Proudly providing resilience education and training in the Shenandoah Valley since 2000.

Resiliency Digest

May 2021

*News & tips for being ready
before, during, and after emergencies.*

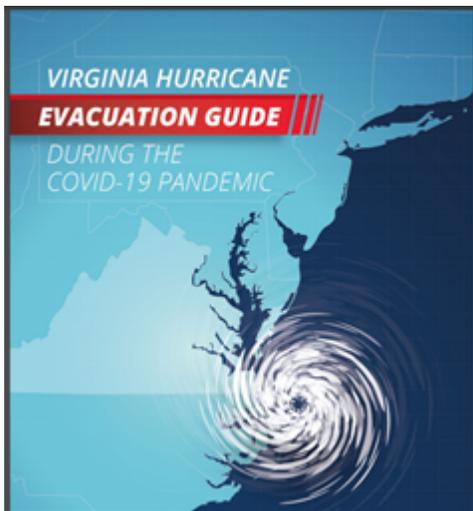Having trouble reading this email? Click the link to view in your browser.
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Don't Let Hurricane Season Sneak Up on You

Hurricanes are dangerous and can cause major damage because of storm surge, wind damage, and flooding. They can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans. Storm surge is historically the leading cause of hurricane-related deaths in the United States. The Shenandoah Valley is not immune to the effects of a hurricane, just ask anyone who lived through Hurricanes Isabel and Fran!

The Virginia Department of Emergency Management has created the ***Virginia Hurricane Evacuation Guide During the Covid-10 Pandemic*** to help residents prepare in the event of a hurricane.

Get the whole family involved in preparedness with these free webinars from the National Hurricane Center. The webinars will focus on the job of a meteorologist, the weather hazards associated with hurricanes, and how meteorologists get you the information you need before a storm.

English: Wednesday, May 12 (4-5 pm ET / 3-4 pm CT):
https://nhcwebinar12.eventbrite.com/

English: Tuesday, May 18 (5-6 pm ET / 4-5 pm CT):
https://nhcwebinar18.eventbrite.com/

Espanol: jueves 13 de mayo (4-5 pm ET / 3-4 pm CT):
https://nhcwebinar13.eventbrite.com/

More information on the Hurricanes at Home webinars can be found *HERE.*

How Are Your Wildfire Defenses?

What's the Home Ignition Zone and how can you defend against wildfires? This compelling first-hand account shares how one property owner's defensible space saved her home.

Discover more tips for preparing your home **_HERE._**

Building Safety Helps Everyone

May is Building Safety Month, an international campaign to raise awareness about building safety. This campaign reinforces the need for the adoption of modern,

regularly updated building codes, and helps individuals, families and businesses understand what it takes to create safe and sustainable structures.

For more information visit the ***International Code Council's website.***

Don't Fry Day Reminds About Sun Safety

The Friday before Memorial Day is Don't Fry Day! The National Council on Skin Cancer Prevention has created Don't Fry Day to encourage sun safety awareness by reminding everyone to protect their skin while enjoying the outdoors on Don't Fry Day and every day.

Remember to Slip! Slop! Slap! and Wrap! when you're outdoors. Slip on a shirt, slop on sunscreen of SPF 15 or higher, slap on a hat, and wrap on sunglasses.

For more useful sun-safe tips, visit ***https://skincancerprevention.org/***

For additional resources to help protect yourself, loved ones, and property, visit the *National Weather Service*, *Ready.gov*, *U.S. Fire Administration*, and the *National Safety Council*.

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