



October 8, 2021 | Issue 30

Resilience Report

Brief insights and the latest innovations in emergency management and health security.

As we mark the start of October and look forward to this month's treats, we urge caution that one does not fall victim to the tricks of the web. This week, the Resilience Report acknowledges National Cybersecurity Awareness Month and the precautions you can take to protect yourself online.



Major Oil Spill

A [large oil spill](#) off the coast of southern California made headlines last weekend, and as officials continue their investigation, they believe a [13-inch pipe tear](#) may be the root cause. Meanwhile you might be surprised to hear that how we clean oil spills [hasn't changed](#) in over 20 years, and as such, researchers are calling for use of more effective clean up methods.

20 Years After the Anthrax Attacks

A [pair of bills](#) were introduced last week to improve the federal government's investigation and response to biological threats. These bills come at an opportune time as we look back at the 2001 anthrax attacks - some public health officials argue that we are [still ill-prepared](#) from a funding and technological perspective to handle biological threats effectively.

COVID-19 Continues to Headline

COVID-19 continues to make headlines as Pfizer seeks FDA emergency use authorization for its vaccine for children [ages 5 to 11](#). A meeting to discuss the topic is on the books for October 26th. Other FDA meetings are upcoming on October 14th and 15th to discuss booster shots for the [Moderna and Johnson & Johnson](#) shots.



SPECIAL HIGHLIGHT: CYBERSECURITY

Every week, we'll dedicate space for a hot topic that we think is especially important for emergency managers to read. This issue, we examine preparedness through a cybersecurity lens. As October marks National Cybersecurity Awareness Month, it is critical that individuals take action to protect themselves from cyber threats.

- The [Government Accountability Office](#) recently released its review of 12 federal agencies' abilities to support telework and implement the proper security systems to protect remote access systems. The report outlined nine recommendations for six agencies to consider to improve shortfalls.
- As cybersecurity threats continue to grow in complexity, some governments require help mitigating risks and responding to attacks. Read about how [whole-of-state cybersecurity partnerships](#) have helped NYC, the state of Colorado, York County, VA, and others promote information sharing and cross-agency collaboration.
- Most are aware of the phishing scams that arrive through email, but have you considered how social media may make you susceptible to threats? Here's seven [social media best practices](#) to consider to protect your accounts. And since Facebook continues to make the news following its outage this week, here's the [latest](#) news.
- We all heard about how the Colonial Pipeline [ransomware attack](#) took down the U.S.'s largest fuel pipeline earlier this year. But now, a ransomware risk report from [Black Kite](#) outlines similar susceptibility for [25%](#) of Big Energy companies.

National Cybersecurity Awareness Month and You

We have continually outlined physical individual preparedness tips in our past Resilience Reports. But how can you assure you're not a victim of a cyber attack? Here are some elements to consider as we kick off National Cybersecurity Awareness Month.

Suggestion #1: Improve your cyber hygiene with CISA's [4 Steps to Keep You Cyber Safe](#). Simple strategies like updates (which often contain important security features), strong passwords, and awareness of phishing schemes can help protect your data.

Suggestion #2: [Keep your business safe from threats like malware, phishing, and ransomware](#). Talk with your employees about cyber hygiene, and make sure your data is backed up properly to minimize risk. Consider a no-cost [Cyber Resilience Review](#).

Suggestion #3: Know [what to do after a cyber attack](#). Don't turn off your machine, play the blame game, or hover over your cyber team. Do have a committee ready and available to deal with the threat, assign funds and employees appropriately, and ensure access to a secure communications platform.

CONSTANT staff are experienced in developing continuity of operations plans. [Email](#) us to learn more!



FUN THINGS

Celebrate Oktoberfest!

There may be no [wiesn in Munich](#) this year due to the COVID pandemic but that doesn't mean you can't partake in local celebrations for a favorite fall holiday! [Here's](#) a rundown of Oktoberfest celebrations happening in LA. If you're celebrating in your personal *biergarten*, here's all the recipes you need to serve [traditional Oktoberfest fare](#). Prost!

Prioritize Your Health Routine.

Since 1985, October has been recognized as [breast cancer awareness month](#), with the iconic [pink ribbon](#) debuting in 1992. The [NFL](#) has emerged as one of the strongest and most visual backers of the annual campaign, with players and staff donning pink attire to show their support. In addition to breast cancer awareness, October is also the month for other public health initiatives, including [world mental health day](#) and the [Go Sober for October](#) campaign.

Break Out the Scary Movies.

As a lead-up to the spooky holiday, we suggest [Midnight Mass](#) (Netflix), an excellent show if you enjoy thrillers, with just the right touch of bone-chilling scares. If that sounds like too much, [Only Murders In The Building](#) (Hulu) is a hilarious watch that keeps you on your toes. And if ALL of that is too much, there's always [The Legend of Sleepy Hollow](#) (Disney +), a family-friendly cartoon following the (mis)adventures of Ichabod Crane.



We're Here to Support You

If you need help with ARPA projects, COVID-19 AARs, or anything in between, shoot us an email at donna@constantassociates.com. We are here to help.

CONSTANT is certified as an 8(a) and Economically Disadvantaged Woman Owned Business (EDWOSB) and as a Great Place To Work. We are an Equal Opportunity Employer.

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