

The month of  
**February**



ARKANSAS NATIONAL GUARD

# Arkansas Emergency Management Bulletin

## Important Emergency Management Numbers

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### EMERGENCY

#### FIRE-POLICE-AMBULANCE

**RMTC: (501)-212-5280      Quick EXT (5280)**

**CMTC: (479)-484-2666      Quick EXT (2911)**

**WHEN ON AN INSTALLATION SUCH AS CHAFFEE OR  
ROBINSON**

**CONTACT THE POST EMERGENCY DISPATCH CENTER  
FIRST AS 911 RESPONSE MAY BE DELAYED DUE TO  
PHYSICAL SECURITY MEASURES.**

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Inside this edition:

- Winter Weather Safety
- Winter Weather and Vehicles
- Power Outages
- Emergency Safety Kits
- Coronavirus

Power outages in your area may mean traffic lights and other resources will not be working. You should consider how these circumstances will affect your Family and be prepared to manage without power for an extended period of time. Some emergencies commonly produce secondary effects. Learning about all hazards will prepare you for secondary hazards effects from events like power outage and flooding. Flooding is the most common natural disaster and can occur anywhere. Flooding can be localized in a particular neighborhood or widespread, affecting entire cities or large portions of the state.

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# GET READY FOR COLD WEATHER

## Average January temperatures across Arkansas.

Eastern Arkansas Average January temperatures				
High °F	Low °F	Place	High °C	Low °C
45	29	Blytheville	7	-2
56	34	Eudora	13	1
53	28	Helena	11	-2
46	26	Jonesboro	8	-4
48	31	Marianna	9	-1
48	30	West Memphis	9	-1
Southern Arkansas daily temperatures in January				
High °F	Low °F	Place	High °C	Low °C
55	33	El Dorado	13	1
54	32	Magnolia	12	0
53	34	Monticello	12	1
51	32	Pine Bluff	11	0
54	34	Texarkana	12	1
Central Arkansas January temperatures: daily averages				
High °F	Low °F	Place	High °C	Low °C
52	30	Benton	11	-1
50	30	Blue Mountain	10	-1
50	29	Fort Smith	10	-2
52	32	Hot Springs	11	0
50	28	Lake Ouachita	10	-2
51	31	Little Rock	10	0
50	28	Mena	10	-2
50	33	North Little Rock	10	0
49	27	Searcy	9	-3
Northern Arkansas January temperatures				
High °F	Low °F	Place	High °C	Low °C
51	27	Bentonville	10	-3
51	30	Eureka Springs	10	-1
51	30	Fayetteville	11	-1
52	30	Greers Ferry Lake	11	-1
51	30	Harrison	10	-1
51	29	Mountain Home	10	-2
53	30	Mountain View	12	-1

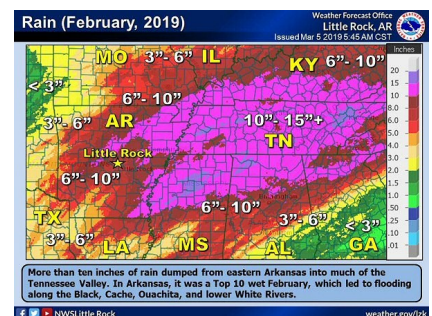
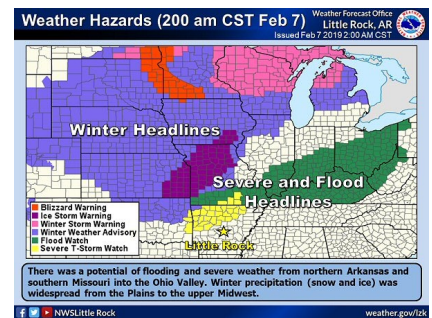
### References

[Currentresults.com](http://Currentresults.com)

Weather and science facts

Looking back to 2019

National Weather Service [NWS Little Rock, AR -](https://www.weather.gov/lrk)



# WINTER WEATHER SAFETY

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## WINTER WEATHER SAFETY



Heavy accumulations of ice can bring down trees and topple utility poles and communication towers. Ice can disrupt communications and power for days while utility companies repair extensive damage. Even small accumulations of ice can be extremely dangerous to motorists and pedestrians. Bridges and overpasses are particularly dangerous because they freeze before other surfaces.

**Black Ice:** Black ice is a deadly driving hazard defined as patchy ice on roadways or other transportation surfaces that cannot easily be seen. It is often clear (not white) with the black road surface visible underneath. It is most prevalent during the early morning hours, especially after snow melt on the roadways has a chance to refreeze over night when the temperature drops below freezing. Black ice can also form when roadways are slick from rain and temperatures drop below freezing overnight.

**Ice Jams:** Long cold spells can cause rivers and lakes to freeze. A rise in the water level or a thaw breaks the ice into large chunks which become jammed at manmade and natural obstructions. Ice jams can act as a dam, resulting in severe flooding.

**Ice Recreation:** Ice on lakes and streams can be deadly. Before fishing, skiing, snowmobiling or engaging in any other activities on ice, check with local officials, such as your State Department of Natural Resources, who monitor the body of water. If you see any of the following conditions, do NOT go out on the ice:

- Cracks, holes or breaks in the ice
- Flowing water around the edges, just below the surface, or over the top of the ice
- Ice that appears to have thawed and refrozen

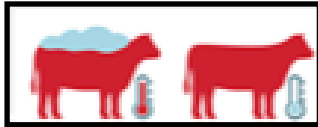


## WINTER WEATHER SAFETY

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**Frost:** Frost describes the formation of thin ice crystals on the ground or other surfaces in the form of scales, needles, feathers, or fans. Frost develops under conditions similar to dew, except the temperatures of the Earth's surface and earthbound objects fall below 32°F. As with the term "freeze," this condition is primarily significant during the growing season. If a frost period is sufficiently severe to end the growing season or delay its beginning, it is commonly referred to as a "killing frost." Because frost is primarily an event that occurs as the result of radiational cooling, it frequently occurs with a thermometer level temperature in the mid-30s.

Before the storm strikes, make sure your home, office and vehicles are stocked with the supplies you might need. Make sure farm animals and pets also have the essentials they will need during a winter storm. [Know how to dress for varying degrees of cold weather.](#)



### **Myth: Cows with snow on their backs are colder than cows without.**

Cows with snow on their backs are actually warmer. The snow on their back is an indication that they are retaining their body heat. You'll often see fat cows with an inch or two of snow on their back while thin cows are wet because they're losing heat



### **Myth: Snow will provide enough water for cattle.**

It's hard for cows to eat enough snow to make up the 10 gallons of water they need per day. Plus, they'll burn a lot of calories to consume the cold snow. Cows will survive with snow as a water source; however, it won't allow them to perform to their potential.

### **At Home and Work**

Your primary concerns at home or work during a winter storm are loss of heat, power and telephone service and a shortage of supplies if storm conditions continue for more than a day. In either place, you should have available:

- Flashlight and extra batteries
- Battery-powered NOAA Weather Radio and portable radio to receive emergency information
- Extra food and water such as dried fruit, nuts, granola bars and other food requiring no cooking or refrigeration.
- Extra prescription medicine
- Baby items such as diapers and formula
- First-aid supplies
- Heating fuel: refuel before you are empty; fuel carriers may not reach you for days after a winter storm
- Emergency heat source: fireplace, wood stove or space heater properly ventilated to prevent a fire
- Fire extinguisher, smoke alarm; test smoke alarms monthly to ensure they work properly
- Extra pet food and warm shelter for pets
- Review generator safety: Never run a generator in an enclosed space
- Make sure your carbon monoxide detector is working correctly and that the outside vent is clear of leaves and debris. During or after the storm, make sure it is cleared of snow.
- Home fires are common each winter when trying to stay warm. Review ways to keep your home and loved ones safe.



# WINTER WEATHER SAFETY IN VEHICLES

## In Vehicles

Each year, on average, more than 5,000 people are killed and more than 418,000 are injured due to weather-related vehicle crashes. If you need to drive in snow or cold conditions, **TAKE IT SLOW IN THE SNOW**. Black ice can be difficult to see. If the temperature is near freezing, drive like you're on ice--you may be!

Before you leave the house, especially before a longer trip in winter, make sure all fluid levels are full and ensure that the lights, heater and windshield wipers are in proper condition. Keep your gas tank near full to avoid ice in the tank and fuel lines. Avoid traveling alone. Let someone know your timetable and primary and alternate routes. Then call 511 for the latest traffic and road incidents, including construction and weather conditions and restrictions. Every state offers this Department of Transportation service. Call before you leave; it might change your plans!

Fully check and winterize your vehicle before the winter season begins. Carry a Winter Storm Survival Kit that includes the following:

- Mobile phone, charger, batteries
- Blankets/sleeping bags
- Flashlight with extra batteries
- First-aid kit
- Knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- Large empty can to use as emergency toilet, tissues, toilet paper and paper towels
- Small can and waterproof matches to melt snow for drinking water
- Sack of sand or cat litter for traction
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Battery booster cables
- Water container
- Candle and matches to provide light and in an emergency, lifesaving heat.
- Compass and road maps, don't depend on mobile devices with limited battery life



# POWER OUTAGES

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## POWER OUTAGES

Extended power outages may impact the whole community and the economy. A power outage is when the electrical power goes out unexpectedly. A power outage may:

- Disrupt communications, water, and transportation.
- Close retail businesses, grocery stores, gas stations, ATMs, banks, and other services.
- Cause food spoilage and water contamination.
- Prevent use of medical devices.

### PROTECT YOURSELF

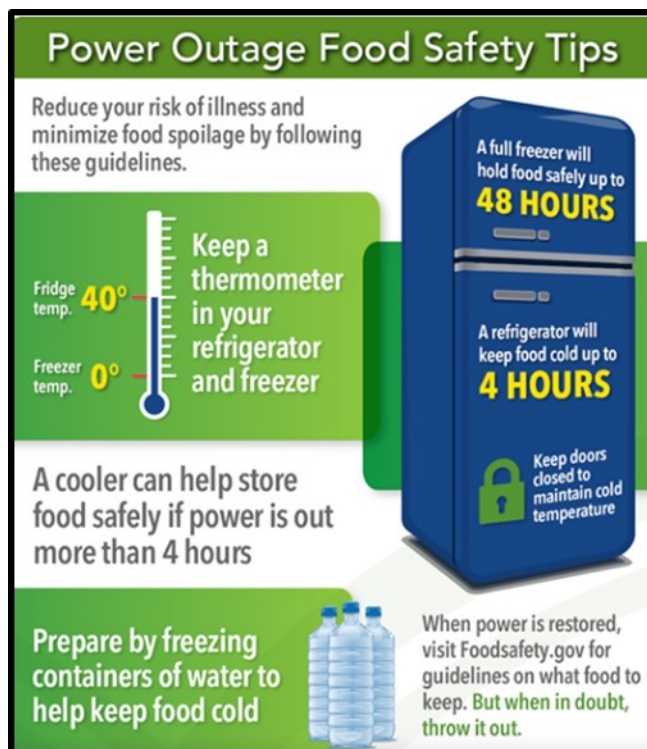
#### DURING A POWER OUTAGE:

- Keep freezers and refrigerators closed.
- Only use generators outdoors and away from windows.
- Do not use a gas stove to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Have alternate plans for refrigerating medicines or using power-dependent medical devices.
- If safe, go to an alternate location for heat or cooling.
- Check on neighbors.

#### HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS:

##### Prepare NOW

- Take an inventory of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
- Plan for batteries and other alternatives to meet your needs when the power goes out.
- Sign up for local alerts and warning systems. Monitor weather reports.
- Install carbon monoxide detectors with battery backup in central locations on every level of your home.
- Determine whether your home phone will work in a power outage and how long battery backup will last.
- Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
- Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored. Throw out food if the temperature is 40 degrees or higher.
- Keep mobile phones and other electric equipment charged and gas tanks full.



# POWER OUTAGES

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## Survive DURING

Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

Maintain food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

Go to a community location with power if heat or cold is extreme.

Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.

## Be Safe AFTER

When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug’s label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.





## EMERGENCY PLAN: FINANCIAL PREPAREDNESS

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### Financial Preparedness

Save for a rainy day, you never know when it may pour. Here's how:

<https://www.ready.gov/financial-preparedness>

Emergencies will happen, but your savings can be your fall back plan. Start saving today!



Create a budget that includes putting money into an emergency fund every month.

<https://www.ready.gov/financial-preparedness>

Pay yourself first! Before you spend, put a little bit of it in your savings account.

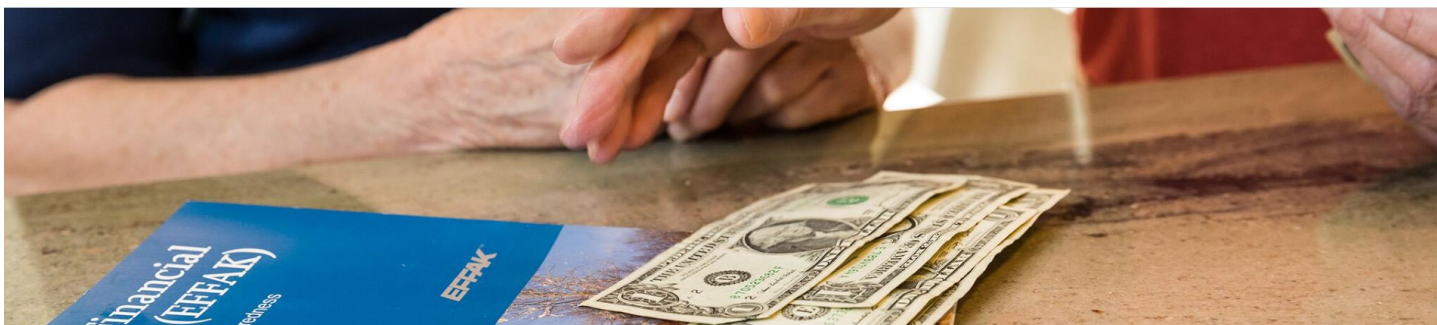
<https://www.ready.gov/financial-preparedness>

56% of adults can cover a \$400 emergency. Be part of the growing number who are savers and have an emergency fund.

Life can be unpredictable. It pays to have an emergency fund for when life happens.

Teach your kids this simple Life Saving Skill: save some money now to be one-step ahead when an emergency hits.

Your emergency savings can help you get life saving items like food, shelter, and water in an emergency. Saving Tips: <https://www.ready.gov/financial-preparedness>





# EMERGENCY SAFETY KIT

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## Create an emergency safety kit that includes:

- Water and nonperishable foods that will last you and your family for a minimum of three days
- First aid supplies
- A means of communication, such as a satellite phone, etc.
- Clothes and personal hygiene items
- Flashlights and backup batteries
- Basic tools that could be helpful in an emergency repair situation
- Signaling device, such as an air horn, flare, etc.
- Prescriptions and other medications
- Extra set of car keys
- Cash
- Important documents
- Physical copy of your contact information list
- *For more ideas, go to [Ready.gov](http://Ready.gov) or [Weather Underground](http://WeatherUnderground)*

Once your safety kit is gathered, put it in a location that is ideally where you will seek cover from a storm or power outage. If this is not possible, then place it in a location that will be easy to grab and carry wherever you need to go. Determine the family member who will be responsible for the safety kit and have a backup person who needs to grab it in case your family is separated.

Check the supplies in your safety kit at least once a year to see if anything needs to be replaced.



Remember that Power Outage's often occurs after natural disasters and could persist for many days.

# Coronavirus

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## Center for Disease Control and Prevention—Traveler's Health (Coronavirus)

As of January 24th, 2020 @12:00hrs, the CDC recommends: Watch—Level 1, Practice Usual Precautions.

### Key Points

- There is an ongoing outbreak of respiratory illness first identified in Wuhan, China, caused by a novel (new) coronavirus.
- Person-to-person spread is occurring, although it's unclear how easily the virus spreads between people. Other parts of China have had cases among people who traveled from Wuhan.
- The situation is evolving. This notice will be updated as more information becomes available.

### What is the current situation?

A novel (new) coronavirus is causing an outbreak of respiratory illness in the city of Wuhan, Hubei Province, China. This outbreak began in early December 2019 and continues to expand in scope and magnitude. Chinese health officials have reported hundreds of cases in the city of Wuhan and severe illness has been reported, including deaths. CDC recommends that travelers avoid non-essential travel to Wuhan. Cases have also been identified in travelers from Wuhan to other parts of China and the world, including the United States. Person-to-person spread is occurring though it's unclear how easily this virus is spreading between people at this time. Signs and symptoms of this illness include fever, cough, and difficulty breathing.

Coronaviruses are a large family of viruses. There are several known coronaviruses that infect people and usually only cause mild respiratory disease, such as the common cold. However, at least two previously identified coronaviruses have caused severe disease — severe acute respiratory syndrome (SARS) coronavirus and Middle East respiratory syndrome (MERS) coronavirus.

### What can travelers do to protect themselves and others?

CDC recommends avoiding non-essential travel to Wuhan, China. Chinese officials have closed transport within and out of Wuhan, including buses, subways, trains, and the airport. Remain alert if traveling to other parts of China by practicing the precautions below.

Travelers to China should

Avoid contact with sick people.

Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).

Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If you traveled to China in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

Avoid contact with others.

Not travel while sick.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.



- Not just Facebook, but also Twitter, Instagram, Snapchat, YouTube, Blogs, Forums and more

- Our enemies are always looking to piece together important information to see the “Big Picture”

- Practice Operations Security (OPSEC), the responsibility doesn’t just fall on Service Members, but Families too



## ARKANSAS NATIONAL GUARD EMERGENCY MANAGEMENT

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Fort Chaffee Emergency Manager  
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**Arkansas DOMS**

**EM on GKO**

**EM on RCAS**



## Give the Gift of Preparedness

Preparing for disasters is important year round and it is a big task to complete.

### Preparedness Focus: Disaster Kits

Don't give another ugly sweater or something else that will be returned. Show your loved ones you care by getting them started on their disaster supplies kit. You can pick up a basic kit and give them a list to help them add the personal things they may need like prescription medications and clothing. Make sure you remind everyone that in Arkansas we need to be 2 Weeks Ready!

**Spending extra time with the kids during the holidays?** Watch the FEMA Disaster Dodger series of videos on YouTube. These 5 videos are all seven minute or less and they feature kids talking to kids about preparing for disasters. It's a great way to have important conversations without getting too scary or technical.

