

# Emergency Management & Training



## Shelter Kits - Reassess and Resupply!

By Jeremy Watson, NSGB Emergency Management

Since hurricane season is coming to an end, now it's time to reassess our shelter kit and/or bug out bag. Crack open that box or bag and take a closer look at what supplies were set aside for the season. As you take stock of your current kit, ask yourself some simple questions-

### 1. Is this enough?

As humans, we generally need 1500-2000 calories per day to function at our best. Add in harsh conditions and this could go up exponentially. At a minimum, plan for no less than 1000 calories per day. Bottom line is, calories matter when planning and don't just go by how many cans are in your kit. A general rule for water is 3 gallons per person, per day for all of your drinking and sanitation needs. I know hauling around 100 lbs of water is not the most appealing of tasks, so plan on at least 1 quart per person, per day. Lastly, your kit should be able to sustain you, your family and pets for a minimum of 3 days!

### 2. Do I have the right items on hand?

The items in your kit should serve a specific or multiple purposes: a can opener for canned foods, medication you take regularly and for acute ailments, first aid kit for boo-boos, bedding for comfort and warmth, garbage bags for waste, water or storage, various batteries for electronic equipment, and so on. Evaluate your needs vs your wants, and makes sure your needs come first. If you have a particular item in your kit that doesn't serve a purpose, take it out. Remember, our kits here will serve a specific purpose, to help sustain us while sheltering.

Now that we've reassessed our kit needs, check out the expiration dates on food and medication. Be sure to look at your canned food, even if it's within date. Off gassing can occur when canned food is tainted and it will make the can look as if it's ready to explode, this includes dented cans because you never know if you breached the seal. Now create a list of items you will need to button it up and make it a more complete kit. Once you've resupplied the kit, store it in a cool dry place that's easily accessible.

Here are some helpful links to help guide your kit building:

<https://www.ready.gov/kit>

[https://www.ready.gov/sites/default/files/2020-03/ready\\_emergency-supply-kit-checklist.pdf](https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf)

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>



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# Special needs and emergency preparedness

By Jeremy Watson, NSGB Emergency Management



**F**ires, floods, earthquakes, acts of terrorism or any other natural and man-made disaster can present problems for even the most capable of our population. Protecting yourself and your family requires planning. This is especially true when protecting family members with special needs. Whether dealing with functional or cognitive disabilities, preparing and sharing your plan with family, friends and caregivers can help reduce stress during evacuation or shelter time.

So what can a family do to maintain some normalcy during a large scale event?

For those with cognitive, speech or hearing disabilities, including autism spectrum disorder, consider the following:

1. Include your family member or child in the planning and preparation of a kit. Let them pick out an item or two that will make them feel secure, such as a book or food.
2. Handheld electronic device loaded with their favorite movies and games, along with spare batteries and/or charging device.
3. Headphones to decrease auditory distractions.
4. Small pop up tent to decrease visual stimulation in a sheltering situation.
5. For blindness or low vision, braille or large print labels for kit items.
6. Spare augmentative communications device and plenty of batteries for those with speech disabilities.
7. For deaf or hard of hearing disabilities, extra hearing-aid batteries, radio with text display and flashing alerts. Also consider a pen and paper for your kit as there will be personnel helping that have little or no knowledge of sign language.

For those with a medical necessity (dialysis or other medical equipment requiring electricity) or mobility disability, consider the following:

1. Lightweight, collapsible, manual chair as electricity may be limited for recharging a powered wheelchair.
2. Patch kit or sealant for flat tires or an extra inner tube if tires are not puncture proof. Consider changing to a puncture proof tire, if possible, as there will be hazardous debris all over the ground after a large scale event.
3. Collapsible cane or walker if family member can walk with assistance.
4. Equipment instructions to help those out of your support network who may not deal with these types of equipment.
5. Speak with your medical providers about portable, rechargeable equipment such as dialysis machine and portable oxygen including extra oxygen tanks.
6. Specialized tool kits for mobility assistance items.

Reach out and speak to medical providers, caregivers and family members about your plans and needs! You can also contact your installation Emergency Management Department to assist in the planning process.

## Helpful links:

<https://www.ready.gov/disability>

<https://cshcn.org/resources-contacts/emergency-preparedness-for-children-with-special-needs/>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/inclusive-preparedness-resources.html>

<https://www.youtube.com/watch?v=iGddWyoWkyg> (We Prepare Everyday video with open caption, ASL and audio description)

# Flu (Influenza) Season is right around the corner

By HM2 Sean Browder, Naval Hospital Guantanamo Bay

In 2020, the COVID-19 pandemic has forced people all over the globe to be more cognizant to the effectiveness of preventative measures to limit the spreading of viruses. One important measure in particular, will be getting the influenza vaccine. This is now more important than ever during the 2020-2021 influenza season to protect yourself, your family, and our community during these trying times. While influenza vaccines do NOT prevent COVID-19, they can reduce the potential of contracting influenza, which if contracted with COVID-19 can compound effects making a person very sick. The Center for Disease Control and Prevention (CDC) estimates that during the last influenza season, fewer than half of Americans received the influenza vaccine and at least 400,000 people were hospitalized due to illness from influenza. The CDC recommends that everyone 6 months of age or older receive the annual influenza vaccine.

Influenza and COVID-19 have similar symptoms, making it difficult to initially determine the cause of a patient's illness. The only definitive way to know if you have influenza or COVID-19, is through diagnostic testing. Wearing cloth face coverings, social distancing, and avoiding large crowds has proven to be effective in the prevention of COVID-19. Those exact same preventative measures can be used to reduce the spread of influenza. These actions include avoiding close contact with those who are sick, covering coughs and sneezes, frequently washing your hands with soap and water, avoiding touching your eyes, nose and mouth, and cleaning commonly touched items including doorknobs and your cell phones.

Naval Hospital Guantanamo Bay is scheduled to receive an initial shipment of Influenza Vaccine in mid-November. Recipients of this batch will include health care providers, JTF, NAVSTA and high-risk residents. Priority is based on: Operational Status, Mission Requirement and Health Risk. Personnel identified to receive this round of shots, will be individually notified.

The Preventive Medicine team will announce dates, times and location for all base residents when more vaccines become available. If you have questions or concerns, call 7-2944.

## Helpful links:

<https://www.cdc.gov/flu/about/keyfacts.htm>

<https://www.cdc.gov/flu/about/season/flu-season.htm>

<https://www.cdc.gov/flu/season/protect-your-health.html>

## ITO Corner

FY-21 online training is in full effect. By now you should have received the FY-21 training guidance for all GMT. This quarter NAVSTA will resume drills and large scale installation training. If you have drills you need to run please submit your training plan to my office as soon as possible so you can get added to our PB4T. Reminder: if you require NAVSTA's participation in a drill we need that request 45 days prior to the drill date

PB4T will start Tuesday, 6 October and will be a monthly event. All training will need to be on this calendar i.e. exercises, assessments, evaluations, courses, etc.

## AtHOC!

AtHOC is our mass warning and notification alerting system.

It allows us to notify the community of an impending or immediate all-hazards event.

It is the quickest and most efficient means of communication to the affected population. If you are a CAC holder, the DODI 6200.17 states it is mandatory for your contact information to be in the system.

Ensuring your information is up to date and correct increases the notification capability and response times in an emergency situation.

If you are on a different network, please contact any one of the contacts listed below to be added to the installation alerting system.

## Contacts

### NSGB EM

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