

# Emergency Preparation



## 1. Make an emergency kit.

- a. Prepare kits for your home and vehicle.
- b. Plan supplies for 7-14 days, more if possible.
- c. Store in a cool, dark place in easy-to-carry, waterproof bags or containers.
- d. Check the kits and replace supplies every 6 months.

Include in your Emergency Kit	
Water- at least one gallon per person per day stored in plastic bottles	Nonperishable, ready-to-eat foods that will not make you thirsty
Manual can opener, utensils, plates, and cups	Battery powered radio and flashlight (bring extra bulbs and batteries). Bring batteries for hearing aids, too.
First-aid kit	Medications needed by each family member. Remember to keep them up to date.
Light sticks, whistles, flares, needles, thread, fire extinguisher	Special food or other supplies for babies, people with special needs, pets, etc.
Money- small bills and change	At least one complete change of clothes and shoes. Pack rain gear and warm clothing.
Sleeping bags and blankets	Personal sanitation and hygiene supplies like moist towelettes, soap, feminine products, garbage bags with ties, toilet paper, etc.
Utility knife, small tools, duct tape, rope	Matches and hand/feet warmers
Paper and pencil	Maps and a compass
First aid and disaster manuals, masks, vinyl or latex gloves	Copies of important information like social security cards, birth certificates, IDs, immunization records, financial and insurance papers, deeds, record of valuables, evacuation routes, etc.
Recent family and pet photos	Toys and games for children
A corded phone, cell phone, pre-paid phone cards and a list of important numbers	Extra eyeglasses and contacts



## 2. Learn what to do about hazards.

- a. Install smoke and carbon monoxide detectors in your home. Test them regularly. Replace batteries every year.
- b. See the guidelines below to know what to do about other threats like fires, floods, severe weather, disease epidemics, and terrorism.

## 3. Learn evacuation routes.

- a. Create two escape routes for each room in your home in case of a fire.
- b. Ask local authorities about any emergency evacuation routes in your area and make sure your whole family knows them. Keep copies of the routes in your emergency preparedness kit.

## 4. Agree on two family meeting spots.

- a. Decide on **one** place to meet after a home fire. It should be outside and away from the house.
- b. Decide on **one** place to meet if another event (like flooding) happens and you cannot get back to your neighborhood.

## 5. Post important numbers by the phone.

- a. Teach children how and when to call 911 or other local emergency number.
- b. Pick an emergency contact- an out of town friend or relative. Teach all family members to contact that person if they can't reach each other. Give this information to your child's school.

## 6. Know community warning signs.

- a. Stay alert for warnings and instructions on TV and radio.

## 7. Know work and school emergency plans.

## 8. Know how and when to shut off utilities.

- a. Ask water, power, and gas companies how to safely shut off utilities.
- b. Teach the whole family how to do it.
- c. Never turn gas back on yourself.

## 9. Plan for special needs.

- a. Consider the needs of elderly or disabled relatives. Make plans for relatives who lack transportation.

## 10. Plan for pets.

- a. Make sure pets wear ID tags.
- b. Keep recent photos and immunization records of your pets.
- c. Plan for pet care in case you have to leave home without your pet.

## 11. Check for insurance coverage.

- a. Make sure you have enough health and property insurance.
- b. Consider buying flood insurance if you live in a flood prone area.

## 12. Update information as needed and practice drills regularly.



## In Case of Floods

1. Seek higher grounds. Have a meeting spot planned at a higher elevation in case the family gets separated.
2. Don't drive through high water or try to cross it in any way.
3. Keep away from creeks, streams, and storm drains.

## In Case of Winter Storms

1. Pay attention to weather forecasts in your area.
2. Stay at home if possible until roads are clear, downed electric lines are cleared, and services are restored.
3. Do not spend long periods of time outside.
4. Have an emergency kit prepared with food, water, blankets, and hand/feet warmers in case you lose electricity or the drains freeze

## In Case of Fire

1. Have evacuation routes planned for each room in your house.
2. If your house catches fire, leave your house immediately. Stay low and feel doors with the back of your hand. If the door is cool and not smoke is coming in through the cracks, open slowly. If the door is hot, use another exit.
3. When you get to the safe spot, call 911.
4. Do NOT try to put the fire out yourself.
5. Never go back inside a burning building.
6. If there is a fire in the forest, evacuate the area immediately because these fires spread quickly.

## In Case of High Winds, Rain, or Tornadoes

1. Stay at home in any of these cases.
2. If there is a tornado warning, take shelter in a basement corner away from exterior walls or a small interior room.
3. Don't attempt to outrun a tornado in a car. Get out and take cover in a ditch, not under a tree or bridge.
4. Do not attempt to drive on the roads until they are clear of debris.

## In Case you Lose Electricity

1. First, check to see if your neighbors have power. It may just be your house.
2. If they do not have power, check with the power company to see when the power might come back on.
3. Turn off and unplug all major appliances.
4. When major appliances like refrigerators are left on, they could overload electric lines when power is turned back on causing a second outage.
5. Make sure your emergency kit has water in it because water can freeze during cold months if the power is lost.
6. If possible, invest in a backup generator, so you will have some electricity in case anything happens. If you do not have a backup generator, plan to have a place for warmth you can evacuate to in cases of long power outages.

# Prepare for Disease



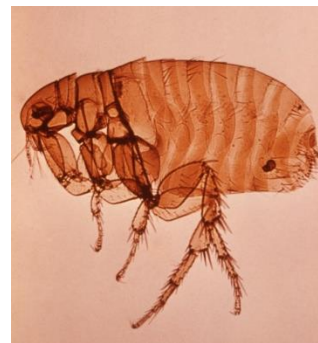
# Be Prepared Be Aware Be Ready

## ➤ Pandemic Flu

- **Stay informed.** If a pandemic occurs. The local or state health department will be the best source for updates.
- **Keep a two week supply of food and water in case of an emergency.** You may be advised to stay home if there is an outbreak. Store food that has a long shelf life. Store them in a cool dry place inside your home. Follow the other instructions above about what to include in an emergency kit.
- **Know your employer's business plan in case there is a pandemic.** Plan for income loss.
- **Make plans for childcare and at home learning.**
- **Get vaccinated if possible.** The vaccine may take several months to make after the virus is identified and there may be a short supply.
- To prevent getting the disease, **wash your hands often and disinfect** your belongings, home, and car.

## ➤ Plague

- Plague can be found in nature, usually in fleas on rats.
- There are three different types of plague: bubonic, septicemic, and pneumonic.
- Symptoms
  - Fever
  - Chills
  - Extreme tiredness
  - Very large, tender lymph nodes
  - Stomach pain
  - Shock
  - Cough
  - Trouble breathing
  - Bleeding under the skin and in other parts of the body
- **If you know you have been exposed the plague or you have flea bites and have any of the symptoms above, go to your nearest health care facility immediately.**
- Plague can be treated with antibiotics. Pneumonic plague is fatal without treatment.
- There are no longer any vaccines for plague.
- **Wear surgical masks if there is an outbreak and stay away from people who are infected**



# ➤ Botulism

- Botulism is a bacteria that causes paralysis and the inability to breathe.
- A person could get botulism from contaminated food, if they get the bacteria in a cut from contaminated soil or air, if a botulism spore is eaten (usually occurs in infants), or if the botulism is inhaled (most deadly).
- **Avoid botulism by:**
  - refrigerating and cleaning food before eating it
  - boiling canned foods for at least 10 minutes
  - keeping open wounds clean
  - avoid feeding honey to infants under one year of age
  - watch children when outside to make sure they do not eat anything in their environment
- Symptoms:
  - Dizziness
  - Double vision
  - Blurred vision
  - Drooping eyelids
  - Slurred speech
  - Difficulty swallowing
  - Dry mouth
  - Weakened muscles
  - Infants will act slow, eat poorly, be constipated, cry weakly, and have weak muscles
- **Botulism will cause death if not treated.**
- It can be treated with antitoxins and long-term therapy. People who ate infected food will be made to vomit and given an enema.
- Areas around infected wounds will be surgically removed to prevent the spread of disease.



## ➤ Tularemia

- Tularemia is caused by a bacteria found in damp environments like ponds, soil, hay, or dead animals. **Humans can get Tularemia in many different ways:**

- Through a mosquito, tick, or fly bite
- By handling infected, dead animals or their blood
- By directly contacting, eating, or drinking contaminated soil, water, or food
- By breathing in the bacteria

- Symptoms of Tularemia:

- Sore, swollen insect bites
- Swollen glands
- Fever and lack of energy
- Sore throat, cough, or wheezing breath
- Severe abdominal pain or diarrhea



- Tularemia can be cured with antibiotics.

- **In a wide outbreak, people would have to be treated whether they showed any symptoms or not. The good thing is that Tularemia cannot spread from person to person.**

- **The best way to prepare is to know the symptoms and see a doctor immediately if you have any.**

## Smallpox

- Smallpox only exists in two labs in the world. It does not exist in nature anymore. The only way you could be infected with smallpox is if it were used as a bioweapon.
- Smallpox is caused by a virus and **is easily spread from person to person**. The most common way for it to spread is to breathe in droplets of infected saliva from an infected person. Something as small as sharing the same bedding as an infected person can also spread the disease.

- Symptoms:

- High fever
- Delirium
- Total lack of energy
- Severe headache
- Severe backache
- Possible abdominal pain
- A rash will appear



- Smallpox cannot be cured. It kills about 30% of those infected.

- **If you or someone you know has symptoms, go see the doctor immediately.** The sick person needs to come into contact with as few people as possible.

- The last vaccine for smallpox was given in 1972, but there IS a vaccine. Talk to your doctor if you are concerned.

- **If there is an outbreak, stay in your home and if you have to go out, wear a surgical mask and gloves.**

## ➤ Hemorrhagic Fevers

- There are 4 main types of hemorrhagic fevers. A common factor among the types is that infected persons bleed in different areas of the body, such as under the skin.
- **The disease can be transmitted by rodents, ticks, through the air, or through contact with infected bodily fluid.**
- Ebola falls into this type of disease. Ebola is transmitted by bodily fluids.
- **Avoid exposure**
  - You can get vaccinated for yellow fever and Argentine hemorrhagic fever.
  - Vaccines for others do not exist.
  - Avoid contact with rodents and their droppings.
  - If someone is infected, stay away from them.
  - If there is an outbreak, stay out of contact with others as much as possible and wear surgical masks and gloves when you go out.
- Symptoms
  - High fever
  - Dizziness
  - Muscle aches
  - Loss of strength
  - Exhaustion
  - Bleeding under the skin, or in the mouth, eyes, ears, and other parts of the body
  - Shock
  - Coma
  - Delirium
  - Seizures
  - Kidney failure
- There is no specific treatment for hemorrhagic fevers. There are drugs that can be used to treat Lassa or Argentine hemorrhagic fevers, but the others cannot be cured. Many victims can recover as long as they receive prompt medical care.



**The health department has staff and volunteers that are trained in setting up emergency clinics for the purpose of dispensing antibiotics or administering vaccinations against certain types of outbreaks.**

### **DISEASES AS WEAPONS**

The above mentioned diseases can possibly be used by terrorists as bioweapons. Although it is possible, most diseases are hard to obtain, preserve, and spread. Terrorists must also be able to protect themselves from the diseases which can require complex, expensive equipment. Too, laboratory diseases are sensitive and when released into the real world would die quickly. Diseases have to be weaponized in order for them to be used to spread disease which is a difficult scientific process.