



FEMA

Region II

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Preparedness and Resilience Bulletin: Empowering People and Communities



THE PRESIDENT'S **CORONAVIRUS GUIDELINES** FOR AMERICA

15 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit
CORONAVIRUS.GOV

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

CORONAVIRUS.GOV

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.

CERT Corner

The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks.

We have been hearing great stories about how CERTs are being utilized in/and around FEMA Region II:



- Teams are being utilized to assist with 211 Calls/COVID Hotline;
- To package PPE for EMS / Law Enforcement;
- To support local schools by delivering school lunches, homework packets or laptops; and to
- To participate in live, on-line trainings in Psychological First Aid.
- Managing a neighborhood Senior Support network dropping off food or supplies to those who need to isolate.
- Providing awareness of the transmission of COVID-19 using CDC brochures, hotlines, adaptive policies and door to door delivery of information packets.

Mahwah and North Arlington CERT

March 16 – At the request of Bergen County OEM, members of the Mahwah and North Arlington CERT teams assembled a Western Shelter tent at the New Bridge Medical Center in Paramus to be used for patient screening.



If you have information you would like to share, please email to deborah.costa@fema.dhs.gov

Educational/Training Opportunities

The National Emergency Training Center (NETC) is suspending all on-campus training activities for a period of four (4) weeks, beginning 3/15/2020 through 4/11/2020. They will work to reschedule courses for later in the year to the maximum extent possible.

EMI Has many Independent Study courses that may be of interest to our readers including:

- IS-1300 Introduction to Continuity of Operations (COOP)
- IS-551 Devolution Planning
- IS-520 Intro to COOP for Pandemic Flu
- IS 522 Exercising COOP for Pandemic



Training Calendars

FEMA: <https://training.fema.gov/emcourses/schedules.aspx>

NJOEM: <http://ready.nj.gov/training/schedule.shtml>

NJOHSP: <https://www.njhomelandsecurity.gov/calendar>

NYDSES: <http://www.dhses.ny.gov/training/calendar/>

DHSOBP: <https://cdp.dhs.gov/obp>

Webinars

FEMA REGION II CERT WEBINARS

Trauma-Informed Management of People in Crisis

Tuesday, March 24, 6:00-7:30pm

Please join the Regional II National Preparedness Division to discuss what “trauma” is from a psychological standpoint, and how crises effect individuals. This will help attendees to recognize signs of stress in coworkers, the general public, or themselves; and develop approaches to better address these from a managerial standpoint.

<https://icpd.adobeconnect.com/r2traumainformed/event/registration.html>



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- Make sure to [test your Adobe Connect](#)
- This event will include live captioning.

Psychological First Aid for CERT

Thursday, March 26, 6:00-7:30pm

Please join the Regional II National Preparedness Division as we dive deeper into strategies for addressing psychological stress in yourself, coworkers, or general public that you may come in contact with during the course of your emergency response.

https://icpd.adobeconnect.com/r2_pfa/event/registration.html



FEMA REGION II WEBINAR

Managing the Emotional Consequences of Public Health Emergencies

Tuesday, April 7, 2020 from 1 PM – 2 PM ET

Please join the Region II National Preparedness Division for a webinar on managing the emotional consequences of public health emergencies. Learn about the unique aspects of management and response required to effectively address the mental and emotional effects of emergencies.

Guest speaker, Steve Crimando, MA, CHPP, CTM, director of training for the Disaster and Terrorism Branch, New Jersey Department of Human Services, Division of Mental Health and Addiction Services, will lead the discussion and provide resources.

Register now using this link:

https://icpd.adobeconnect.com/r2_phep/event/registration.html

- Make sure to [test your Adobe Connect](#) before the meeting.
- This event will include live captioning.



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FEMA REGION II WEBINAR

Building an Emergency Preparedness Fund

Wednesday, April 15, 2020 from 12 PM – 1 PM ET

April is National Financial Capability Month, a time to prepare for the unexpected by saving money in an emergency fund.

Please join the Region II National Preparedness Division for a presentation from the Consumer Financial Protection Bureau. Farah Ahmad, a coordinator for the Start Small, Save Up Campaign, will provide information, tools and resources to help you start building an emergency fund. Remember, emergency savings are the first line of defense against unforeseen expenses caused by disasters and other emergencies.

Register now using this link:

<https://icpd.adobeconnect.com/r2emergencyfundreg/event/registration.html>

- Make sure to [test your Adobe Connect](#) before the meeting.
- This event will include live captioning.



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Fundamentals of Emergency Planning for Schools with REMS TA Center

This webinar from the Centers for Disease Control and Prevention (CDC)'s Emergency Partners Information Connection discusses the US Department of Education's REMS TA Center (Readiness and Emergency Management for Schools Technical Assistance) – the national TA center serving public and nonpublic education agencies with their comprehensive school preparedness efforts including school safety, security, and emergency management. The center also provides direct technical assistance in the aftermath of an emergency.

CONVERGE Disaster Mental Health Training Module

This webinar provides a demonstration of the newly released CONVERGE Disaster Mental Health Training Module. If you are an educator, student, researcher, practitioner, or other professional hoping to learn more about this free, online resource, please join us! The webinar offers an overview of the broader vision for the CONVERGE Training Modules, featuring specific tips for how you can integrate the Disaster Mental Health module into your classroom, workplace, and future presentations. In addition, you will see how the module functions and be able to view the resources associated with it.

ADA Earthquake Preparedness For Everyone, With Everyone

Everyone, everywhere should know how to protect themselves before, during, and after earthquakes. People with Access and Functional Needs (AFN) or disabilities need to be aware of what steps to take for earthquake preparedness and emergency managers need to be deliberate in including people with disabilities in their advising, education and outreach efforts. In this webinar participants will get an overview of new resources and materials developed by people with disabilities for people with disabilities. Emergency Managers will learn steps to take to include people with disabilities in preparedness education and drills.

Must Reads



[National Institute for Occupational Safety and Health \(NIOSH\) Tests the Effectiveness of Personal Protective Equipment \(PPE\) in National Stockpile](#)

Stockpile managers are often unsure of the performance of the respirators in storage, as not all manufacturers provide a shelf life for their products, with many products being stored long than their published shelf life. To address this issue, in 2017, the National Institute for Occupational Safety and Health (NIOSH) conducted an empirical study on all stockpiled air purifying respirators (APR) personal protective equipment (PPE). Of the nearly 4,000 respirators tested, only 76 failed to meet performance standards, indicating a 98% pass rate.