



The month of
MARCH

Arkansas Emergency Management Bulletin

Important Emergency Management Numbers

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.

Inside this edition:

- Health Protection Condition (HPCON).
- March Average Temperatures.
- Stay Safe When a Flood Threatens.
- Be prepared for Tornado Season.
- Comprehensive Soldier & Family Fitness
- Remember OPSEC.



J34 Force Protection – Health Protection Condition: BRAVO (+)

What is HPCON?

The Defense Department is taking action around the globe to keep our service members, civilian employees, contractors and their families safe during the COVID-19 pandemic, all while supporting our continued mission.

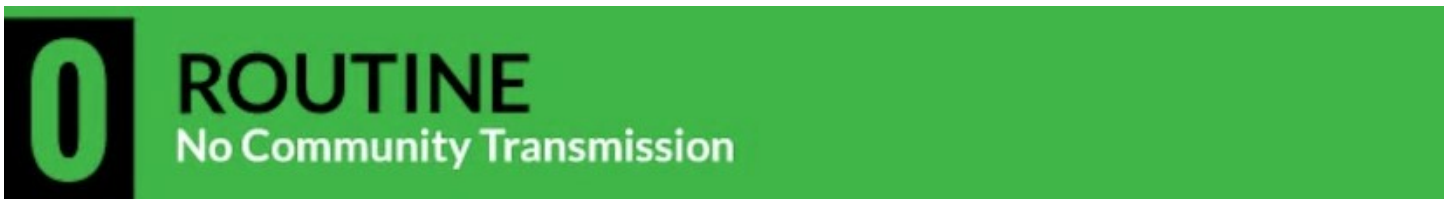
During many of the public briefings that have been held about the crisis, DOD leaders have often mentioned the acronym “HPCON.” If you’re not sure what that is, here’s your answer.



The DOD has protocol for public health emergencies, and they’re known as health protection conditions – HPCONs. Commanders review and update these HPCONs based on risk levels within a local community and in cooperation with local, state or host nation guidance. Military leaders and public health personnel use them to guide actions taken in response to a health threat.

<https://www.defense.gov/Explore/Inside-DOD/Blog/Article/2128863/hpcon-understanding-health-protection-condition-levels/>

Here are the DOD’s five HPCON levels and what actions they may require:



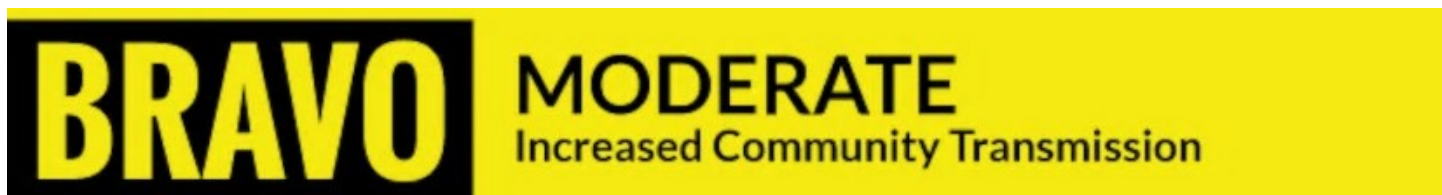
When the HPCON is 0, or “Routine,” maintain your everyday actions to stop the spread of germs:

- Avoid close contact with people who are sick.
- Wash your hands often and for at least 20 seconds with soap and water.
- Cover your cough or sneeze with a tissue, then throw it in the trash. Cough or sneeze into your elbow if tissues are unavailable.
- Avoid touching your eyes, nose and mouth.
- Practice a good diet and exercise.
- Make sure all immunizations are up to date, including your seasonal flu shot.
- Stay home if you are sick, and avoid close contact with family members and pets.
- Create an emergency preparedness kit.
- Create a pet disaster preparedness kit if needed.



When the HPCON is A, or “Alpha,” there’s a limited health alert. Maintain your routine actions but also:

- Routinely clean and disinfect frequently touched objects and surfaces.
- If you’re sick, call your medical provider for instructions on receiving care before going to a clinic or hospital. Make sure your installation is aware of the symptoms of your health threat.
- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention and your local public health agencies.



When the HPCON is B, or “Bravo,” your area is experiencing an increase in community transmissions. Follow the guidelines for the previous HPCONs along with the following:

- Practice social distancing. Avoid unnecessary contact with others, such as shaking hands and hugging.
- Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission.
- Ensure supplies of food, medication and other items needed for babies and pets are available to last at least 14 days.
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious and other community activities. Make alternative arrangements for childcare.
- Observe local guidance on movement restrictions and access requirements for military installations.
- Seek guidance from employers and unit leaders about changes to work practices (for example, telework) and training events.
- Comply with medical orders for self-isolation or quarantine.

CHARLIE

SUBSTANTIAL Sustained Community Transmission

When the HPCON is C, or “Charlie,” your area is experiencing sustained community transmission. Follow all previous HPCON instructions and:

- Expect cancellation of in-person gatherings (such as school, daycare and all community activities) and restricted ability to travel.
- Plan activities for family members, especially children, in case you are restricted to your home for prolonged time periods.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the U.S., authorized or ordered departure actions may be implemented.

DELTA

SEVERE Widespread Community Transmission

When the HPCON is D, or “Delta,” your area is experiencing severe, widespread community transmission. Follow all previous HPCON instructions and implement the following:

- Expect to remain at home for extended periods of time as movement in the community may be restricted; at-home isolation or quarantine may be directed.
- Follow all directives and guidance from local, state and federal authorities; they are enacted to protect the health and safety of you and your family.

Regardless of the HPCON level, always follow the guidance from your installation and local public health agencies.

GOVERNMENT RESOURCES

www.coronavirus.gov

www.cdc.gov/coronavirus

www.usa.gov/coronavirus

ARKANSAS WEATHER

Average March temperatures across Arkansas.

Eastern Arkansas Average March temperatures				
High °F	Low °F	Place	High °C	Low °C
59	41	Blytheville	15	5
69	45	Eudora	20	7
67	40	Helena	19	4
61	38	Jonesboro	16	3
62	43	Marianna	17	6
62	42	West Memphis	17	6

Eastern Arkansas March temperatures				
High °F	Low °F	Place	High °C	Low °C
68	44	El Dorado	20	6
67	42	Magnolia	19	6
67	44	Monticello	19	7
64	43	Pine Bluff	18	6
67	45	Texarkana	20	7

Central Arkansas Average March temperatures				
High °F	Low °F	Place	High °C	Low °C
66	42	Benton	19	5
64	41	Blue Mountain	18	5
65	41	Fort Smith	18	5
66	43	Hot Springs	19	6
63	38	Lake Ouachita Dam	17	3
64	43	Little Rock	18	6
62	38	Mena	17	4
64	44	North Little Rock	18	7
63	39	Searcy	17	4

Northern Arkansas Average March temperatures				
High °F	Low °F	Place	High °C	Low °C
59	35	Bentonville	15	2
61	38	Eureka Springs	16	3
59	38	Fayetteville	15	3
61	38	Greers Ferry	16	3
60	38	Harrison	16	3
60	37	Mountain Home	16	3
62	38	Mountain View	17	3

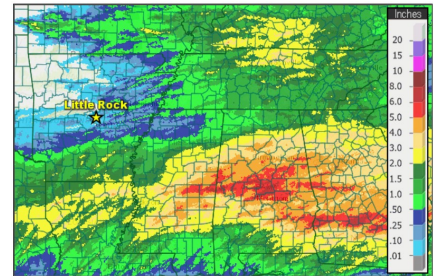
References

Currentresults.com

Weather and science facts

Looking back to 2020

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



In the picture: Ninety six hour (four day) precipitation through 600 am CST on 3/05/2020



High Temperatures (03/12) | High Temperatures (03/14)
In the pictures: Very mild conditions (temperatures in the 70s/80s) on 03/12/2020 were replaced by much cooler conditions a couple of days later following the passage of a cold front.

In the pictures: Very mild conditions (temperatures in the 70s/80s) on 3/12/2020 were replaced by much cooler conditions a couple of days later following the passage of a cold front.

STAY SAFE WHEN A FLOOD THREATENS

Floods

Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. Failing to evacuate flooded areas or entering flood waters can lead to injury or death.

Floods may:

- Result from rain, snow, coastal storms, storm surges and overflows of dams and other water systems.
- Develop slowly or quickly. Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings and create landslides.



IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

- Do not walk, swim or drive through flood waters. Turn Around, Don't Drown!
 - ◇ Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water.
- Depending on the type of flooding:
 - ◇ Evacuate if told to do so.
 - ◇ Move to higher ground or a higher floor.
 - ◇ Stay where you are.



STAY SAFE WHEN A FLOOD THREATENS

HOW TO STAY SAFE WHEN A FLOOD THREATENS

Prepare NOW

- Make a plan for your household, including your pets, so that you and your family know what to do, where to go, and what you will need to protect yourselves from flooding and COVID-19.
- Build a “Go Kit” of the supplies you will need if you have to quickly evacuate your home.
- Know types of flood risk in your area. Visit FEMA’s Flood Map Service Center for information.
- Sign up for your community’s warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. Sign up for email updates and follow the latest guidelines about coronavirus from the Centers for Disease Control and Prevention (CDC) and your local authorities to prevent the spread of COVID-19.
- If flash flooding is a risk in your location monitor potential signs, such as heavy rain.
- Learn and practice evacuation routes, shelter plans, and flash flood response.
 - ◇ If you live in a storm surge flooding zone or a mandatory hurricane evacuation zone, make plans to stay with family and friends. Evacuate to shelters only if you are unable to stay with family and friends. Check with local authorities to determine which public shelters are open. Review your previous evacuation plan and consider alternative options to maintain social and physical distancing to prevent the spread of COVID-19.
 - ◇ Don’t forget to include your pet in your emergency plan. Remember that some evacuation shelters do not accept pets.
- Gather supplies, including non-perishable foods, cleaning supplies, and water for several days, in case you must leave immediately or if services are cut off in your area. The CDC recommends having at least 3 days’ worth of supplies on hand, including one gallon of water per day for each person and pet. If you are able, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly. After a flood, you may not have access to these supplies for days or even weeks. Keep in mind each person’s specific needs, including medication. Don’t forget the needs of pets. Include extra batteries and charging devices for phones and other critical equipment.
 - ◇ Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
 - ◇ Not everyone can afford to respond by stocking up on necessities. If you can, make essential purchases and slowly build up supplies in advance so that you can leave longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of a disaster, like a flood or pandemic, and must shop more frequently. In addition, consider avoiding WIC-approved products so that those who rely on these products can access them.
- Purchase or renew a flood insurance policy. Homeowner’s policies do not cover flooding. It typically takes up to 30 days for a policy to go into effect so the time to buy is well before a disaster. Get flood coverage under the National Flood Insurance Program (NFIP).
- Keep important documents in a waterproof container. Create password-protected digital copies.
- Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.



STAY SAFE WHEN A FLOOD THREATENS

HOW TO STAY SAFE WHEN A FLOOD THREATENS

Survive During

- Depending on where you are, the potential impact, and the warning time given for flooding, go to the safe location that you have identified. If you are not able to shelter in place or with family or friends and must go to a public shelter, remember to bring items that can help protect you and others from COVID-19, such as hand sanitizer that contains at least 60 percent alcohol, cleaning materials, and two cloth masks per person. If you can, wash your face covering regularly. Children under 2 years old, people who have trouble breathing, and those who are unable to remove masks on their own should not wear them.
- If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives. If staying at a shelter or public facility, alert shelter staff immediately so they can call a local hospital or clinic.
- Listen to EAS, NOAA Weather Radio or local alerting systems for current emergency information and instructions regarding flooding and COVID-19.
- Do not walk, swim or drive through flood waters. Turn Around. Don't Drown!
- Stay off bridges over fast-moving water. Fast-moving water can wash bridges away without warning.
- If your car is trapped in rapidly moving water stay inside. If water is rising inside the car get on the roof.
- If trapped in a building go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Only get on the roof if necessary and once there signal for help.

Be Safe AFTER

- Listen to authorities for information and instructions. Return home only when authorities say it is safe.
- Avoid driving except in emergencies.
- Be aware that snakes and other animals may be in your house. Wear heavy work gloves, protective clothing, and boots during clean up. Wear a mask and maintain a physical distance of at least six feet while working with someone else. Use an appropriate mask if cleaning mold or other debris. People with asthma and other lung conditions and/or immune suppression should not enter buildings with indoor water leaks or mold growth that can be seen or smelled. Children should not take part in disaster cleanup work.
- Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.
- Avoid wading in floodwater, which can be contaminated and contain dangerous debris. Underground or downed power lines can also electrically charge the water. There is no evidence that COVID-19 can be transmitted through water; however, you should avoid contact with floodwaters.
- Continue taking steps to protect yourself from COVID-19 and other infectious diseases, such as washing your hands often and cleaning commonly touched surfaces with disinfecting products.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a flood can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

Be prepared for Tornado Season

Tornadoes

- Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground. Tornadoes can:
- Happen anytime and anywhere;
- Bring intense winds, over 200 MPH; and
- Look like funnels.



IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY

- If you can safely get to a sturdy building, then do so immediately.
- Go to a safe room, basement, or storm cellar.
- If you are in a building with no basement, then get to a small interior room on the lowest level.
- Stay away from windows, doors, and outside walls.
- Do not get under an overpass or bridge. You're safer in a low, flat location.
- Watch out for flying debris that can cause injury or death.
- Use your arms to protect your head and neck.
- If you cannot stay at home after a tornado, make plans to shelter with friends and family. If necessary, go to a public shelter. Shelters are taking precautions to protect people from COVID-19.
 - ◇ If you must go to a public shelter after a tornado, try to bring items that can help protect you and others in the shelter from COVID-19, such as hand sanitizer that contains at least 60 percent alcohol, cleaning materials, and two masks per person. Note that your regular public shelter may not be open this year. Check with local authorities for the latest information about public shelters.
 - ◇ While you are at the shelter, take actions that will protect you and others from COVID-19. Wear a mask and maintain a distance of at least six feet between yourself and people who are not part of your household while at a public shelter. Children under 2 years old, people who have trouble breathing, and people who are unable to remove masks on their own should not wear them.
 - ◇ Create an emergency plan so that you and your family know what you will do, where you will go, and what you will need to take with you to safely weather the storm.
 - ◇ Review the CDC's guidelines for "Going to a Public Disaster Shelter During the COVID-19 Pandemic."



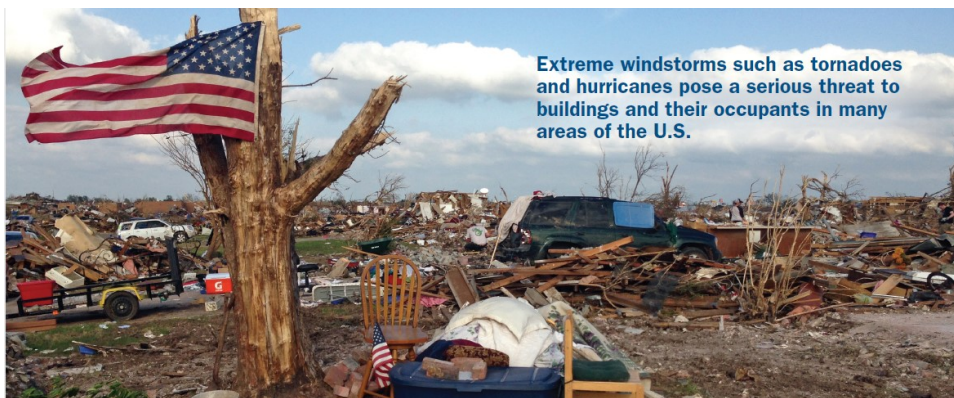
Be prepared for Tornado Season

HOW TO STAY SAFE WHEN A TORNADO THREATENS

Prepare NOW

- Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.
- Know the signs of a tornado, including a rotating, funnel-shaped cloud; an approaching cloud of debris; or a loud roar—similar to a freight train.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, then become familiar with the warning tone. Sign up for email updates about coronavirus from the Centers for Disease Control and Prevention (CDC).
- Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.
- Identify and practice going to a safe shelter, while following the latest social and physical-distancing and other health safety guidelines from the Centers for Disease Control and Prevention and your local health authorities, in the event of high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room on the lowest level of a sturdy building.
- Once you have identified your safe location, prepare for long-term social distancing by gathering emergency supplies, cleaning supplies, non-perishable foods, and water. If you must evacuate to go to a public shelter after a tornado, set aside items to help prevent the spread of COVID-19, such as soap, hand sanitizer that contains at least 60 percent alcohol, two masks for each person age 2 and older in the household, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. After a tornado, you may not have access to these supplies for days or even weeks.
 - ◊ Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.

Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently. In addition, consider avoiding WIC-labeled products so that those who rely on these products can access them.



Be prepared for Tornado Season

Be Safe AFTER

- Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.
- If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Stay clear of fallen power lines or broken utility lines.
- Do not enter damaged buildings until you are told that they are safe.
- Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives. If staying at a shelter or public facility, alert shelter staff immediately so they can call a local hospital or clinic.
- Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves. Use appropriate face coverings or masks if cleaning mold or other debris, and maintain a physical distance of at least six feet while working with someone else.
 - ◇ Cloth masks help prevent the spread of COVID-19, but they will not adequately protect you from inhaling mold like a respirator will. Respirators, like an N-95, are not meant to fit children. Due to COVID-19, it may be difficult to find respirators, such as N-95s.
 - ◇ People with asthma and other lung conditions and/or immune suppression should not enter buildings with indoor water leaks or mold growth that can be seen or smelled, even if they do not have an allergy to mold. Children should not take part in disaster cleanup work.
- Continue taking steps to protect yourself from COVID-19 and other infectious diseases, by washing your hands often and cleaning commonly touched surfaces.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a tornado can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.



Want To Learn More?

FEMA P-320 is available from the FEMA Publications and Distribution Facility.
1-800-480-2520

FEMA P-320 is also available on the FEMA website, including design drawings.
<http://www.fema.gov/media-library/assets/documents/2009>

For more information specifically on safe room doors, please see the fact sheet *Residential Tornado Safe Room Doors*.
<http://www.fema.gov/media-library/assets/documents/99139>

For additional information, please contact the FEMA helpline.
1-866-927-2104 (toll free)
Saferoom@fema.dhs.gov

FEMA P-320 will guide you through the process of determining your risk and selecting a safe room type and location, as well as providing detailed plans for construction.



COMPREHENSIVE SOLDIER & FAMILY FITNESS

What is Comprehensive Soldier & Family Fitness

- Comprehensive Soldier and Family Fitness (CSF2) is designed to build resilience and enhance performance of the Army Family — Soldiers, their Families, and Army Civilians. CSF2 does this by providing training and self-development tools so that members of the Army Family are better able to cope with adversity, perform better in stressful situations, and thrive in life.
- CSF2 has Training Centers located Army-wide. These Training Centers provide Resilience and Performance Enhancement Training where it is needed most – at the unit level, and close to Family members and Army Civilians. CSF2 is an integral part of the Army's Ready and Resilient Campaign; a campaign that promotes physical and psychological fitness, and encourages personal and professional growth. Resilient Soldiers, Families members and Army Civilians perform better, which results in improved unit readiness and better lives.

Why is this important to the Army?

- Army life is unique, and many challenges can come with being part of an Army Family. That's why providing members of the Army Family with these life skills is so important. CSF2 provides Resilience and Performance Enhancement Training that teaches things such as problem solving, how to think optimistically, and how to cope with adversity. These skills can be applied throughout all areas of your life. The greater Army, DoD and American community benefits from a more resilient force.

Check out: <https://www.armyresilience.army.mil/> for more details



Ready & Resilient

Ready and Resilient is the Army's strategy for strengthening individual and unit personal readiness by providing training and resources to the Army Family.



Sexual Harassment/Assault

The Sexual Harassment/Assault Response and Prevention Program is an integrated, proactive effort by the Army to end sexual harassment/sexual assault within its ranks.



Suicide

The Army Suicide Prevention Program helps build awareness of suicidal behavior and risks by providing resources for prevention for Army Soldiers and their Families.



Substance Abuse

The Army Substance Abuse Program provides alcohol and other drug abuse prevention to help strengthen the overall fitness of the Army's workforce.



Resources

The Army Resilience Directorate has compiled a list of valuable resources including links and files for DoD and Army policies and reports.



Newsletter

The ARD Community Link newsletter is an authorized bi-monthly publication produced by the Army Resilience Directorate for the Army community.



Identify and evaluate core beliefs and core values that fuel out-of-proportion emotions and reactions.

Detect Icebergs

Master Resilience Training Skills

Use the "What" questions in any order to help identify the Iceberg:

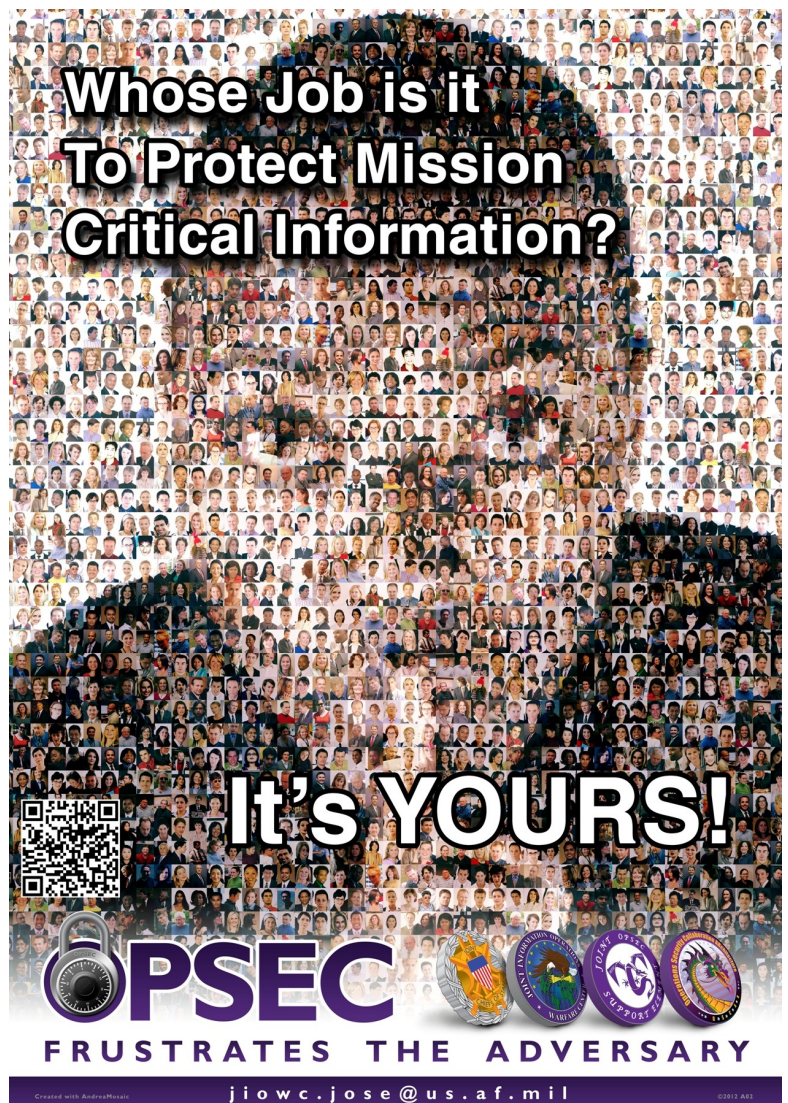
- What is the most upsetting part of that for me?
- What does that mean to me?
- What is the worst part of that for me?
- Assuming that is true, what about that is so upsetting to me?



- 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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Arkansas DOMS

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.

