officer of the political subdivision.

This section of code can be found in its entirety by visiting the following link: <u>http://www.le.utah.gov/code/TITLE53/</u> <u>htm/53_02a080700.htm</u>

2013 Utah Code

Title 53 Public Safety Code

Chapter 2a Emergency Management Act

Section 306 Duties of the Division of Emergency Management and participating political subdivisions (Under Statewide Mutual Aid Act)

53-2a-306. Duties of the Division of Emergency Management and participating political subdivisions.

(2) Each participating political subdivision in the Statewide Mutual Aid Act shall:

(a) identify potential hazards that could affect the participating political subdivision;

(b) conduct joint planning, intelligence sharing, and threat assessment development with contiguous participating political subdivisions and conduct joint training with them at least biennially;

(c) identify and inventory the services, equipment, supplies, personnel, and other resources related to participating political subdivision's planning, prevention, mitigation, response, and recovery activities; and

(d) adopt and implement the standardized incident management system approved by the division.

This section of code can be found in its entirety by visiting the following link: <u>http://www.le.utah.gov/code/TITLE53/</u> <u>htm/53_02a030600.htm</u>

PIO Conference Shares Lessons Learned and Best Practices from the

Nation's Large Scale Emergencies

This year the State Public Information Officer (PIO) Association will host the annual PIO Conference in St. George September 24-25th.

The annual conference provides an excellent source of information, best practices and lessons learned from across the country. And, the PIO Association invites some of the nation's biggest newsmakers to present to the group every fall.

This year, speakers will share how they handled the media and succeeded to inform the public during large scale emergencies including the Sandy Hook Elementary shooting, the Boston Bombing and the Reno Air Race crash. These speakers will share their experiences during high profile emergencies with the group. Other presentations include tips in social media, GRAMA requests, Google map making skills, and more.

Another benefit you receive by attending the conference and joining the association is the valuable networking with other PIOs from around the State of Utah.

If your PIO is not involved, encourage him/her to participate. There is no fee to join the association and all full or part time PIOs are invited to participate. There is a conference fee and participants must cover their lodging and some meals.

If you would like to receive an agenda or registration form for the conference, contact Patrice Thomas <u>pthomas@utah.gov</u>.

For more information regarding the Utah PIO Association, contact President Joe Dougherty <u>idougherty@utah.gov</u> or Vice President Susan Thomas <u>susanmthomas@utah.gov</u>.

Be Ready Utah at the Utah State Fair

Have you got your Blue Ribbon Pig Smile on? We would like to invite you to join Be Ready Utah, Utah Citizens Corps, Utah Fire Marshals Office, Utah Emergency Animal Response Coalition (UEARC) and Emergency Essentials at the Utah State Fair, September 5-9. Twenty booths at the Be Ready Utah exhibit will highlight preparedness information and demonstrations ranging from emergency cooking and food preparation, how to prepare your home and your pets, and information on how to join a Community Emergency Response Team or your local Medical Reserve Corps.



Emergency Essentials will be running the ever popular Readiness Rally to teach young and old alike methods of personal and family preparedness in a fun, hands-on preparedness demonstration, with a prize for everyone at the end. Enjoy the famous Utah State Fair aura and festivities, while learning how to prepare your family and business for disasters and community crises. There is always something fun and interesting for everyone at the Utah State Fair, and we will have interesting and informative demonstrations at our Be Ready Utah booths. We are welcoming back old friends and partners, like UEARC, Emergency Essentials and the Earthquake Lady, along with new participants like Goal Zero and Honeyville Grains, who will bring fresh perspective to our community preparedness efforts.

So join us at the Utah State Fair and eat something strange, pet a pig, ride an upside down ride, enjoy the live entertainment and learn how to Be Ready. We hope to see you with your State Fair smile on at the Be Ready Utah Exhibit in September.

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Utah's Flood Insurance Program

by John Crofts

Since standard homeowners insurance does not cover flooding, it is important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S.

In 1968, Congress created the National Flood Insurance Program (NFIP) to help provide a means for property owners to financially protect themselves. The NFIP offers flood insurance to homeowners, renters, and business owners if their community participates in the NFIP. Participating communities agree to adopt and enforce ordinances that meet or exceed FEMA requirements to reduce the risk of flooding.

Flood Facts

WARNING: How FloodSmart are YOU? Flooding: America's #1 Natural Hazard!

Why Care About Flooding

Floods are the most common natural disaster in the United States. From 2002 to 2011, total flood insurance claims averaged more than \$2.9 billion per year. In high-risk areas, there is at least a 1 in 4 chance of flooding during a 30-year mortgage. However, losses due to flooding are not covered under typical homeowner's and business insurance policies.

Causes of Flooding

- Hurricanes and tropical storms cause floods that can create far more damage than high winds.
- Nor'easters, or extra-tropical cyclones, also cause flooding and storm surge.
- Heavy rains, winter storms, and spring thaws bring flooding to river basins.
- Overburdened or clogged drainage systems lead to property damage both within and outside floodplains.
- Construction and new development affect natural drainage and create new flood risks.

Determine your Flood Risk at FloodSmart.gov

Is your property in a high risk or moderate to low risk area? Knowing your flood profile will help you understand your risk of financial loss. Find out your relative flood risk right now online at <u>FloodSmart.gov</u>'s "Assess Your Risk". Simply enter your property address to see your relative risk, find links to flood maps, and other flood insurance community resources.

Flood maps determine your level of risk. You can also view current flood maps at FEMA's Map Store located at <u>store.msc.fema.gov</u>. FEMA is also undertaking a nationwide effort to produce new digitized flood maps for hundreds of communities over the next five years. These new maps will reflect changes in floodplains caused by new development and natural forces.

News for Low-Risk Properties

Expanded, Lower-cost Coverage

If a single family home or business is located in a low- to moderate-risk area, the owners may be eligible for the Preferred Risk Policy (PRP). For homeowners, this policy covers the home and contents for as little as \$129 a year. PRP policies are available for businesses as well, saving about 30 percent off standard premiums. Contents-only PRP policies are available for renters, and business owners that lease their buildings. Ask an insurance agent for details.

Other Flood Precautions People Should Take

Being FloodSmart includes protecting your property before floods occur. Be sure that major appliances, electric switchboxes, outlets and heating equipment are well above potential flood levels. Install floating drain plugs and sewer system backflow valves to help prevent flood drain overflow.

Find Out More About Flood Insurance

Flood insurance is offered through the National Flood Insurance Program, which provides federally backed protection against flood losses. To find out more, call your insurance agent, contact the NFIP at <u>1-800-427-2419</u> to find a nearby agent, or visit <u>www.FloodSmart.gov</u>.

Utah Flood Insurance Program (continues on page 9)



Our Partners

The National Flood Insurance Program (NFIP) is administered by the Federal Emergency Management Agency (FEMA), which works closely with nearly 90 <u>private insurance companies</u> to offer flood insurance to property owners and renters. In order to qualify for flood insurance, a community must join the NFIP and agree to enforce sound floodplain management standards.

The NFIP, a federal program, offers flood insurance, which can be purchased through property and casualty insurance agents. Rates are set and do not differ from company to company or agent to agent. These rates depend on many factors, which include the date and type of construction of your home, along with your buildings level of risk.

Find out more about the NFIP and how it can help you protect yourself by visiting www.floodsmart.gov.

More Weather Stations to Protect Utah

by Judy Watanabe

The Utah Division of Emergency Management (DEM) has teamed up with the National Weather Service (NOAA) to purchase four weather stations. These weather stations have been placed in key wildfire burn scar areas. These areas that were burned by wildfires last year include: Alpine, Saratoga Springs, Fountain Green and Oak City. The locations are at a high risk of debris flows because of destroyed vegetation. These weather stations cost \$11,000 each and were purchased using FEMA Emergency Management Program Grant funding.

Summer rainstorms frequently cause debris flows, and are considered one of the most dangerous post-fire natural hazards. Debris



flows are life-threatening, rapid movement flows of water and debris that have the ability to strike with little warning.

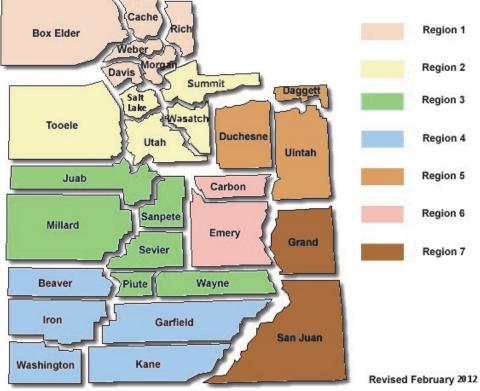
Grass and vegetation capture surface runoff from rainstorms. Because fires destroy vegetation, summer thunderstorms place Utah communities at a higher risk for flooding and debris flow threats. Even minor storms can now cause flooding and debris flows. Burned areas have increased danger from flooding and debris flows for three to five years after a fire. Some of these scars are out in the middle of Utah away from the radars that provide good information.

In an effort to extend the warning given to affected communities, the weather stations are placed on burn scars. These added weather stations provide NOAA with better rain data, which gives more accurate data on understanding triggers of potential flooding and debris flows. This data is also shared with the community to put out alerts and keep people safe. Added weather stations improve community preparedness by providing improved early warning to those in harm's way.

The National Weather Service will monitor the four locations around the state, which are all in close proximity to residential areas that could be affected. They will send out warnings when conditions are primed for slides. And since the weather stations are mobile, they can be moved to other locations when needed.

Statewide Training, Conferences, Workshops and Exercises				Page 10
Training			Location	Course ID
APS): Required (+) Elective (*)				
August				
13		A Law Enforcement and Autism Summit	Salt Lake	register
13-14	MGT-404	Sports and Special Events Incident Management	Sandy	1042034
19		Airport Emergency Management and Irregular Operations	Webinar	register
20-21	G-400	ICS-400 Advanced ICS - Command & General Staff	Salt Lake	1011057
20-21	G-300	ICS-300 Intermediate for Expanding Incidents	Bluffdale	1011051
26-27	G-300	ICS-300 Intermediate for Expanding Incidents	West Jordan	1011051
27-28	G-775+	Emergency Operations Center (EOC) Management & Operations	Salt Lake	1011065
28-29 & 3-4	G-300	ICS-300 Intermediate for Expanding Incidents	Bluffdale	1011051
September				
10-12	G-300	ICS-300 Intermediate ICS for Expanding Incidents	Vernal	1011051
11-12	G-288*	Local Volunteer and Donations Management	Salt Lake	1026948
18-19	G-575	Communications Interoperability Course	Salt Lake	1020173
October				
8-9	L-967	All-Hazards Logistics Section Chief (LSC) Part 1	Brigham City	1021315
15-16	L-967	All-Hazards Logistics Section Chief (LSC) Part 2	Logan	1021315
16	G-557+	Rapid Needs Assessment	Salt Lake	1042722
22-24	MGT-346	EOC Operations and Planning for All-Hazards	Salt Lake	1031265
29-30	MGT-315	Enhanced Threat and Risk Assessment	Salt Lake	1029991
Conferences,	Exercise	s and Workshops	Location	Contact
A				
August	a î			• .
7		nce on Service and Volunteerism - Southern Region	Cedar City	register
14-15	Governo	r's Native American Summit	Orem	register
September				
8	Emergency Management Assistance Compact (EMAC) Workshop		Salt Lake	1044055
17	Conference on Service & Volunteerism - Eastern Region		Price	TBA
24-25	Public II	nformation Officer (PIO) Conference	St. George	Info here
October				
3	City and	County Directors Conference	Heber	1021336

Register using the course ID on U-TRAIN at: <u>https://www.utah.train.org</u> For more training information, please visit our website at: <u>http://emergencymanagement.utah.gov</u> or contact Ted Woolley at <u>tedwoolley@utah.gov</u>



Region 1 - Kimberly Giles kgiles@utah.gov Region 2 - Jesse Valenzuela jessev@utah.gov

Region 3 - Jeff Gallacher jgallacher@utah.gov

Region 4 - Scott Alvord salvord@utah.gov

Region 5 - Mechelle Miller mmiller@utah.gov

Region 6 & 7 - Martin Wilson martinwilson@utah.gov

Liaison Manager - Kim Hammer khammer@utah.gov



Interested in photos and stories of Utah's disasters over the years? Visit our Flickr site and Natural Hazards & Mitigation Blog http://www.flickr.com/photos/utahnaturalhazards/ http://uthazardmitigation.wordpress.com/



Division of Emergency Management 1110 State Office Building Salt Lake City, Utah 84114-1710

Phone: 801.538.3400 Fax: 801.538.3770 http://emergencymanagement.utah.gov **Ready?**



Important links to remember

Division of Emergency Management:

http://dem.utah.gov

Be Ready Utah: http://bereadyutah.gov

State Citizen Corps Council: http://citizencorps.utah.gov

WebEOC NEW WEB ADDRESS:

https://veocutah.webeocasp.com