

Use appropriate fire exits, not elevators.

If there is a biological or chemical attack:

Remain calm. Listen to the news media for instructions provided by local emergency officials.

AFTER AN ATTACK

If you are trapped in debris:

Think before you act.

If possible, use a flashlight to signal rescuers regarding your location.

Avoid unnecessary movement so that you don't kick up dust. Cover your mouth with a handkerchief or clothing.

Tap on pipe or wall so that rescuers can hear where you are.

Use a whistle if one is available. Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

Trained rescue personnel will respond. Their first priority is rescue.

PROTECTIVE ACTIONS

Protective actions are actions we take to safeguard our families and ourselves from harm. The most common emergency protective actions are evacuation and provision of a home shelter. A home shelter requires staying indoors and taking precautions such as turning off air-conditioning, ventilation systems, and closing windows and doors.

WHAT SHOULD YOU DO?

Remain calm. Think before you act.

Be aware of your surroundings.

Have a Family Preparedness Plan.

Stay informed.

If an evacuation is ordered, follow the instructions of local officials regarding evacuation routes and the location of shelters.

If shelter-in-place is recommended, local officials will provide instructions on necessary actions.

Do not leave your sheltered location or return to evacuated areas until it is deemed safe to do so by local officials.

WEBSITES

Listed below are a few websites that provide emergency preparedness information:

www.fema.gov

Federal Emergency Management

www.oes.ca.gov

California Office of Emergency Services

www.redcross.org

American Red Cross

www.bt.cdc.gov

Centers for Disease Control and Prevention

TERRORISM:

A Guide for Citizens

The images of the attacks on the World Trade Center, the Pentagon, and the Oklahoma City bombing are hard for us to forget. These terrorist incidents caused thousands of deaths and injuries and billions of dollars in property loss. They also inflicted a huge emotional toll on the impacted communities and throughout the world. According to the FBI, sporting events, political conventions, and other public gatherings are attractive opportunities for domestic and foreign terrorists. Although bombing has been the method most frequently used in the United States by terrorists, it takes other forms. Arson, hijacking, and shootings have also been used by terrorists to attain their social and political goals.

Chemical and biological agents have been alternatives for terrorists. Because people may not become ill immediately after being exposed to a biological agent, it may take some time for government officials to determine that such an attack has occurred. In the event of an attack, government officials will instruct the public on what actions should be taken. It is important that citizens remain calm and cooperate fully with local officials. Failure to follow instructions from local officials could cost you and others their lives. Instructions will be provided by local public health and safety officials on personal protection, decontamination, and health warnings. Information will be provided via radio, television, and print media.

COMBATING TERRORISM

As recent events have demonstrated, domestic and international terrorists can strike at any time. To combat the threat of terrorism, emergency services officials representing all levels of government continue to work together to develop and implement strategies for preventing and responding to incidents. The public has a role in reducing the impact of terrorism on their lives.

BEFORE AN ATTACK

Prepare for the possibility of a terrorist attack which may affect you.

Learn about the nature of terrorism.

Terrorists look for highly visible targets, such as airports and public events. Their objective is to disrupt power and transportation systems. Prior to an attack, terrorists try to blend into the local community. Citizens should report any suspicious activities or abandoned packages to their local police or sheriff department.

Preparing for a terrorist attack is the same as preparing for other emergencies, such as fire or earthquake.

Be aware of your surroundings. Terrorists often strike with little warning.

Use caution when you travel. Observe and report unusual or suspicious activity to the police. Keep your suitcases with you at all times and do not accept packages from strangers.

Locate stairways and emergency exits and develop plans for evacuating buildings or crowded public places.

Create an emergency communication plan. Choose an out-of-town contact that your family or household can call to check on each other.

Establish a meeting place away from your home in case your home is affected by the disaster or is in the area evacuated.

Check on the school emergency plan for your children. Make sure the school has your updated emergency contact information.

If you live or work in a multi-level building:

Know the location of fire exits and review emergency evacuation procedures.

Locate, maintain, and know how to operate fire extinguishers.

Obtain training in first aid and CPR.

Assemble and maintain an emergency supply kit at home, at work, and in your car. Include:

Battery-powered radio, flashlights, and extra batteries.

First aid kit and manual.

Hard hats, dust masks, and eye goggles.

Duct tape.

Water and food including canned, no-cook meals with manual can opener.

Cash and credit cards.

Change of clothing, rain gear, and sturdy shoes.

Blanket and sleeping bag.

Fire extinguisher (A-B-C) type.

Infant and feminine hygiene supplies.

Essential medicines and eyeglasses.

Names, addresses, and telephone numbers of doctors.

Large trash bags for trash and water protection.

Toilet paper and paper towels.

Charcoal grill or camp stove for outdoor cooking.

DURING AN ATTACK

If there is an explosion:

Remain calm.

Take cover under a desk or sturdy table if ceiling tiles, bookshelves, their contents, etc., begin to fall.

Exit the building at the first opportunity.

If there is a fire:

Crawl low in smoke and exit the building as quickly as possible.

Use a wet cloth to cover your nose and mouth.

Use the back of your hand to feel the lower, middle, and upper parts of a closed exit door. If the door is not hot, brace yourself against the door and open it slowly. Do not open the door if it is hot. Seek another escape route.