



Purpose

The National Guard (NG) Emergency Management (EM) program is responsible for all activities and operations related to preparing for, mitigating the potential effect of, preventing, responding to, and recovering from all multi-agency and/or multi-jurisdictional emergencies on or impacting NG installations nationwide. The NG EM Program functions within an all-hazards environment consisting of all natural, technological (man-made), and terrorism hazards.

Vision

To provide the NG EM services when and where they are needed with the joint and interagency capacity necessary to effectively and efficiently protect the NG community and mission capabilities from all hazards.

Mission

To provide integrated and comprehensive NG EM services necessary to protect our community and mission capabilities from all hazards in a cost effective, implementable, and sustainable manner through resiliency.

IMPORTANT NUMBERS TO KNOW

**EMERGENCY
POLICE-FIRE-MEDICAL
DIAL 911**

Andrew Moore
Emergency Management
Program Manager
J-3/7 DOMOPS
Force Protection Team
walton.a.moore.nfg@mail.mil
615-313-0917

**TN National Guard Joint
Emergency Operation Center**
615-313-7593

**TN Emergency Management
Agency (TEMA)**
615-741-0001

**Federal Emergency Management
Agency (FEMA)**
1-800-621-FEMA

American Red Cross
1-800-RED-CROSS

National Poison Control Center
1-800-222-1222

**National Domestic Violence
Hotline**
1-800-799-7233

CW4 Bob Nicholson
State Safety Office
615-367-5529/5586/5589



EMERGENCY MANAGEMENT

Be Informed

Identify all hazards that can affect you and your Family. Emergencies can arise from weather and other natural hazards, industrial and transportation accidents, disease epidemics and terrorist acts. Anticipate the emergencies most likely to affect you and your Family in your geographical location. Knowing what to do can make all the difference when seconds count.

Make a Plan

Make and practice your Family emergency plan, considering communication methods and emergency actions. You and your Family members may not be together when an emergency strikes. Planning ahead for various emergencies will improve your chances of keeping in touch, staying safe and quickly reuniting. Make sure everyone understands what to do, where to go and what to take in the event of an emergency.

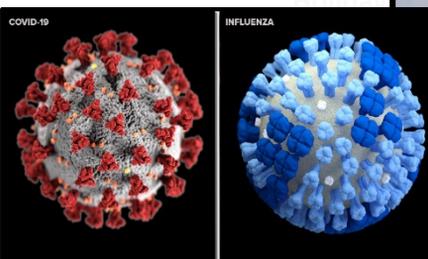
Build a Kit

Assemble an emergency kit that includes enough supplies to meet your Family's essential needs for at least three days. Consider the basics of survival and the unique needs of your Family including pets. You may want to assemble emergency supply kits in your home, car and workplace. Your emergency kits must include water, food, first aid supplies, medicines and important documents.

Get Involved

Prepared individuals build stronger communities. In an emergency, you may be in a position to provide help to not only your family, but to those in your community. Learn how to receive training, how to volunteer, and how to share your knowledge and skills with others.

COVID-19 vs Flu



Preparing for a Winter Storm

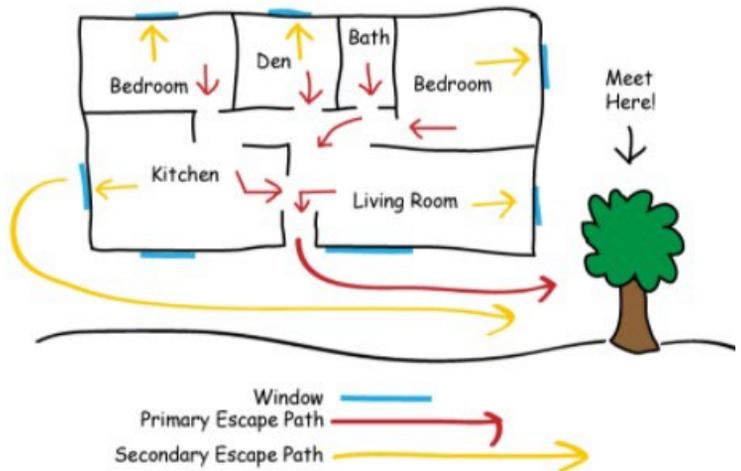
During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.



Make a Plan

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to create a communication and disaster plan for your family ahead of time. Be prepared to protect your family's health and well-being until help arrives. Have a strategy for staying healthy, informed, connected and calm.

Work with others to improve preparedness, increase connectedness, and build resilience.



Prepare Your Home and Car

Weatherproof your home.

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Install storm or thermal-pane windows or cover windows with plastic from the inside.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

Have your chimney or flue inspected each year.

If you plan to use the fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

Preparing for a Winter Storm continued

Install a smoke detector and a battery-operated carbon monoxide detector.

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

For older adults, keep an easy-to-read thermometer inside your home.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.



Create an emergency car kit

It is best to avoid traveling, but if travel is necessary, keep the following in your car:

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets
- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water





What is the difference between Influenza (Flu) and COVID-19?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus first identified in 2019, and flu is caused by infection with influenza viruses.

COVID-19 seems to spread more easily than flu. However, as more people become fully vaccinated against COVID-19, the spread of the virus that causes COVID-19 should slow down. More information is available about COVID-19 vaccines and how well they work.

Compared to flu, COVID-19 can cause more serious illnesses in some people. COVID-19 can also take longer before people show symptoms and people can be contagious for longer. More information about differences between flu and COVID-19 is available in the different sections below.

Because some of the symptoms of flu, COVID-19, and other respiratory illnesses are similar, the difference between them cannot be made based on symptoms alone. Testing is needed to tell what the illness is and to confirm a diagnosis. People can be infected with both flu and the virus that causes COVID-19 at the same time and have symptoms of both influenza and COVID-19.

While more is learned every day about COVID-19 and the virus that causes it, there are still things, such as post-COVID conditions, that are unknown. This page compares COVID-19 and flu, given the best available information to date.

Signs and Symptoms

Similarities:

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/having chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting and diarrhea
- Change in or loss of taste or smell, although this is more frequent with COVID-19.



[Flu Symptoms](#)

[COVID-19 Symptoms](#)



How Long Symptoms Appear After Exposure and Infection

Similarities:

For both COVID-19 and flu, 1 or more days can pass between when a person becomes infected and when he or she starts to experience illness symptoms.

Differences:

If a person has COVID-19, it could take them longer to experience symptoms than if they had flu.

Flu

Typically, a person experiences symptoms anywhere from **1 to 4 days after infection**.

COVID-19

Typically, a person experiences symptoms about **5 days after being infected**, but symptoms can appear 2 to 14 days after infection.

How Long Someone Can Spread the Virus

Similarities:

For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

Differences:

If a person has COVID-19, they could be contagious for a longer time than if they had flu.

Flu

Most people with flu are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many people remain contagious for about 7 days.

Infants and people with weakened immune systems can be contagious for even longer.

[How Flu Spreads](#)

COVID-19

How long someone can spread the virus that causes COVID-19 is still under investigation.

It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms (or possibly earlier) and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19. People who are hospitalized with severe disease and people with weakened immune systems can be contagious for 20 days or longer.

[How COVID-19 Spreads](#)



source: CDC

How It Spreads



Similarities:

Both COVID-19 and flu can spread from person-to-person between people who are in close contact with one another (within about 6 feet). Both are spread mainly by large and small particles containing virus that are expelled when people with the illness (COVID-19 or flu) cough, sneeze, or talk. These particles can land in the mouths or noses of people who are nearby and possibly be inhaled into the lungs. In some circumstances, such as indoor settings with poor ventilation, small particles might be spread further than 6 feet and cause infections. Although most spread is by inhalation, it may be possible that a person can get infected by touching (for example, shaking hands with someone who has the virus on their hands) or by touching a surface or object that has virus on it, and then touching their own mouth, nose, or eyes.

Both flu viruses and the virus that causes COVID-19 can be spread to others by people before they begin showing symptoms; by people with very mild symptoms; and by people who never experience symptoms (asymptomatic people).

Differences:

While the virus that causes COVID-19 and flu viruses are thought to spread in similar ways, the virus that causes COVID-19 is generally more contagious than flu viruses. Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continual spreading among people as time progresses.

[How Flu Spreads](#)

[How COVID-19 Spreads](#)



People at Higher-Risk for Severe Illness

Similarities:

Both COVID-19 and flu illness can result in severe illness and complications. Those at highest risk include:

Older adults

People with certain underlying medical conditions (including infants and children)

Pregnant people

Differences:

Overall, COVID-19 seems to cause more serious illnesses in some people.

Serious COVID-19 illness resulting in hospitalization and death can occur even in healthy people.

Some people that had COVID-19 can go on to develop [post-COVID conditions](#) or [multisystem inflammatory syndrome \(MIS\)](#)

[People at Increased Risk of COVID-19 Severe Illness](#)



source: CDC

Report Suspicious Activity or Behavior



iWATCH
ARMY

iREPORT

i KEEP US SAFE

See Something

Say Something

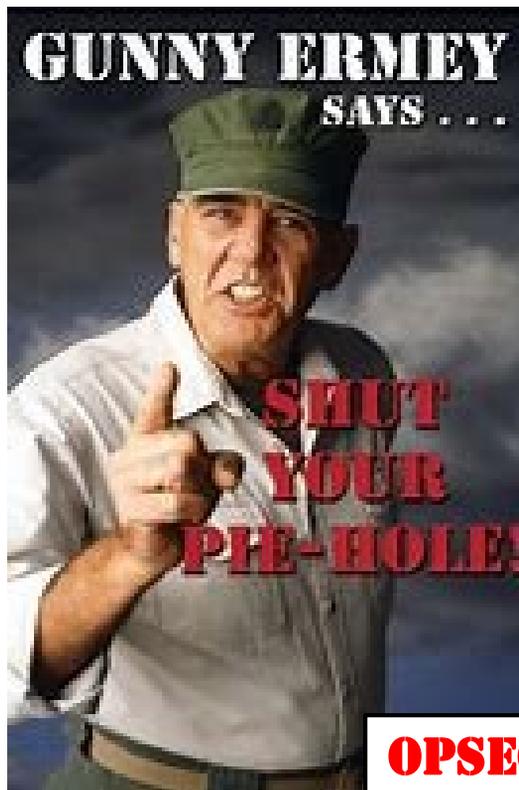
J-3/7 DOMOPS (Force Protection Team)

CPT Mike Page, ATFP/OPSEC Officer, 615-313-0750

1LT Mike Jester, PSO / CPT Teana Caswell, Acting PSO, 615-313-0940

Andrew Moore, EMPM, 615-313-0917

Richard Merian, ATPC / Zach Hensley, Acting ATPC, 615-313-0813



Resources

Department of Homeland Security
<https://www.dhs.gov>

Federal Emergency Management Agency (FEMA)
www.fema.gov

Ready Campaign
www.ready.gov

Ready Army
<https://ready.army.mil>

Centers for Disease Control and Prevention
www.cdc.gov

National Weather Service
www.weather.gov

Tennessee Emergency Management Agency
<https://www.tn.gov/tema.html>

NOAA
<https://www.noaa.gov>

Tennessee State Government
www.tn.gov

American Red Cross
<https://www.redcross.org>

U.S. Army Combat Readiness Center
<https://safety.army.mil/>

TWRA
<https://www.tn.gov/twra.html>

