

## IS-450.NC Emergency Preparedness for Federal Employees in the National Capital Region

### List of Additional Resources

- FEMA Mobile Site: <http://m.fema.gov>
- Capital Region Updates: <http://www.capitalregionupdates.gov>
- See Something, Say Something Campaign: <http://www.dhs.gov/files/reportincidents/see-something-say-something.shtm>
- Guidance for Specific Hazards: <http://www.ready.gov/natural-disasters>
- FEMA Independent Study (IS) Program website: <http://training.fema.gov/is/>  
Some relevant IS courses include:
  - IS-394.a - Protecting your Home or Small Business from Disasters
  - IS-906 - Workplace Security Awareness
  - IS-907 - Active Shooter: What You Can Do
  - IS-909 - Community Preparedness: Implementing Simple Activities for Everyone
  - IS-10 - Animals in Disaster: Awareness and Preparedness
  - IS-22- Are You Ready: In-depth Guide to Citizen's Preparedness
  - IS-106.12 - Workplace Violence Awareness Training 2012
  - IS-324.a - Community Hurricane Preparedness
  - IS-366 - Planning for the Needs of Children in Disasters
- Public Transportations in NCR
  - Metro <http://www.wmata.com>
  - MARC Train <http://mta.maryland.gov/marc-train>
  - VRE <http://www.vre.org>