As the temperatures continue to drop and we move into the winter months, knowing how to avoid, spot and treat **frostbite** and **hypothermia** can be the difference between life and death.

**Avoid:** When the weather is frigid, try to stay indoors. If you must go outside, be sure to wear: a scarf or mask that covers the face & mouth, gloves, a hat, a water-resistant coat and several layers of loose-fitting clothing.

**Spot:** The first signs of **frostbite** may be redness or pain in any skin area. Other signs include a white or grayish-yellow skin area and skin that feels unusually firm or waxy numbness. Signs of **hypothermia** include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness.

**Treat:** If you are not able to get medical help right away, try to get the person into a warm room or shelter and remove any wet clothing the person is wearing. For **hypothermia**, it's essential to warm the center of the person’s body. For **frostbite**, put the affected areas in warm (not hot) water (the temperature should be comfortable to the touch for unaffected parts of the body).

Read more winter safety tips at [getprepared.in.gov](http://getprepared.in.gov)

Best Regards,

Mary Moran
IDHS Director of Emergency Management

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**IDHS/IDEM collecting PFAS foam from Indiana fire agencies**
Read the latest Radiological Emergency Preparedness (REP) Quarterly Newsletter.

New Way to Connect

The Indiana Fire & Public Safety Academy has a new Facebook page where you can get the latest information from the Academy including up-to-date information on current classes.

New Updated FEMA Guides

FEMA has released the revised the In-Depth Guide to Citizen Preparedness “Are You Ready”. It was last released in 2004. It is available in both English and Spanish.

FEMA has released the Long-Term Community Resilience Exercise Resource Guide, which focuses on designing whole community exercises to prepare for the effects of a changing climate.

Public Safety Jobs Dashboard

Check out all the current openings on the IDHS Public Safety Jobs dashboard. If your agency is hiring and would like to promote the job, submit your information below the dashboard. It's free.

Exercise Updates

Exercise is offering a cybersecurity workshop in March 2022 where participants will be able to hear from local, state and federal partners.

- Mar. 15, 2022, 9:30 a.m. to 2:30 p.m.
- Virtual via Microsoft Teams. The registration link will be made available soon.

North District (1-4) EMAs please complete the 2022 Civil Unrest Functional Exercise survey. We are seeking your feedback and thoughts in preparation for the Concept and Objectives meeting for the exercise.

The IDHS Exercise Section helped support the HSEEP compliant Highway to Recovery Seminar and Drill led by the Local Government Support Section on Nov. 4, 2021. These exercises were planned with the close coordination of IDHS Recovery and the National Weather Service. This exercise had a similar concept to the 2018 Road to Recovery Full Scale Exercise with central and south districts. Eventually, the Local Government Support Section would like to offer this exercise to other districts to help support the South’s Tornado/Damage Assessment preparedness priority.
Public Assistance Program

The Request for Public Assistance deadline remains open. A specific deadline for RPAs will be announced when a disaster end date for the COVID-19 pandemic is established by FEMA.

Continue checking the IDHS Public Assistance Program webpage for updates on guidance, trainings and other vital information.

Grants Updates

This is the time of year where multiple grant cycles are open at the same time. Please take the time to review your grant awards. Log into the system to complete your final program and fiscal reports, and reach out for assistance by submitting a grants support ticket. Fiscal reports require uploading supporting documentation in order to expedite the reimbursement process. An invoice and proof of payment must be accurate for approval of a fiscal report. Please review the reimbursement requirements document for examples. Grants is also working on the current grant awards contract process during this time and will get grant agreements out for signature ASAP.