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Resiliency Digest

April 2021

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

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Observing National Public Health Week 2021



NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE **AMERICAN PUBLIC HEALTH ASSOCIATION**

April 5-11, 2021 marks the American Public Health Association's 26th Annual National Public Health Week (NPHW), a time set aside to recognize public health contributions and highlight issues that are important to improving our nation's

health. The overall theme for 2021 is “Building Bridges to Better Health,” and each day will showcase the following elements. Click the links below for more info on each topic.

NPHW 2021 DAILY THEMES AND FACT SHEETS

Monday: [Rebuilding](#)
Tuesday: [Advancing Racial Equity](#)
Wednesday: [Strengthening Community](#)
Thursday: [Galvanizing Climate Justice](#)
Friday: [Constructing COVID-19 Resilience](#)
Saturday: [Uplifting Mental Health and Wellness](#)
Sunday: [Elevating the Essential and Health Workforce](#)

#SafePlaceSelfie Day is April 7, 2021

#SafePlaceSelfie
Join us on April 7, 2021

- Learn the weather hazards that happen in your area
- Find locations that will keep you safe and take a selfie
- On April 7, post your photo using #SafePlaceSelfie

safe place: interior hall

safe place: basement

weather.gov/SafePlaceSelfie

NOAA

Wednesday, April 7, 2021 is #SafePlaceSelfie day, a campaign of the National Weather Service to encourage citizens to learn about local hazards and know ahead of time where their “safe place” in the event of an emergency would be. Because Virginia is subject to many different types of hazards throughout the year, taking selfies in various locations based on the emergency circumstance is helpful! Here are ideas for #SafePlaceSelfie Day participation:

Step #1: Identify Common Hazards.

Hazards to be prepared for in the Shenandoah Valley region include Floods • Winter Storms • Hurricanes • Wildfires • Tornadoes and Windstorms • Drought • Land Subsidence, Karst Topography, and Sinkholes

Step #2: Get Creative.

Have pets or children? Get them involved in the selfie process.

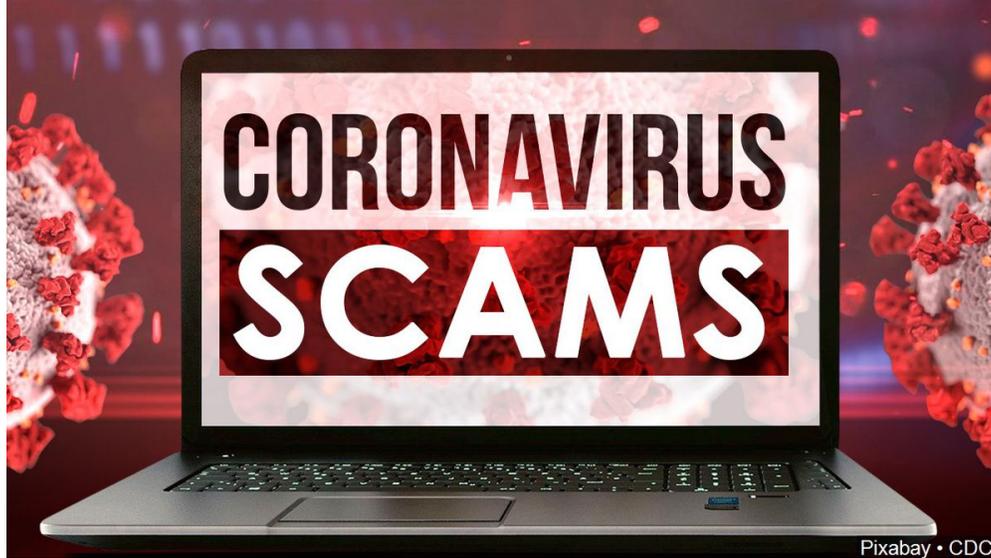
Step #3: Challenge others by tagging them in your post.

“Hey, @_____, where is your safe place when extreme weather threatens?”

Step #4: Follow the action throughout the day.

Stay engaged by replying to, liking, and/or retweeting your favorite #SafePlaceSelfies.

Financial Preparedness: Avoiding COVID Scams



Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. As the COVID-19 pandemic continues to impact the United States, the FCC has learned of scam phone, email, text, social media, and mobile app campaigns and robocalls that prey on virus-related fears. In Virginia, federal and state agencies have teamed up to create the Virginia Coronavirus Fraud Task Force. Local TV station WHSV-TV3 recently published a [report on the Task Force, including valuable information for avoiding common COVID-19 scams.](#) Here are just a few of the types of scams to watch out for:

- Government relief checks
- Treatments
- Supplies
- Charities
- Phishing
- Manipulation of mobile apps
- Robocalls
- Investments
- Price gouging
- Misinformation and rumors

Visit the [WHSV-TV3 article](#) for more details and links to report any of these types of texts, calls, or messages you may receive.

Example texts and additional tips available [HERE](#).

Community Resiliency Achievements & Announcements



When I was going through school, the thing I disliked most was the dreaded “word problem”. I never understood how they applied to real life or why we should care about how many people got off of the train in California so we could determine what kind of sandwich someone was eating in Iowa? But now I have a word problem for you: **Crisis + Committed Volunteers = Stronger Community.**

This word problem describes the members of the Staunton-Augusta-Waynesboro Community Emergency Response Team (S-A-W CERT) all of the time, but I think now even more than ever it has been especially appropriate. Like many others, S-A-W CERT members have stepped up in the midst of the devastating COVID-19 pandemic to help others navigate this challenging situation and stay safe. This time last year, CERT members were making weekly runs between Rockbridge and Augusta Counties to pick-up and deliver homemade masks that were being made and distributed to those most vulnerable in the region. Now, S-A-W CERT members are tirelessly donating their time to assist with Augusta Health’s vaccine clinics. Once again, they are donating their time and energy to keep others in the community safe.

The CERT program began here in our region in 2003. I have had the privilege of working with some of the most community-minded, thoughtful, and caring folks in the region during these 18 years. As S-A-W CERT Coordinator, I can’t thank the CERT members enough for all they have done to help us over the past year! Their word problem I definitely understand.

If you would like to learn more about the S-A-W CERT program and how you can join, please contact me, Rebecca Joyce at 540-885-5174 ext. 112 or at rebecca@cspdc.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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