



# Secure & Prepared

Iowa Homeland Security & Emergency Management

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## June 9 is Heat Awareness Day

The Iowa Department of Homeland Security and Emergency Management (HSEMD) and National Weather Service (NWS) will recognize June 9, 2016, as Heat Awareness Day in the state of Iowa.

Iowa is no stranger to heat or humidity. And, with summer fast approaching, June is the perfect time to review safety tips regarding heat-related illnesses.

Hyperthermia is an acute condition that occurs when one's body absorbs more heat than it can dissipate. It can even happen on a mild day. To prevent becoming ill due to heat, there are a few simple tips you can follow:

- Drink plenty of water regularly.
- Eat light, well-balanced meals.
- Dress in loose-fitting, light-colored clothing that covers as much skin as possible.
  - Stay indoors. If possible, stay in the air conditioning



when it gets extremely hot. If you do not have access to air conditioning, remain on the lowest floor and out of the sunshine.

- If you cannot stay inside, be sure to apply a high-SPF sunscreen. A sunburn will slow your skin's ability to cool itself. Avoid sitting in direct sunlight. Sit in the shade, or wear a wide-brimmed hat.
- Slow down. Reduce or eliminate strenuous activities.

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## HSEMD offers free critical infrastructure assessments

It is estimated the private sector owns and operates 85 percent of the country's critical infrastructure and key resources (CIKR). Building public-private partnerships is crucial to successfully instituting the state's Critical Asset Protection Plan (CAPP).

Through the Threat Information and Infrastructure Protection Program, the Iowa Department of Homeland Security and Emergency Management (HSEMD) conducts surveys and assessments on publicly- and privately-owned critical infrastructure by utilizing a data collection and analysis tool called the Infrastructure



Protection Gateway (IP Gateway). The IP Gateway allows HSEMD to manage information about critical infrastructure to aid in risk management, infrastructure protection, event planning, and incident response activities.

Once assessments have been completed, HSEMD provides critical infrastructure owners with a comprehensive picture of possible threats and hazards to their facilities, giving them the ability to assess risks, make security investments, and take protective actions as they choose. Information obtained during the survey and assessment is **protected from disclosure** in accordance with the **Protected Critical Infrastructure Information (PCII) program** and Iowa Code.

Iowa's critical infrastructure is essential to the economy, security, and sustainment of our way of  
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## June 9 is Heat Awareness Day

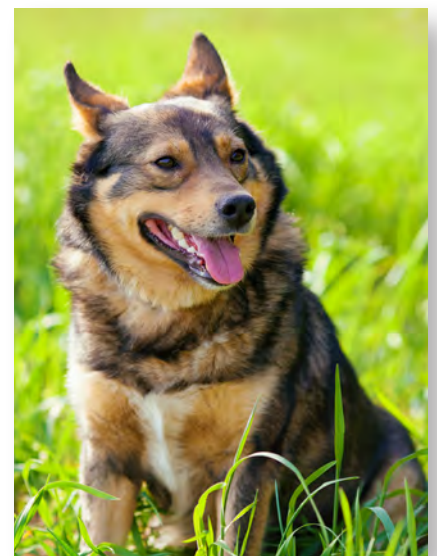
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Remember, children and pets are especially susceptible to the effects of heat. Practice these safety measures:

- Make sure children and pets always have plenty of water to drink.
- Do not leave either kids or pets in a car for any amount of time unattended or without air conditioning.
- Check the backseat of the car when you reach your destination to make sure all kids and pets are out.

- Keep your pet's hair cut to an inch or less.
- Don't exercise pets in the middle of the day when it's warm. Instead, take them out in the early morning or late at night. Remember, your dog can overheat when you just feel "warm."
- If your child or pet show any signs of distress due to overheating, seek medical care immediately.

For additional information, visit the [Ready Iowa](#) website, and follow HSEMD on [Facebook](#) and [Twitter](#). Ω



## National CPR & AED Awareness Week is June 1-7

One of the country's leading causes of death is sudden cardiac arrest, with only an 8 percent survival rate among approximately 295,000 out-of-hospital occurrences per year.

One effective way to treat such a cardiac event is using an automated external defibrillator (AED), however, time is critical. AEDs can restore normal heart rhythm before emergency medical personnel arrive on the scene. According to the American Heart Association (AHA), communities with comprehensive AED programs have achieved survival rates of 40 percent or higher.

If you don't have access to an AED, the next best thing is cardiopulmonary resuscitation (CPR). Immediate, effective CPR can more than

double a victim's chance of survival. The AHA believes that everyone should know how to perform CPR in an emergency. To that end, the AHA has promoted a "Hands-Only CPR™" campaign for the past few years. The campaign aims to educate everyone on how to perform Hands-Only CPR™ with two simple steps: call 9-1-1, and push hard and fast (at the center of the chest).

The AHA asserts that if you perform chest compressions to the beat of the Bee Gees song, "Stayin' Alive," you could save a life.

Remember, #CPRsaveslives. For more information, including survivor stories, video links and other materials, visit [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr). Ω

### ***HSEMD offers free critical infrastructure assessments***

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life. The consequences of natural disasters, terrorists, and pandemic diseases can have serious effect on our drinking water, food supply, power, transportation, or emergency supplies.

Participating with Iowa's CAPP is voluntary, non-regulatory, and free. Public- and private-sector critical infrastructure partners are key in our homeland security and emergency management efforts. The more we strengthen our relationships and information-sharing capabilities, the more resilient we make our state.

To learn more or to schedule a survey and assessment, please contact **Jeremy Sroka** at [jeremy.sroka@iowa.gov](mailto:jeremy.sroka@iowa.gov) or **515.323.4324**. Ω



### **Save the date!**

The 13th Annual Homeland Security Conference will be Oct. 12-13, 2016, at the Community Choice Credit Union Convention Center at Veteran's Memorial.

Registration, agenda, and additional information will be available soon at [www.homelandsecurity.iowa.gov](http://www.homelandsecurity.iowa.gov). Ω



# HSEMD training opportunities

To register for these courses, visit [HSEMD's training website](#). Full details on each course are available here as well. Contact **Beth Lewis** at [beth.lewis@iowa.gov](mailto:beth.lewis@iowa.gov) or **Cristie Duric** at [cristie.duric@iowa.gov](mailto:cristie.duric@iowa.gov) with questions.

## Intermediate ICS (ICS-300)

June 7-8, 2016 – Cresco

## CERT Train-the-Trainer

June 8-9, 2016 – Iowa City

## Managing the Lost Person Incident

June 13-16, 2016 – Williamsburg

## Post Active Shooter: A Unified Response by Law Enforcement, Fire, and EMS

June 14-16, 2016 – Creston  
July 12-14, 2016 – Oskaloosa  
July 27-29, 2016 – State Center  
Aug. 1-3, 2016 – Storm Lake  
Aug. 9-11, 2016 – Iowa City

## Advanced ICS (ICS-400)

June 21-22, 2016 – Sioux City

## ALERRT Active Shooter Response Level I

June 27-28, 2016 – Williamsburg  
July 19-20, 2016 – Humboldt



## ALERRT Active Shooter Response Level II

June 29-30, 2016 – Williamsburg  
July 21-22, 2016 – Humboldt

## NFPA1600: The Standard on Disaster/Emergency Management & Business Continuity Programs

June 28-29, 2016 – Oskaloosa

## Social Media for Natural Disaster Response & Recovery (PER 304)

July 11, 2016 – Red Oak  
July 13, 2016 – Mason City  
July 15, 2016 – Dubuque

## Emergency Operations Center/ Incident Command System Interface (G-191)

July 14, 2016 – Fayette Ω

## Other available training

### Iowa Department of Public Health Bureau of Emergency & Trauma: Partnership Development Workshops (*community-specific*)

June 7, 2016 – Cherokee  
June 28, 2016 – Marion  
June 30, 2016 – Moravia

For more information and to register for one of these workshops, visit [www.trainingresources.org](http://www.trainingresources.org). For additional information, contact **Alex Carfrae** at **515.745.4407** or [alex.carfrae@idph.iowa.gov](mailto:alex.carfrae@idph.iowa.gov).

### Volunteer Reception Training

June 9, 2016 – Ottumwa

For more information and to register, visit the [Eventbrite](#) website. Contact **Nick Martini** at **641.683.0697** or [NMartini@wapellocounty.org](mailto:NMartini@wapellocounty.org) with questions.

### Intermediate ICS (ICS-300)

June 13-14, 2016 – Des Moines

To register, visit the [Eventbrite](#) website. Contact **A.J. Mumm** at **515.286.2107** or [aj.mumm@polkcountyiowa.gov](mailto:aj.mumm@polkcountyiowa.gov) with questions.

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# Exercises are a necessity for emergency management

Exercises are an important part of any emergency management program. Through discussion, workshops, table-top exercises, drills, and full-scale exercises we are able to test and evaluate our plans, policies, and procedures. Practicing what we would do in a controlled environment allows us to identify weaknesses, fix any issues, and make improvements that can only be beneficial when we have to implement our plans in a real-world event.

In most cases, we have specific requirements that ensure we exercise regularly—requirements that are largely tied to the grant funding we receive. From radiological emergency preparedness to public health, industry partners to schools—the necessity for our exercise programs dovetails with our communities' needs to develop and test the plans that aim to protect us from today's potential threats.

Iowa's emergency management exercise program was designed to allow as much flexibility as possible while balancing requirements with the principles of the Homeland Security Exercise Evaluation Program (HSEEP). Local emergency managers have collaborated with state government partners to ensure exercise programs run smoothly. The current exercise program framework was first introduced in 2010. Under this

program, half of the state's emergency management agencies will exercise during a given year while the other half works on their planning and improvement activities. This method ensures compliance among recipients with the requirements set forth by the Emergency Management Performance Grant (EMPG).

If you have any exercise-related questions or concerns please contact the HSEMD exercise staff, **John Halbrook** ([john.halbrook@iowa.gov](mailto:john.halbrook@iowa.gov)) or **Steve Warren** ([steve.warren@iowa.gov](mailto:steve.warren@iowa.gov)). Ω



**Top, left: A full-scale exercise at the Des Moines airport in 2015. Photos by Steve Warren.**

**Below left; (2016) At the Linn County emergency operations center, an exercise for the Duane Arnold Energy Center. Below: (2015) An exercise for the Ft. Calhoun Nuclear Power Station, taking place in the state emergency operations center. Photos by Stefanie Bond.**



## Training

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### Advanced ICS (ICS-400)

June 15-16, 2016 – Des Moines

To register, visit the [Eventbrite](#) website. Contact **A.J. Mumm** at **515.286.2107** or [aj.mumm@polkcountyiowa.gov](mailto:aj.mumm@polkcountyiowa.gov) with questions.

### Emergency Operations Center (EOC) Operations & Planning for All-Hazards Events

July 26-28, 2016 – Sioux City

To register, visit the [TEEX website](#). Contact **Cristie Duric** at **515.725.3243** or [cristie.duric@iowa.gov](mailto:cristie.duric@iowa.gov) with questions. Ω

#### ON THE CALENDAR

##### MAY

- Memorial Day (30)\*

##### JUNE

- National Safety Month
- National CPR/AED Awareness Week (1-7)
- Heat Awareness Day (9)
- Lightning Safety Awareness Week (19-25)

##### JULY

- National Fireworks Safety Month
- Independence Day (4)\*

\*State holiday. HSEMD offices will be closed.

## Did you know...?

You may not be aware of the valuable information that can be found on the HSEMD website. For example:



- Although HSEMD does not handle citizenship or immigration issues, you can find links to contact the appropriate federal agency officials. Look in **Quick Links > Immigration/ Citizenship**.
  - You can find a comprehensive list of Presidential Disaster Declarations that have been issued for Iowa under **Disasters > Iowa Disaster History**. The first numbered disaster for Iowa occurred in 1953.
  - Four nuclear power plants operate in Iowa or close to the state's border. For maps, fact sheets, public information brochures, and emergency action plans, visit **Programs > Radiological Emergency Prep**.
  - Many annual and after-action reports, brochures, guidebooks, and plans are available online. To access this information, visit **Resource Room > Publications**.
- Visit [www.homelandsecurity.iowa.gov](http://www.homelandsecurity.iowa.gov) to find this information and more. Ω

## Iowa Homeland Security & Emergency Management

7900 Hickman Road, Suite 500  
Windsor Heights, Iowa 50324  
Ph: 515.725.3231  
FAX 515.725.3260  
[www.homelandsecurity.iowa.gov](http://www.homelandsecurity.iowa.gov)

### Director

Mark Schouten

### HSEMD MISSION

Lead, coordinate, and support homeland security and emergency management functions in order to establish sustainable communities and ensure economic opportunities for Iowa and its citizens.

**Secure & Prepared** is published for those involved in the homeland security/emergency management system in the state of Iowa. For more information, contact Stefanie Bond at [stefanie.bond@iowa.gov](mailto:stefanie.bond@iowa.gov).

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emergency alerts

