DROUGHT

A lack of precipitation for an extended period of time can cause a drought. If droughts persist for long periods of time, they can pose a great danger to you and your family and your hydration.

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

How to Prepare for a Drought

- Know the four stages of a drought:
  - **Drought Watch**—The least dangerous, declared when a drought is developing. Public water suppliers will begin to conserve water. You should try to minimize water use.
  - **Drought Warning**—Public water suppliers and industries begin to update and implement their drought contingency plans in case of an emergency. You should minimize water use.
  - **Drought Emergency**—A state of emergency may be declared. Mandatory water restrictions may be instituted. Alternative water sources may be tapped.
  - **Drought Disaster**—A disaster may be declared and contingency plans put in place. Water is further rationed. You may receive emergency assistance.
- Stay aware of the weather and long periods without precipitation.
- Try to conserve the amount of water you use.

Water Conservation

- Conserve water indoors:
  - Check for water leaks around your home.
  - Consider installing low-flow toilets, faucets and shower heads.
  - Take shorter showers.
  - Do not leave the water running unnecessarily. Turn the faucet off when you are brushing your teeth, shaving or scrubbing dishes.
  - Do not waste water by waiting for it to heat up. Capture the cold water to use later or heat water on the stove.
  - Reuse water you wash vegetables in to water plants, etc.
  - Do not waste water on small laundry loads—set the washer on the proper water level.
- Conserve water outdoors:
  - When washing cars, turn the hose off instead of letting it run.
  - Wash the car on the lawn, so it gets watered simultaneously.
  - Do not overwater the lawn. It needs to be watered only every 5–7 days in hot weather and every 10–14 days the rest of the time.
  - Never leave sprinklers and hoses unattended—don't forget to turn them off.
  - Water lawn during designated times of the day.
  - Use the most water-efficient hoses and sprinklers.
  - Avoid ornamental water features (fountains) unless they recycle water.
- Conserve water in the community:
  - Follow all water restrictions and water shortage rules.
  - Encourage neighbors to be water conscious.

What to Do If There Is a Drought

- Stay aware of the amount of water being used each day.
- While it is important that you are careful with the amount you consume, do not ration to the point of dehydration.
- Recycle water for household uses.
- Adhere to all guidelines and restrictions imposed by local or federal authorities.

Where to Find Additional Information

- American Red Cross—**www.redcross.org/static/file_cont162_lang0_70.pdf**
- Environmental Protection Agency (EPA) Office of Ground Water and Drinking Water—**www.epa.gov/owm/water-efficiency/index.htm**

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

EARTHQUAKE

The sudden and violent shaking experienced during an earthquake is caused by the shifting and breaking of subterranean rocks. Earthquakes can happen almost anywhere and anytime without warning, so you and your family should be prepared.

How to Prepare for an Earthquake

- Minimize home hazards by bolting shelves, bookcases, china cabinets and other tall furniture and strapping the water heater to structural elements in the walls.
- Identify a safe place in every room of your home where nothing can fall on you, such as under a table, against a wall or in a doorway.
- Practice earthquake drills as a family so everyone knows what to do, especially ―Drop, Cover, and Hold On!"
- Get an emergency supply kit, and store it where it can be accessed by all family members.
- Develop an evacuation procedure as a family.
- Develop an emergency communication procedure in case family members are separated during an earthquake.

What to Do If There Is an Earthquake

- If you are indoors:
  - Do not run outside. There may be falling debris.
  - If possible, DROP to the floor, take COVER under a table or sturdy piece of furniture and HOLD ON until the shaking stops.
  - If you are not near any sturdy furniture, crouch in a corner or in a stable doorway where there is less chance of things falling on you.
  - Stay away from windows, light fixtures, unstable furniture or anything that could fall.
  - Stay inside until the shaking stops and you are absolutely sure it is safe to go outside.
  - The electricity may go out, so don't use elevators.
- If you are outdoors:
  - Statistics show that the most injuries in earthquakes are caused by falling debris.
  - Move into an open area away from buildings, street lights, utility wires and anything else that could fall.
  - Once in an open area, drop to the ground.
- If you are in a moving vehicle:
  - Stop as soon as you can, away from buildings or anything that could fall.
  - Stay in the vehicle.
  - Proceed very slowly once shaking stops.
- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

What to Do When the Shaking Stops

- Check yourself and others for injuries.
- Turn off any building gas supply if you suspect a leak.
- Stay tuned to the radio for further information and instructions.
- Expect aftershocks, which can come minutes, hours or days after an earthquake.
- If an aftershock happens, ―Drop, Cover and Hold On."
- Be very careful of falling debris in homes or outdoors. This is how most injuries occur.
- If you are trapped beneath debris:
  - Do not light a match for light. There may be gas leaks in the area.
  - Do not move around or kick up dust.
  - Cover your mouth with a handkerchief or piece of clothing to reduce dust inhalation.
  - Tap on a pipe (preferably with something that won't cause a spark) or use a whistle to help rescuers find you. Shout only as a last resort as it will increase dust inhalation.
- If you live near the ocean, be aware of possible tsunamis, which are caused by earthquakes off the coast.

Where to Find Additional Information

- American Red Cross—**www.redcross.org/static/file_cont164_lang0_71.pdf**
- Centers for Disease Control and Prevention (CDC)—**www.bt.cdc.gov/disasters/earthquakes/**
- Department of Homeland Security (Ready.gov)—**www.ready.gov./america/beinformed/earthquakes.html**
- Federal Emergency Management Agency (FEMA)—**http://www.fema.gov/hazard/earthquake/index.shtm**

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

FLOOD

Flooding is the most common natural disaster and can occur anywhere. Flooding can be localized in a particular neighborhood or widespread, affecting entire cities or large portions of states and territories. Floods can develop over a period of days, giving you adequate time to prepare; however, flash floods can develop in a matter of minutes. Flash flood waters can be caused by heavy rain, levee breaches or dam failures. Rushing flood waters can be deeper and stronger than they look. These waters are also destructive and can carry debris, rocks and mud.

How to Prepare for a Flood

- Determine whether your home or work place is in a predetermined flood plain.
- Stay informed and know flood terminology:
  - **Flood Watch**—Flooding is possible. Stay tuned to radio or TV for more information.
  - **Flash Flood Watch**—Flash flooding is possible. Stay tuned to radio or TV for more information. Be prepared to move to higher ground.
  - **Flood Warning**—Flooding is currently occurring or will occur soon. Listen for further instructions. If told to evacuate, do so immediately.
  - **Flash Flood Warning**—Flash flooding is currently occurring or will occur soon. Seek higher ground on foot immediately.
- Get an emergency supply kit, and store it where it can be accessed by all family members.
- Know your installation's plan, and develop an evacuation procedure as a family.
- Develop a communication plan in case you are not together during evacuation.
- Identify where you can go if you need to reach higher ground quickly and on foot.
- Keep enough fuel in your car's tank to evacuate. Expect a high volume of slow traffic.

What to Do If There Is a Flood

- Stay tuned to the radio or TV for further information and instructions.
- If you are ordered to evacuate:
  - Take only essential items.
  - Turn off gas, electricity and water.
  - Disconnect appliances.
  - Do not walk in moving water.
  - Do not drive in flood water. As little as six inches of water can cause loss of control and stalling of a vehicle.
  - Follow the designated evacuation procedure.
- If you are NOT ordered to evacuate:
  - Stay tuned to emergency stations on radio or TV.
  - Listen for further instructions.
  - Prepare to evacuate to a shelter or a neighbor's home if your home is damaged.

- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

What to Do After a Flood

- Listen to news reports to make sure water supplies are not contaminated.
- Stay clear of flood waters, standing and moving, as they may be contaminated or deeper than expected.
- Beware of downed power lines.
- Avoid any roads where flood waters have receded as they may have weakened and could collapse under the weight of a car.
- Be extremely cautious when entering buildings and homes, as there may be unseen damage.
- Clean and disinfect everything that was touched by flood water, as it can contain sewage and other contaminants.

Where to Find Additional Information

- American Red Cross—**www.redcross.org/static/file_cont180_lang0_80.pdf**
- Centers for Disease Control and Prevention (CDC)—**www.bt.cdc.gov/disasters/floods/readiness.asp**
- Department of Homeland Security (Ready.gov)—**www.ready.gov/america/beinformed/floods.html**
- Federal Emergency Management Agency (FEMA)—**www.fema.gov/hazard/flood/index.shtm**

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HEAT WAVE

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

A heat wave is any period of several weeks when temperatures are at least 10 degrees higher than average for the region. Extreme heat can be very dangerous. In the United States, 400 people die each year from heat-related complications, more than from any other natural disaster.

How to Prepare for a Heat Wave

- Stay informed and know heat terminology:
  - **Heat wave**—An extended period of extreme heat, usually combined with excessive humidity.
  - **Heat index**—Combines air temperature and relative humidity to express the apparent temperature, or ~~"~~how hot it actually feels."
- Make sure you have a fan or something to circulate air in extreme heat, as many heat-related deaths can be attributed to stagnant atmospheric conditions or poor air quality.

What to Do If There Is a Heat Wave

- Slow down and don't do anything too strenuous.
- Stay inside as much as possible.
- If air conditioning is not available in your home, stay on the lowest level as heat tends to rise or go to a public building with air conditioning.
- If you stay in your home without air conditioning, make sure there is a mechanism such as a fan, to circulate the air around you.
- Drink lots of water, even if you don't feel thirsty.
- Avoid alcohol, caffeine and salt.
- Wear loose, light-colored clothing.
- Be aware that a power outage or drought can result from a heat wave.

Heat Emergencies

Keep a lookout for possible heat emergencies:

- **Heat cramps**—Muscle spasms and aches from heavy exertion in extreme heat. They are usually the first sign of heat-related complications.
- **Heat exhaustion**—A form of mild shock that results from insufficient body fluids due to extreme heat and excessive exercising. The blood flow to the skin increases, decreasing blood flow to vital organs and raising the body temperature, increasing the risk of a heat stroke. Symptoms include—
  - Often pale with cool, moist skin
  - Sweating profusely
  - Muscle cramps or pains
  - Feeling faint or dizzy
  - Headaches, weakness, thirst and nausea
  - Elevated core temperature—usually more than 100˚F—and increased pulse rate

Heat Emergencies (continued)

- **Heat stroke/sun stroke**—The body's temperature control system stops working, causing body temperature to rise so high (103˚F or more) that there may be brain damage or death. Symptoms include—
  - Unconsciousness or markedly abnormal mental status (dizziness, confusion, hallucinations or coma)
  - Flushed, hot and dry skin (although it may be moist initially from previous sweating or from attempts to cool the person with water)
  - Slightly elevated blood pressure at first that drops later
  - Hyperventilating
  - Core temperature of 105˚F or more
- If you experience or observe any of the above conditions, seek medical attention immediately.

Where to Find Additional Information

- American Red Cross—**www.redcross.org/static/file_cont203_lang0_93.pdf**
- Centers for Disease Control and Prevention (CDC)—
  - **www.bt.cdc.gov/disasters/extremeheat/pdf/heat_guide.pdf**
  - **www.bt.cdc.gov/poweroutage/pdf/poweroutage.pdf**
- Federal Emergency Management Agency (FEMA)—**www.fema.gov/hazard/heat/index.shtm**

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

POWER OUTAGE

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

Electrical power can go out for any number of reasons. An unexpected outage can have unforeseen consequences. Without electricity, you may experience a shortage of food and clean water, as well as extreme temperatures. You should be prepared to manage without power for an extended period of time.

Rolling Blackouts

- Rolling blackouts, or temporary power shortages, may happen from time to time when power companies turn the power off in certain areas to curb usage.
- Rolling blackouts occur during peak seasons and hours and of energy consumption, usually in the summer, 4–7 p.m.
- Power companies try to warn affected areas of planned rolling blackouts, but they cannot always do so.
- The power is usually out for only about an hour.

Summer Blackouts

- Extreme heat is usually the cause of summer blackouts.
- Summer blackouts are dangerous because they eliminate the most effective ways to beat the heat: fans and air conditioning.
- In the absence of these means of keeping cool, make sure you stay hydrated.
- Take cold showers or baths to cool down.

How to Prepare for a Power Outage

- Make sure you have flashlights and batteries including a spare battery or hand-crank charger for your cell phone.
- Make sure you have a battery-operated or hand-crank radio or TV.
- Stockpile plenty of nonperishable food and bottled water.
- Back up computer files regularly.
- Get an emergency supply kit.
- Make a family emergency plan.

What to Do If There Is a Power Outage

- Use flashlights rather than candles for light to minimize risk of fire.
- Turn off the electrical equipment you were using when the power went out.
- Water purification systems may not be functioning when the power goes out, so water may be unsafe to use. Drink and use water that has been bottled, boiled or treated with iodine tablets and a filtration system.
- Try not to open the freezer or refrigerator too much. A full freezer should keep food for 48 hours.
- Pack dairy products, meat, fish, eggs, refrigerated medicines and other items that can quickly spoil in a cooler surrounded by ice to extend their usability.

What to Do If There Is a Power Outage (continued)

- If the power goes out in extreme heat:
  - Stay hydrated, drinking a glass of water every 15–20 minutes.
  - Wear light-colored, loose-fitting clothing.
  - Keep the air circulating by opening doors and windows.
  - Be aware of the possibility for a heat-related injury.
- If the power goes out in extreme cold:
  - Wear several layers of warm clothing.
  - Keep moving to stay warm.
  - Be aware of the possibility of hypothermia, which happens when one's body temperature falls below 95˚F.

Where to Find Additional Information

- American Red Cross
  - **www.redcross.org/static/file_cont1359_lang0_609.pdf**
  - **www.redcross.org/static/file_cont3461_lang0_1352.pdf**
- Centers for Disease Control and Prevention (CDC)
  - **www.bt.cdc.gov/poweroutage/pdf/poweroutage.pdf**
  - **www.bt.cdc.gov/poweroutage/pdf/blackout.pdf**

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TORNADO

Tornadoes, the most violent natural hazard, are rotating, funnel-shaped clouds formed from thunderstorms. Strong winds are the most destructive aspect, with gusts reaching as high as 300 mph. The damage path can be a mile wide. Tornado season is generally March through August, but tornadoes can occur any time of the year. Tornadoes most often occur at the tail end of a thunderstorm. Eighty percent of tornadoes occur between noon and midnight. While some areas are more prone to tornadoes than others, they can occur anywhere, so it is best to be prepared.

How to Prepare for a Tornado

- Stay informed and know tornado terminology:
  - **Tornado watch**—Weather conditions are favorable for the development of a tornado. Stay tuned to the radio or TV for more information and further instructions.
  - **Tornado warning**—A tornado has been spotted. Take shelter immediately.
- Identify a place in your home to take shelter in case of a tornado:
  - A storm shelter or basement provides the best protection.
  - Otherwise, choose an interior room or hallway on the lowest floor possible.
  - Have frequent tornado drills
  - If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.
- Get an emergency supply kit, and make a family emergency plan.

Who's Most at Risk

- People in automobiles.
- The elderly, very young and the physically or mentally impaired.
- People in mobile homes.
- People who may not understand the warning due to a language barrier.

What to Do If There Is a Tornado

- Take shelter immediately in the designated room.
- If you are outside, find shelter immediately or, if shelter is unavailable, lie flat in a ditch or low-lying area.
- If you are in a car, stop immediately and find shelter. Do NOT try to drive through a tornado.
- Stay tuned to radio or TV for information and instructions as they become available.
- Stay in shelter until the tornado has passed.
- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

What to Do After a Tornado

- Stay clear of downed power lines.
- Stay out of damaged areas.
- Stay tuned to radio or TV for further information or instructions.
- Inspect your home for damage, but be careful of unseen damage.

Where to Find Additional Information

- American Red Cross—**www.redcross.org/static/file_cont244_lang0_114.pdf**
- Centers for Disease Control and Prevention—**www.bt.cdc.gov/disasters/tornadoes/**
- Department of Homeland Security (Ready.gov)—
  www.ready.gov./america/beinformed/tsunamis.html
- Federal Emergency Management Agency (FEMA)—
  www.fema.gov/hazard/tornado/index.shtm

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

WINTER STORM

The extreme cold and heavy snowfall that accompany winter storms can be debilitating and dangerous. Winter storms can affect everyone, even those who usually experience mild winters. Heavy snowfall can be blinding for drivers and dangerous for those it traps indoors. Winter storms may also include high winds, sleet, freezing rain, frozen roads, power outages and dangerously cold temperatures.

How to Prepare for a Winter Storm

- Be aware of the risk for severe winter weather in your area.
- Stay informed and know winter storm terminology:
  - **Freezing rain**—Rain that freezes when it hits the ground. Ice may coat roads, walkways, trees and power lines.
  - **Sleet**—Rain that freezes into ice pellets before it reaches the ground. Sleet can cause moisture on roads and walkways to freeze.
  - **Winter storm watch**—Weather conditions are favorable for development of a winter storm. Stay tuned to radio or TV for more information and instructions.
  - **Winter storm warning**—A winter storm is occurring or will occur soon.
  - **Blizzard warning**—Considerable amounts of snow with sustained winds or frequent gusts up to 35 mph are expected to prevail for at least three hours. Visibility is reduced to less than a quarter mile.
  - **Frost/freeze warning**—Below-freezing temperatures are expected.
- Make sure your home is properly insulated.
- Caulk and weather strip doors and windows to keep out cold air.
- Insulate pipes to prevent freezing.
- Consider what to use for emergency heat in case the electricity goes out:
  - Fireplace with ample supply of wood
  - Small, well-vented camp stove with fuel
  - Portable space or kerosene heater (check with your fire department first)
- Understand the heating system in your home. Be aware that the most destructive home fires happen during winter weather due to improper use of heating devices.
- To prevent water damage from burst pipes, keep your home's temperature above freezing, even if you are away.
- Keep your car's gas tank full to keep the fuel line from freezing and for emergency use.
- Make sure you have an adequate amount of winter clothing and blankets for your family.
- Get an emergency supply kit that includes rock salt, sand, snow shovels and other snow-removal equipment, adequate winter clothing and batteries for radio and flashlights.
- To slow the accumulation of snow and ice on your driveway and outside steps, pretreat these surfaces by spreading a small amount of rock salt.

What to Do If There Is a Winter Storm

- Stay inside and monitor the radio or TV for more information or instructions.
- Eat regularly and drink plenty of fluids.
- Practice fire safety, check the batteries in your smoke alarms and make sure there is plenty of ventilation if you are using a heat source that can produce hazardous smoke or fumes.
- Dress in several layers of warm clothing.
- If you are outside:
  - Do not overexert yourself in snow shoveling or any other physical activity.
  - When shoveling, do not try to move large amounts of snow each time. Lift with your legs to help prevent serious back injury.
  - Cover your mouth to protect your lungs from the extremely cold air.
  - Keep dry and change any wet clothing as soon as possible.
- Watch for signs of frostbite: loss of feeling or pale appearance in extremities.
- Travel only if you must, during the day and on main roads.
- If you are trapped in your car by a blizzard:
  - Pull to the side of the road and put the hazard lights on.
  - Remain in the vehicle, where rescuers are most likely to find you.
  - Run the engine for 10 minutes every hour to keep warm.
  - Exercise to maintain body heat, but do not overexert yourself.
  - Drink fluids to avoid dehydration.
  - At night, take turns sleeping and turn the inside light on.
  - Be careful not to waste battery power.
  - If you are stranded in a remote area, stomp large block letters in an open area that spell ―HELP" or ―SOS."
  - Leave the car on foot only if absolutely necessary and the blizzard has passed.
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, slurred speech and drowsiness.
- If signs of hypothermia are detected, keep victims warm by removing all wet clothing, warm the center of their bodies first and seek medical attention immediately.

What to Do After a Winter Storm

- Stay tuned to radio or TV for more information or instructions.
- Be aware of the possibility of flooding after a winter storm.
- Seek medical attention immediately if needed.
- Be very careful driving, as roads may still be wet or frozen.
- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

Where to Find Additional Information

- American Red Cross—**www.redcross.org/static/file_cont265_lang0_127.pdf**
- Centers for Disease Control and Prevention (CDC)—**www.bt.cdc.gov/disasters/winter/**
- Department of Homeland Security (Ready.gov)—**www.ready.gov./america/beinformed/winter.html**
- Federal Emergency Management Agency (FEMA)—**www.fema.gov/hazard/winter/index.shtm**

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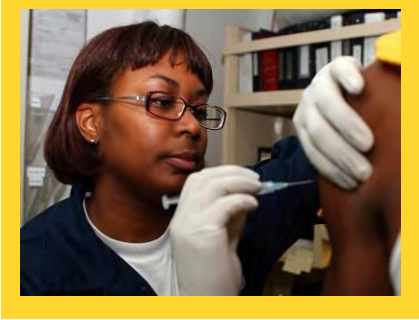
ARMY STRONG.

PANDEMIC INFLUENZA INFORMATION



Pandemic Influenza

- Pandemic influenza is a global outbreak caused by a new strain of flu virus.
- Experts predict a flu pandemic will occur, but it is difficult to forecast when it will occur.
- A pandemic may affect daily life for a period of time and could include school and business closings, as well as disruptions in the economy and everyday functions.

Avian Flu

- Avian flu is a disease caused by bird flu viruses that primarily infect birds but may also infect other animals, including humans.
- Flu viruses mutate frequently and can infect other animals and humans.
- **Currently, H5N1, a specific type of avian flu virus, has not mutated to permit easy human-to-human transmission** despite the fact that more than 200 humans have been infected and more than 100 have died.

Transmission (Spread of Disease) and Symptoms

	Seasonal Flu	Avian Flu
Transmission	Spread through droplets expelled during coughing and sneezing.	Spread through contact with infected birds, their droppings or blood or surfaces exposed to them. However, due to the changing nature of flu viruses, it is possible that avian flu may mutate to spread from person to person.
Symptoms	High fever, headache, fatigue, dry cough, sore throat, runny nose, muscle aches, nausea (which may lead to vomiting and diarrhea)	Similar to those of seasonal flu but may include abdominal pain, chest pain, eye infections and severe respiratory diseases.
Who Is at Risk	Those 65 years or older, those who live in long-term care facilities or need regular medical attention, those prone to asthma or other respiratory conditions and young children (6–23 months)	People of all ages are at risk. Past pandemic influenza outbreaks suggest that healthy young adults, including pregnant women, may be most at risk of exposure.

Prevention

Flu viruses can be prevented by vaccines, antiviral medicines and good hygiene.

- Update flu shots and other vaccinations to boost immunity.
- Get vaccinated every year because the vaccine is changed along with the mutating flu virus to help fight the most threatening strain.
- Frequently wash your hands with soap and water.
- Cover your mouth and nose when coughing or sneezing.
- Avoid contact with people who are ill.
- Teach your children flu prevention hygiene.
- Properly cook poultry to destroy all germs, including the avian flu virus.

Vaccine and Treatment

- **Currently, there is no vaccine commercially available for the H5N1 avian flu virus**; however, several are in various phases of testing.
- Vaccines can be produced only after the pandemic strain appears.
- Antiviral medicines can treat some cases of avian flu.

Preparation

- Contact local officials and check health and government Web sites to stay informed and plan as you would for any emergency.
- Get an emergency supply kit. Stock water, food and medical needs for at least two weeks.
- Make a family emergency plan, including care for extended family members.
- Plan alternative transportation routes to school and work, and make a communication plan.
- Be aware of emergency, containment or evacuation plans and distribution sites.
- Consider helping members of your community who might need assistance during an outbreak.

Emergency Response

- Be calm—stay informed and follow emergency plans.
- Practice infection control:
  - Good hygiene (especially washing hands)
  - Social distancing:
    - Limit direct contact by not shaking hands.
    - Telecommute or hold telephone or video conferences.
    - Maintain personal space of three feet or more.
- Limit exposure with sick people, and stay home if you are sick.
- Quarantine and isolation measures may be used to limit movement of people who may have been exposed to the disease and separate those infected with the disease.
- Report to your command if you are military or civilian personnel or a member of the selective reserves.

Where to Find Additional Information

- U.S. Department of Health and Human Services—**www.pandemicflu.gov**
- World Health Organization (WHO)—**www.who.int/topics/avian_influenza/en/**

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CHEMICAL EMERGENCIES

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

Chemicals affect our lives daily. They are in and around our homes to provide a better life for us all. However, exposure to certain harmful chemicals can be extremely dangerous. You can be exposed through accidents involving home chemicals as well as through large-scale chemical emergencies in your area.

Home Chemical Emergencies

- Do not mix any household chemicals together. Some combinations, like ammonia and bleach, can produce a toxic gas.
- Carefully read and follow directions.
- Store household chemicals in clearly marked, tightly closed containers.
- Make sure the chemicals are stored out of the reach of children and away from food.
- Never work with chemicals near lit cigarettes or open flames (candle, pilot light, fireplace, wood-burning stove, etc.).
- If you spill a chemical, clean it up immediately with rags. Place the rags outside to allow the chemical to evaporate. Dispose of the rags after wrapping them in newspaper.

Major Chemical Emergencies

- A major chemical emergency is an accident in which large amounts of hazardous chemicals are released into the surrounding environment.
- Accidents may happen anywhere, including chemical and manufacturing plants, highways, railroad tracks and underground.
- In addition, chemical emergencies may result from deliberate attacks targeting such facilities.
- Chemical emergencies may include a fire or explosion.
- You may not smell or see any evidence of a chemical emergency, even though there may be a high level of danger.

What to Do If There Is a Chemical Emergency

- You will be notified if authorities learn of a chemical emergency.
- Listen for instructions and follow them carefully.
- Do not use your telephone unless absolutely necessary.
- Do not go outside.
- If you are told to evacuate:
  - Take only essential items and your emergency supply kit.
  - If you have time, shut vents, turn off appliances and lights and close and lock all doors and windows.
  - Follow the evacuation procedure.
  - Once inside your car, close windows and air vents and turn off the heat or air conditioner.

What to Do If There Is a Chemical Emergency (continued)

- If you are NOT told to evacuate:
  - Close windows and doors.
  - Close fireplace dampers.
  - Turn off fans and air conditioning or heat.
  - Tape around doors, windows and vents.
  - You can use plastic bags to cover windows, outlets and heat registers.
  - Wedge wet towels in door thresholds.
  - Take your family to an aboveground room with few windows and doors if possible.
  - Do NOT go to the basement.
  - Keep your kit and a radio with you to listen for updates.
- Once you are in a safe place, report to your command if you are military or civilian personnel or a member of the selective reserves.

What to Do If You Are Exposed to Chemicals

- If you have a chemical burn:
  - Remove any clothing or jewelry that came in contact with the chemical.
  - Flush the burn with cold water.
  - If your eyes are burned, remove any contacts before flushing with water.
  - Loosely cover burn with a dry sterile or clean cloth or dressing.
  - Seek medical attention immediately.
- If you or your family have been exposed to any chemicals through household accidents or during a major chemical emergency, look for these symptoms:
  - Labored breathing
  - Headaches and/or blurred vision
  - Irritated eyes, skin and/or throat
  - Changes in skin color
  - Dizziness
  - Stomach cramps and/or diarrhea
  - Strange behavior including uncoordination or clumsiness

Where to Find Additional Information

- American Red Cross—**www.redcross.org/static/file_cont157_lang0_67.pdf**
- Center for Disease Control (CDC)
  - Chemical Emergencies Overview—
    www.bt.cdc.gov/chemical/pdf/chemical-emergencies-overview.pdf
  - Chemical Agents—Facts About Evacuation—
    www.bt.cdc.gov/planning/evacuationfacts.pdf
  - Chemical Agents—Facts About Sheltering in Place—
    www.bt.cdc.gov/planning/shelteringfacts.pdf
  - Personal Cleaning and Disposal of Contaminated Clothing—
    www.bt.cdc.gov/planning/personalcleaningfacts.pdf

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

NUCLEAR POWER PLANT EMERGENCIES

Nuclear power plants are designed to rigorous standards, have many redundant safety features and are carefully regulated and monitored; however, problems and accidents can happen. If a nuclear power plant emergency did occur, it could result in dangerously high levels of radiation in your area, especially within 10 miles of the plant. Exposure to high levels of radiation is extremely dangerous to you and your family. Radiation can also contaminate the water and soil within a 50-mile radius.

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

How to Prepare

- Be aware of local emergency plans should an emergency occur, especially if you live within 10 miles of a plant.
- Know nuclear emergency terms:
  - **Notification of Unusual Event**—There is a small problem at the plant which did not result in the escape of any radiation. There is no immediate danger, and you are not required to do anything in response.
  - **Alert**—There is a small problem at the plant where a small amount of radiation could have leaked inside the plant. There is no immediate danger, and you are not required to do anything in response.
  - **Site Area Emergency**—Listen for possible area sirens. Stay tuned to the radio or TV for safety information.
  - **General Emergency**—There has been an emergency at the plant in which radiation could leak outside the plant. Listen for sirens. Stay tuned to the radio and TV for instruction and information reports. Promptly follow any instructions given.
- Get an emergency supply kit, including food, water and other supplies for at least three days. See Ready.gov **(www.Ready.gov)** for more information on kits.
- Develop a family evacuation procedure.

What to Do If There is a Nuclear Power Plant Emergency

- Stay tuned to the radio or TV and listen for instructions.
- Keep as much distance or shielding, such as lead or concrete, between you and the source of the radiation as possible.
- If you are told to evacuate:
  - Bring your emergency supply kit.
  - Follow the designated evacuation path.
  - Keep windows and vents closed to minimize exposure to radiation.

What to Do If There is a Nuclear Power Plant Emergency (continued)

- If you are told NOT to evacuate:
  - Turn off air conditioners, ventilators, furnaces and any other air intakes.
  - Do not go outside.
  - Try not to use the telephone unless it is absolutely necessary.
  - Stay in a basement or underground room if at all possible.
  - Keep food covered at all times.
  - Uncovered food should be washed and covered or discarded.
- If you have been exposed to radiation:
  - Remove clothes and seal in a plastic bag.
  - Place the sealed clothing in a separate room.
  - Take a very thorough shower.
  - Seek medical attention.
- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

What to Do After a Nuclear Power Plant Emergency

- Do not return until you are told to do so.
- Water can be contaminated, so listen for reports about its safety.

Where to Find Additional Information

- FEMA—**www.fema.gov/hazard/nuclear/index.shtm**

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

BIOLOGICAL TERRORISM

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

Terrorists could deliberately release biological substances that harm or kill people, animals and plants. Bacteria, viruses and toxins—the main types of potential biological -agents"—occur in nature but can be altered to increase their ease of dispersion, potency or resistance to medicines.

Most biological agents are hard to grow and sustain. Many die when exposed to the environment, but others, like anthrax spores, are hardy. They can be spread by spraying them into the air, contaminating food and water or infecting animals that carry disease to humans. Many must be inhaled, eaten or absorbed through a skin cut to make you sick; some cause contagious diseases.

Biological agents can be hard to detect, and their effects may be delayed. A biological attack could come without warning, and the danger may not be immediately recognized. The first alert may be from health care workers noting an unusual pattern of illness. Your first warning would likely be an emergency broadcast or some other signal used in your community.

How to Prepare

Advance precautions for bioterrorism are limited:

- Stay healthy—Eat sensibly, get enough rest, exercise and practice good hygiene.
- Ensure that all required and recommended immunizations are up to date. Children and the elderly are especially vulnerable to biological agents.
- Consider installing a high-efficiency particulate air (HEPA) filter in your furnace return duct or using a stand-alone portable HEPA filter. These can filter out most biological agents that may enter your house.
- Get an emergency supply kit, and be sure to include breathing filters.
- Make a family emergency plan.

What to Do

- In the event of a biological attack, it may take a while to determine the nature of the threat, who is at risk and the best steps to take. Watch TV, listen to radio or check the Internet for reliable information about areas in danger, signs and symptoms and the nature and location of available assistance.
- Try to stay in an indoor location where the air is filtered.
- If you notice a suspicious substance, move way, put on a breathing filter, wash with soap and contact authorities.

What to Do (continued)

- ***If you are exposed*** to a biological agent—
  - Put on a breathing filter.
  - Remove clothes and personal items, bag them and follow official instructions for disposal.
  - Wash with soap, and put on clean clothes.
  - Practice good hygiene.
  - Use common sense. Be alert for symptoms, but don't panic.
  - Seek medical attention. Medical treatments are available for some biological threats. You may be advised to stay away from others.

- In most biological emergencies or epidemics, it is best to stay away from crowds where others may be infected.

- ***If someone is sick***, practice good hygiene—
  - Wash hands with soap frequently.
  - Don't share food or utensils.
  - Cover the mouth and nose when coughing or sneezing.
  - Consider breathing filters for patients, caregivers and others.

Where to Find Additional Information

- Live radio and TV broadcasts will have the most current information on bioterrorism events and the appropriate actions to take.

- The following agencies offer more detailed and updated information about biological threats:
  - Department of Homeland Security (Ready.gov)—
    www.ready.gov/america/beinformed/biological.html
  - Federal Emergency Management Agency (FEMA)—
    www.fema.gov/hazard/terrorism/bio/index.shtm
  - Centers for Disease Control and Prevention (CDC)—**www.bt.cdc.gov/bioterrorism**
    The CDC Web site offers detailed information about specific biological threats, such as smallpox, anthrax, botulism and plague.

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

CHEMICAL TERRORISM

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

Terrorists could deliberately release chemicals that poison people, animals, plants or the environment. Chemical ~~a~~gents" can be delivered in various forms—vapors, aerosols, liquids and solids—and by a wide variety of methods, including sprays and bombs.

Some chemicals with potential for terrorism—nerve agents, mustard gases and choking agents—were developed for use in war. Others are used in industry, and still others can be made from natural or everyday household materials. Some chemical agents are difficult to produce, but the potential for release by terrorist attack exists anywhere hazardous industrial or military chemicals are stored.

Chemical agents can produce effects quickly (within a few seconds) or slowly (as much as two days after exposure), and some are odorless and tasteless. It is difficult to deliver chemical agents in lethal concentrations, and—outdoors—agents often dissipate rapidly.

Hazardous chemicals can be categorized by type or effect. The Centers for Disease Control and Prevention describes the following categories:

- Anticoagulants—cause uncontrolled bleeding
- Biotoxins—come from plants or animals
- Blister agents (~~v~~esicants")—blister the eyes, skin or throat and lungs
- Blood agents—absorbed into the blood
- Caustics (acids)—burn on contact
- Choking, lung and pulmonary agents
- Incapacitating agents—alter consciousness or thinking
- Metallic poisons
- Nerve agents—prevent the nervous system from working properly
- Organic solvents—damage living tissues by dissolving fats and oils
- Tear gas and riot control agents
- Toxic alcohols
- Vomiting agents

How to Prepare

A chemical attack could come without warning, and there are few advance precautions:

- Get an ***emergency supply kit***, and be sure to include duct tape, scissors and plastic sheeting to seal the room in which you will shelter.
- Make a ***family emergency plan***.
- Choose an internal room for sheltering in place, preferably on the top level and windowless.
- Consider precutting the plastic to save critical time during an emergency. Cut each piece several inches larger than the door, window or vent you want to cover so that it lies flat against the wall. Label each piece as to where it fits.

How to Recognize Chemical Attack

People exposed to hazardous chemicals may experience eye irritation; become nauseated; lose coordination; or have difficulty breathing or a burning sensation in the nose, throat and lungs. The presence of many dead or ailing birds or insects may also indicate a chemical agent release. Your first warning may be an emergency broadcast or some other signal used in your community.

What to Do

If you are caught in or near an area contaminated by chemical attack or see signs of one—

- Try to define the source or impacted area, and find clean air quickly.
- If the chemical is inside a building where you are, try to exit the building without passing through the contaminated area. If there is no safe path out, move as far away as possible and shelter in place.
- If you are outside, quickly decide the fastest way to find clean air—move away upwind of the contamination or enter the closest building for shelter.
- If you decide or are instructed to remain inside (~~s~~helter in place")—
  - Close doors, windows and vents. Turn off all air-handling equipment. (Conventional building filters and cloth breathing filters are ineffective against chemical agents.)
  - Take an emergency supply kit, and go to an internal, upper-level room.
  - Seal the room with tape and plastic, if possible.
  - Monitor radio, TV or the Internet for official information and instructions.
  - Do not to go outdoors until authorities announce it is safe to do so.

If your eyes water, your skin stings or you have trouble breathing, you may have been exposed to a hazardous chemical. To minimize health consequences, decontaminate yourself and others as soon as possible—every minute counts:

- Remove as much clothing as possible, and double-seal it in plastic. Cut it away if necessary to avoid contact with the eyes, nose and mouth. Remove contact lenses or glasses. (Seal lenses with clothes; wash glasses in household bleach or soap and rinse before wearing again).
- Find any source of water and flush the eyes, but do not rub them.
- Wash face, hair and other affected body parts with soap, gently so as not to scrub the chemical into the skin. (Washing is less critical if the chemical agent is a vapor instead of a liquid or solid.)
- Seek immediate medical attention.
- Avoid recontamination by later touching affected areas and bagged items. Use and decontaminate or safely discard gloves and tools.

Where to Find Additional Information

- Live radio and TV broadcasts may have the most current information on chemical terrorism events and the appropriate actions to take.
- The following agencies offer more detailed and updated information about chemical threats:
  - Federal Emergency Management Agency (FEMA)—
    www.fema.gov/hazard/terrorism/chem/index.shtm
  - Department of Homeland Security (Ready.gov)—
    www.ready.gov/america/beinformed/chemical.html
  - Centers for Disease Control and Prevention (CDC)—**www.bt.cdc.gov/chemical**
    The CDC Web site offers detailed information about specific chemical threats in the categories listed on the other side of this sheet.
  - Agency for Toxic Substances and Disease Registry (ATSDR)—
    www.atsdr.cdc.gov/2p-toxic-substances.html
    The ATSDR Web site also offers detailed information about specific hazardous chemicals.

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

TERRORIST USE OF EXPLOSIVE DEVICES

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

Explosive devices are the most common terrorist weapons because their materials and technology are more readily available than those of biological, chemical, nuclear or radiological weapons. Of course, explosions may also be involved with or used to disperse these and other threat agents.

Terrorists can use either manufactured or improvised explosive devices in public places and against a wide variety of vessels, buildings or institutions. Such devices can be hidden, delivered by humans, transported in vehicles or even mailed or shipped. They may be detonated directly or remotely by timing, tampering or impact.

How to Prepare and Protect Yourself

As for all emergencies, the fundamental steps are to get an ***emergency supply kit*** and make a ***family emergency plan***. Be sure to include a flashlight and approved breathing filters in your kit. Beyond that, you should know how to spot and react to certain signs of danger.

- Awareness is a key practice in preparing for terrorist attacks. Watch out, particularly at work, for unexpected, ***suspicious letters and packages*** that could contain explosives, as well as biological, chemical or radiological agents. Physically, they could be large or oddly shaped and have excessive packaging material, protruding wires or aluminum foil, strange odors or stains. More likely, postage and markings will be suspicious:
  - The return address is missing, unfamiliar, unverifiable or different from the postmark.
  - Postage is excessive or foreign.
  - The address is vague, incorrect, to no specific person or to someone never or no longer there.
  - Markings are misspelled, crude, threatening or otherwise inappropriate.

  If you detect such a parcel, leave immediately, keep others away or alert security and authorities. If you handle a suspicious parcel, don't sniff or smell it, and wash with soap before touching anything, drinking or eating.

- If you receive a telephoned ***bomb threat***—
  - Try to keep the caller on the line and note everything said.
  - Get as much information as possible about the bomb and the caller—When will the bomb explode? Where is it right now? What does it look like? What will cause it to explode? What kind is it? Did you place it? Why? What is your name? What is your address?
  - Notify the police and building management.

What to Do

If you are indoors ***when there is an explosion***—

- Get under a sturdy table or desk until things stop falling around you.
- Leave the building as soon as possible. Do not slow down to make phone calls or retrieve anything other than an emergency supply kit.
- Don't use elevators.
- Watch for weakened floors and stairways, falling debris, fire or other hazards.

If there is a ***fire***—

- If there is smoke, crawl low.
- If possible, use a wet cloth to cover your nose and mouth.
- Use the back of your hand to feel up and down closed doors. If the door is hot, do not open it; look for another way out. If the door is not hot, brace yourself against it and open slowly.
- If you catch fire, do not run. Stop, drop or roll to put out the fire.

If you are ***trapped in debris***—

- To keep dust down, avoid unnecessary movement.
- Cover your nose and mouth with anything that will filter the air.
- Signal your location to help rescuers find you. Use a flashlight and whistle, if available. Tap on a pipe, wall or any hard surface.
- Shout only as a last resort—it may increase inhalation of dangerous dust.

Once you are out—

- Move away from windows, glass doors or other potential hazards.
- Make sure the fire department has been alerted.
- Move off of sidewalks and streets to make way for emergency responders or others still exiting.
- Never go back into a burning building.
- Follow your family emergency plan for assembly and communication. Account for your family members, and carefully supervise small children.

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family or be informed about what might happen.

TERRORIST USE OF NUCLEAR BLAST

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

Depending on how sophisticated the terrorist or terrorist organization is, a nuclear device can be detonated—resulting in an explosion creating intense heat, light, radiation, pressure and spread of radioactive material—or, if the attempted detonation is unsuccessful, the conventional high-explosives portion of the nuclear device could still explode, spreading the radioactive nuclear material. Nuclear devices can range from a weapon carried by an intercontinental missile to, theoretically at least, a bomb small enough to be carried by an individual. A ―suitcase bomb" blast, though not as great as that of a military nuclear weapon, could still be very destructive. Experts believe that a large, strategic nuclear attack on the United States is unlikely these days. Other scenarios are also unlikely—the materials are expensive and the technology is complicated. However, terrorists and rogue states can be resourceful and unpredictable.

Potential targets for nuclear blast attack include the following:

- Strategic military bases and missile sites
- Government centers such as national and state capitals
- Major ports and airfields
- Financial, industrial, transportation and communication centers
- Petroleum refineries and electrical power plants
- Major landmarks or events where large concentrations of people are expected

What Happens

A nuclear blast creates a fireball that vaporizes surrounding material and carries it aloft in the familiar ―mushroom cloud." At ground level, it causes widespread destruction and fires. The vapor cloud condenses into radioactive dust (―fallout") that can travel long distances and contaminate whatever it settles on. The nature and extent of these hazards depend on the characteristics of the bomb, where it detonates and weather conditions.

A nuclear blast can immediately kill or injure people in range through blast, heat or flying debris. People partially protected by distance or shielding can be blinded by the intense light that accompanies the blast. Other effects may be delayed; their seriousness depends on the type and amount of radiation absorbed by the body (the dose) and the exposure pathway (what organs and tissues receive this dose). People close enough to the blast to receive large doses of external radiation could develop radiation sickness and die within days or months. External exposure to lower doses of radiation and internal exposure from breathing air or eating food contaminated with radioactive fallout could lead to an increased risk of developing cancer and other health effects later.

Fallout from a nuclear detonation remains radioactive for a period of time; however, approximately 99% of the radioactivity is gone in the first two weeks. The presence of radioactivity can be detected only by using sensitive monitoring devices. Monitoring can project the arrival of radioactive fallout from a distant blast. Such predictions would be announced through official channels, but any increase in the buildup of gritty surface dust and dirt would be reason to take protective measures.

How to Prepare

- As for all emergencies, the fundamental preparatory steps are to get an ***emergency supply kit*** and make a ***family emergency plan***. If you become aware of heightened threat, increase your supplies to last for up to two weeks.
- The three keys to protection from radiation and fallout are time, distance and shielding:
  - Time—The less time spent exposed to radiation and radioactive fallout, the lower the dose.
  - Distance—The farther you are from the blast and radioactive fallout, the lower the dose.
  - Shielding—The heavier and denser the materials are between you and the radiation or radioactive fallout, the lower the dose.
- Find out whether buildings in your area have been built as blast shelters or designated as fallout shelters. If not, make your own list of potential shelters near work and home, including interior areas of large buildings and basements, subways and tunnels. If you live or work in a large building, talk to management about the safest place in the building for sheltering and about stocking emergency supplies.

What to Do

- If a nuclear attack is anticipated, those near likely targets could decide or be advised to evacuate. In the event of ***evacuation***—
  - Listen to the radio or TV for official instructions and information about procedures, routes and shelters.
  - Take an emergency supply kit.
  - Consider neighbors who may need help.
- If a ***nuclear blast occurs*** with no warning or too little time to get out of the area—
  - Take cover (~~-~~shelter-in-place") immediately as far below ground as possible. Any protection is better than none at all. The more distance from the detonation, the more intervening shielding and the less time spent in radioactive areas, the better.
  - Take your emergency supply kit, if possible.
  - To keep out radioactive dust, close doors, windows and vents and turn off ventilation systems.
  - Stay put and use radio, TV or the Internet to get official information and instructions.
- If you are ***caught outside*** by a nuclear blast—
  - The time it takes the heat and shock waves to arrive depends on your distance from the detonation. Take cover behind anything that might offer protection from the blast, lie flat on the ground with your head pointing toward the blast and cover your head and hands. Use any available cloth as a breathing filter.
  - Don't look at the flash or fireball—they can blind you.
  - No matter how far you are from the blast site, take shelter from fallout as soon as you can, upwind if possible. Before entering shelter, dust off, keeping your mouth and nose covered. As soon as possible, shed contaminated clothing and wash your hair and skin.

After a nuclear blast, most fallout would occur in the first 24 hours, near and downwind from the blast. People in most affected areas could be allowed out of shelter within a few days and, if necessary, evacuated to unaffected areas. Those in the areas with highest radiation levels might have to shelter for up to a month. If you must be outside where radioactive fallout is a concern—

- Clean and cover any open wounds on your body.
- Cover your mouth and nose with a damp towel.
- Use stored food and drinking water, not fresh food or open water.

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

TERRORIST USE OF RADIOLOGICAL DISPERSION DEVICES

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

The radioactive materials used in power generation, industry, medicine and research are easier for terrorists to obtain than the weapons-grade uranium or plutonium necessary for nuclear bombs. Even without the technology and expertise to create, deliver and detonate a nuclear bomb, terrorists could still cause fear and disruption by dispersing radioactive materials in a number of ways.

Although introducing radioactive material into food or water supplies might produce fear and panic, the extent of contamination and danger would be relatively limited. A more likely method is a radiological dispersion device (RDD), or "dirty bomb," using conventional explosives to spread radioactive material into the surrounding area.

As with any explosion, an RDD could cause serious injuries and damage, but the radioactive materials would probably harm only those very close (typically, within a few city blocks). The extent of the danger would depend on the size and design of the bomb, the amount and type of radioactive material and weather conditions. The dust spread from the explosion could be dangerous to inhale or eat—a large enough dose would increase the risk of developing cancer later in life.

How to Prepare

- As for all emergencies, the fundamental preparatory steps are to get an ***emergency supply kit***, including food, water and other supplies for at least three days, and make a ***family emergency plan***. See Ready.gov (**www.Ready.gov**) for more information on making a kit. There is unlikely to be advance warning of the terrorist use of an RDD, but if you do become aware of heightened threat, increase your supplies to last for up to two weeks.
- Find out whether buildings in your area have been designated as fallout shelters. If not, make your own list of potential shelters near work and home, including interior areas of large buildings and basements, subways and tunnels. If you live or work in a large building, talk to management about the safest place in the building for sheltering and about stocking emergency supplies.

What to Do

- If you are **outside** when there is an explosion or authorities warn of a radiation release nearby—
  - Immediately cover your nose and mouth with some fabric that will filter the air.
  - Don't touch material thrown by the explosion.
  - Quickly find shelter in an undamaged building.
  - If you can't find appropriate shelter right away, move away from and upwind of the explosion as you continue to search.
  - Listen for and follow official instructions.

What to Do (continued)

- If you are ***in a car*** when there is an explosion or authorities warn of a radiation release nearby—
  - Cover your nose and mouth with some fabric that will filter the air.
  - Close the windows and vents; turn off the heater and air conditioner.
  - If you are close to an undamaged building, go there immediately and take shelter.
  - If no appropriate shelter is nearby, find a safe place to park, and turn off the engine.
  - Listen to the radio for instructions, and stay put until you are told it is safe to get back on the road.

- If there is an explosion or you are warned of a radiation release ***in a building where you are***—
  - Cover your nose and mouth.
  - Don't touch material that may be contaminated.
  - Leave immediately and seek shelter in an undamaged building.

- If you are in, or take ***shelter*** in, an undamaged building when there is an explosion or authorities warn of a radiation release nearby—
  - Take an emergency supply kit, if available, and go to an underground or interior room.
  - To keep out radioactive dust, close doors, windows and vents and turn off ventilation systems.
  - Stay put and use radio, TV or the Internet to get official information and instructions.

After an explosion, only trained people with special equipment will be able to detect the presence of radiation or assure of its absence. No matter where you are, but particularly in a city or near a likely terrorist target, try to avoid or limit exposure to the dust from an explosion—especially inhaling it.

- If you may have been contaminated by radioactive dust—
  - As soon as it is practical, remove and bag your outer clothing, being careful not to breathe the dust. Keep the bag away from people until you get official instructions for disposition.
  - Wash your hair and skin with soap and water to remove any remaining dust.
  - Seek medical attention.
- If pets may have been contaminated by radioactive dust, wash them with soap and water before letting them inside. Seek veterinary attention.
- Don't drink water or eat unpackaged food that may have been contaminated by radioactive dust. Packaged food will be safe to eat, but wash the outside of containers before opening. Authorities will monitor food and water quality for safety and keep the public informed.

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

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