



A Family Guide to Terrorism and Preparedness

Governor's Domestic Preparedness
Senior Steering Committee



Introduction

This presentation was written for the people in the greater Hartford, CT area. All material is taken from open sources, but except for local phone numbers and web sites, it may be useful to other communities as well. It discusses measures everyone can take to reduce the risks to themselves, their families and their places of work.

This talk is not the only word or the last word on any of these subjects, but rather a starting point for learning and preparation.

This information is for general information purposes only. It does not reflect official state endorsement of the information or recommendations contained herein. For specific information about your individual situation, please contact appropriate authorities.

Overview

- **What are my risks**
- **Chemical, biological and nuclear threats**
- **Personal and family preparedness**
- **Security**
- **Actions in an emergency**
- **Information sources & contacts**

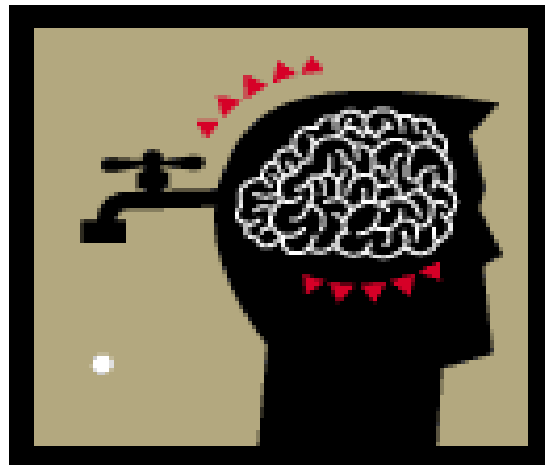


The 11 September attacks on Washington and New York brought some hard lessons home to most Americans: that terrorism can strike on US soil, that civilians are targets, and that the terrorists are clever enough and have enough resources to use familiar parts of our world, such as passenger aircraft, against us.

This talk will review national and individual risks, review special aspects of weapons of mass destruction, and give practical suggestions for reducing risk and damage

The Threat

HOW?



The Threat

Kidnapping

Kidnapping is common in a number of countries worldwide. It may be intended for ransom, to force a behavior or to frighten.

Kidnappings, by their nature, are acts against individuals or at most small groups.

Kidnappings by terrorists have not been common in the US but may be a risk for CT families outside the US.

The Threat

Conventional Weapons



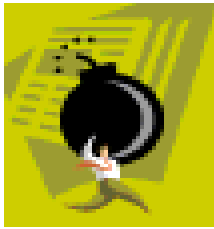
The profitability and lack of constraints on weapons sales mean that there are a lot of “normal” military weapons in the hands of factions, criminals and other groups. It is certainly possible to create some ugly scenarios with a rocket launcher.

The Threat

Improvised Weapons



Improvised weapons include the large, fuel-laden commercial aircraft used as bombs on 11 September. Other examples would be causing derailment of tank cars carrying chemicals past a sensitive area, sabotage of laboratories or power plants containing toxic or radiological materials, and so forth.



The Threat



Weapons of Mass Destruction (WMD) (Chemical, Biological, Radiological, High Explosive)

To what extent weapons of mass destruction are a terrorist threat is uncertain.

Risk Assessment

"My life has been full of terrible misfortunes that never took place,"
French writer Michel Montaigne once said.



Terrorism is described as a low-probability, high-consequence event. Because it is low probability for any specific individual or community, it is hard to justify the cost of total preparation. However, because a terrorist event, if it does strike a community, can have devastating consequences, it is important to plan as well as possible with the available resources, and those resources are considerable. A lot of the planning is simply providing for communication with those who can help, and that just costs time and effort.



Risk Assessment



We have become spoiled in this country to believe that we are immune to bad consequences of natural or man-made disasters. In the coming war against terrorism, more of us will be affected and some of us may not survive. Terrorism and tornadoes may strike almost anywhere. However, there are precautions which can be taken, and life goes on in spite of the risk. Prepare, take reasonable precautions, and live while you are alive. You are still more likely to get run over by a bus than killed in a bombing, but you probably do not live in fear of busses.

Risk Assessment

- ⓧ Common things happen commonly***
- ⓧ Rare things happen rarely***
- ⓧ “One in a million” does hit someone 100%***
- ⓧ Live alert, but live!***

Chemicals Around Us

Industrial

Agricultural

Chemical Threats

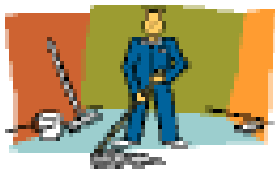


Industrial

Chemical emergencies can happen any time, with or without terrorism behind it. A large number of chemicals are all around us all the time. These include acids, alkalis, chlorine, petrochemicals, pesticides, solvents and heavy metals. Many of them are dangerous either by themselves or when they burn or combine with other chemicals in a fire or building collapse.



Chemical Threats



Industrial



It is important to have a sense of what chemicals are used in your community or in your home or place of work, and what is transported past you, because those are the most likely ones you will encounter.





Chemical Threats



Agricultural

Also, a terrorist can cause a chemical emergency by releasing locally available chemicals. For example, chlorine and phosgene, both of which are common industrial chemicals, were actually used as chemical weapons. They are just as dangerous leaking from a derailed train as from a chemical missile.

Chemical Threats

Chemical Weapons



Nerve Agents

Mustards

Others



Chemical Threats



Chemical weapons are related to chemicals used in industry and drug manufacturing, but they are selected for their toxicity and potency. The ones most people have heard of are nerve agents and mustard agents. Nerve agents are essentially insecticide for people, much more poisonous than insecticides used for pest control. Mustards, called that because they have a mustard-like smell, cause burns and suppress the immune system.

Chemical Threats

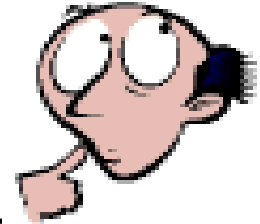


The “Others” category includes cyanide, choking agents such as chlorine or phosgene, riot control agents like Mace and pepper spray, and other chemicals being developed to cause vomiting or affect behavior.

We won't go into a lot of detail here because what you really need to know is not what the chemical is, but how to protect yourself.

Chemical Exposure Symptoms

Depends on the agent...



Because there are so many chemicals which can cause injury, it is impossible to list them all.

Some effects are immediate and obvious. For instance, acids cause burning and chlorine causes breathing problems right away. Nerve gas causes weakness, blurred vision, headache and salivation, progressing to seizures.

Because the effects are obvious, you will know to act at once to limit your exposure.

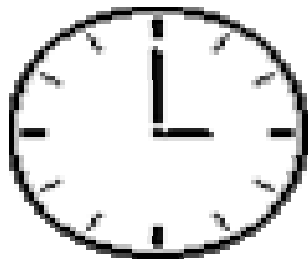
Chemical Exposure Symptoms

Other chemicals cause effects that do not show up for hour, days or even years.

Mustard gas burns show up in 6-24 hours.

Chemicals that cause cancer or birth defects may not affect an individual's life for 10-20 years.

Thus if you are exposed to an unknown substance, protect yourself even if it doesn't make you feel ill right away.



Chemical Exposure Symptoms

Immediate

Burns

Breathing problems

Nerve impairment

Late effects*

Cancers

Birth Defects



Chemical Defense



For many chemical release events, the safest protection is to stay indoors or in your car. Sheltering in place includes sealing your doors and windows as well as you can, turning off the heater or air emergency response authorities.

If you are in a high-risk area, plan ahead for how to seal yourself in and know how to shut off the air handlers on your building quickly. Duct tape and plastic sheeting are useful seals around doors, windows and vents.

Chemical Defense

Move upwind

A direction which takes you out of the “plume” of poison blowing from the release site as soon as possible

Chemical Defense

Decontamination

Decontaminate quickly if you think you are exposed. Many agents either form permanent bonds to your tissue in several minutes or continue to soak in and give you a bigger dose until they are removed. Also, chemicals on your skin may be dangerous to other people. We will talk about decontamination later.

Chemical Defense

Antidotes

Most chemicals do not have antidotes, though some do. If you are exposed, get medical attention.



Chemical Defense

Monitoring

Also, you should follow up with your doctor to see if you need long-term monitoring of your health.



Biological Threats

Not all biological threats are bioterrorism

Biological Threats

Emerging infectious diseases

Emerging infectious diseases include new mutations, like HIV and Legionnaire's Disease and the return of long-absent acquaintances like tuberculosis. This process of developing new diseases is going on all the time.

Biological Threats

Infections in disturbed populations

Second, when lots of people are stressed and displaced into close quarters, such as a shelter, they are more vulnerable to infections and the sanitary conditions are often less than ideal. In these situations, common illnesses such as colds or diarrhea can spread very quickly.

Biological Threats

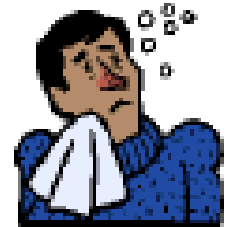
Biological Weapons

Biological weapons are the third risk. They're out there, though whether they will be used by terrorists is anybody's guess. *The risk is not as low as zero, and some of them are pretty scary.*

However, even in the worst situation, there are always useful things you can do.

Biological Agent Symptoms

There are more different infectious bacteria, viruses and fungi than there are ways for the human body to get sick, so many diseases look alike, especially at first.



If there is a suspicion of biological weapons in a community, the public health department may already have notified doctors and nurses to watch for specific symptoms.

Biological Agent Symptoms

Flu-like illnesses

Flu-like illnesses include the flu (a slightly different emerging infectious disease every year), as well as anthrax, plague pneumonia and several other biological weapons.



Biological Agent Symptoms

Rashes

Rashes with fever, especially in adults, are always treated like a public health emergency, though they are usually chicken pox or some other relatively familiar bug. However, smallpox is also in this category, and is the biological weapon most worrisome to experts. No, the vaccine you adults got before 1978 is probably not protecting you any more.



Chickenpox



Child with smallpox

Biological Agent Symptoms

Gastrointestinal illnesses

Gastrointestinal illnesses are common and have a lot of different causes. The only known use of a disease as a weapon in the US was the application of salmonella to salad bars in The Dales, Oregon, in 1984 by a cult trying to keep voters away from the polls in an election they wanted to influence.

Biological Agent Symptoms

Hemorrhagic fevers

Hemorrhagic fevers, like Ebola virus, start out like the flu and progress to bleeding, especially from the nose, mouth and bowels. Their potential as weapons is unknown.

Biological Agent Symptoms

Nervous system impairment

Nervous system impairment can come from either infections, such as West Nile virus encephalitis, or from botulinum toxin. This impairment may include drowsiness, confusion, weakness, trouble speaking or swallowing.

Biological Agent Symptoms

If you have any of these symptoms, especially if you can't figure out why, get medical help.

Biological Agent Detection

No practical pre-infection detection tools today

The most important part of bio-defense is recognition and warning that a problem exists. Because infectious diseases take days to weeks from infection until illness, there is no “scene of the crime” to arouse suspicions.

There are a number of very interesting detectors being developed which may provide advance warning that a biological agent is in the air, but they are at least several years away from commercial availability, and their value will be limited because there are naturally all kinds of bacteria and viruses in the air all the time, even anthrax and plague in some communities.

Biological Agent Detection

IF we get warning, it may be unexplained spraying, a bomb or an announcement

Without warning, detection may be by people getting sick

Who: Children, the elderly, patients with weakened immune systems

Odd patterns:

 Clusters

 Out-of-season or out-of-place illnesses

 Dead birds or animals

Biological Agent Detection

It's important to be aware of unusual patterns:

people getting sick who normally do not, clusters of sick people, illnesses occurring in places where they should not, such as rabbit fever in people who do not handle wild animals, and unusual numbers of dead birds or animals.

One of the first clues to the West Nile virus outbreak in New York was a large number of dead crows.

Biological Agent Detection

Effective communication by clinics and health departments

The sooner a health department gets the information which allows them to see a big picture, the sooner they can investigate and begin to protect those who are not sick.

Biological Defense

Recognition and warning

In any outbreak, natural or otherwise, the first concern is limiting the spread of disease.

Biological Defense

Health

Protecting yourself from infectious disease should be familiar. Stay healthy, exercise, eat right and get enough sleep, so that your immune system is at its best. Stay up to date on your immunizations. Wash your hands, especially after using the rest room and before handling food or eating. If you are sick, stay away from other people so you don't infect them. You know this stuff. Do it, and make sure your kids do it.

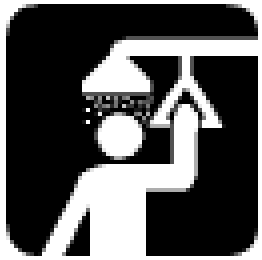


Biological Defense

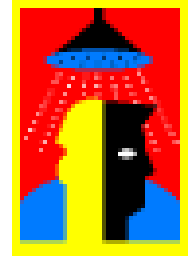
Immunizations

Some infections can be prevented by vaccination or antibiotics.





Biological Defense



Decontamination

When it is clear that there has been an outbreak, decontamination of victims is irrelevant, because they will be several showers and several changes of clothes away from the infectious episode. The exception is when people are exposed from a point source, such as being sprayed or at the site of a bomb with a biological agent warhead. However, these are far less likely scenarios. Then, decon is a shower and change of clothes.

Biological Defense

Preventing spread

Prophylaxis

Quarantine

Not all infections are contagious from one person to another. With non-contagious illnesses, family members and health care workers are relatively safe around the sick person. If an infection is contagious, it is important for people taking care of the sick to use eye, airway and skin protection and to be careful with handling of wastes and linens from the sick person.

For some extremely dangerous infections, it may be necessary for health authorities to order quarantine of the sick. Quarantine has not been used in the US for over 50 years, so it will take some planning to ensure that people confined to their homes have ways of getting food and medicine.

Biological Defense



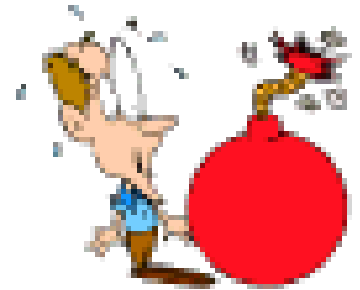
All this information would come from the health department through the media.



Biological Defense

Anthrax threats: letters, packages, etc.

☠ Intended to cause a fuss



Anthrax hoaxes were quite popular several years ago because they were new and caused a lot of disruption. They usually take the form of a package containing some powdery material and a note, although there may also be phone calls saying that anthrax has been placed in a building's air handlers.

Biological Defense

Call 9-1-1 and leave the room



Police and fire departments have gotten a lot more experienced with these incidents and the response is usually quite orderly now. If you experience an anthrax threat, call 911. If there is a package, do not open it, or if it is opened, gently put it down and cover it, if possible. Everyone who has touched the package should wash their hands. Evacuate people only from the immediate area.

Biological Defense

Minimal actual risk

Disease preventable with antibiotics and vaccine

Remember that anthrax can be prevented after exposure with antibiotics and vaccination, so even in the unlikely event that the threat is real, you have time to get the right treatment to protect yourself.



Nuclear Threats

Radiological Weapons Nuclear Weapons

Radiological dispersion devices

Malicious use of sealed sources

Attacks on nuclear plants



Nuclear threats come in two forms: nuclear bombs and bombs that are not nuclear themselves, but spread radioactive material.

In either case, damage can occur from the blast itself, fires and flash burns caused by the explosion, shock waves, falling buildings or debris, and from released radiation. Most radioactive particles are heavy and will fall out of the air in minutes to days.

Self-Protection In Nuclear Attack

- **Before: unplug electronics. Turn off HVAC. Open windows a crack. Go to lowest/central windowless area of a structure**
- **During: Duck and Cover**
- **After: Close windows & ventilation, follow media for fallout zone info**
- **If downwind, evacuate. Else, follow instructions from local authorities.**

Self-Protection After Radiological Events

- **Evacuate as directed**
- **Keep car windows closed and external air shut off**
- **If traveling through fallout zone**
 - Cover nose & mouth with mask or wet cloth when outside**
 - Do not eat, drink or smoke**
- **If you are or might be contaminated, go to decontamination site or decon as described below**

Nuclear Defense



We are exposed to some radiation naturally, from background radiation in the soil, medical X-rays, and even some plant products like tobacco and brazil nuts that concentrate radioactivity from the soil.

Smoking one pack a day for 18 months will give you 8 REM of exposure, 80 x background or as much as the X-rays for a barium enema.

Nuclear Defense

Dosage

Radiation dosage is a function of the strength of the source, length of exposure and distance to the source.

What this says is that getting rid of contamination and/or getting away from it is a good thing to do.

Nuclear Defense

Decontamination

If you are exposed, get away if you can and decontaminate as soon as possible.

Don't inhale or swallow dust if you can help it—once it's in you, it will stay there.

However, externally decontaminated victims are not usually dangerous to other people.

If you decontaminate yourself, be sure to put the trash bags far away from people!

Nuclear Defense

Signs and Symptoms

People who have been exposed to large amounts of radiation will get fatigue, nausea, vomiting and diarrhea.

The sooner after exposure this happens, the larger the dose was and the worse their outlook. Later symptoms include bleeding and weakening of the immune system.

People who have had massive radiation get brain signs of confusion and drowsiness.

Nuclear Defense

Treatment of radiation exposure is supportive, especially protecting the victims from infection until their immune system recovers. Long-term survivors may have health complications.

Therefore, medical evaluation and long-term follow-up are important even with lower dose exposures.

Nuclear Defense

Protection

Protection includes shielding yourself by distance or the thickest wall available, keeping radioactive dust off your clothes and protecting your airway so you don't inhale any of it, limiting the time you are in a contaminated area and decontamination as soon as possible.

Nuclear Defense

Monitoring

If you think you have been exposed, seek medical attention for a baseline evaluation.

What to Do

Although total prevention of terrorism is no more possible than the total prevention of natural disasters, there are things that can be done at every level, from the international to the individual, that reduce the chances of a terrorist event happening, reduce the damage to a community or to an individual, or at least make it easier for the survivors to recover from the event.

This section will discuss a variety of actions which can be taken by individuals on behalf of themselves, their families and their places of work. If you are interested in knowing more about emergency planning at the level of local, state or federal government, contact the appropriate agencies or go to their web sites. A few web sites are listed at the end of this presentation.

Family Preparedness

Keep your affairs in order



WILL

None of us can predict when and how we will die. The planes that hit the World Trade Center and Pentagon were full of young husbands and wives with children at home. Four days later, the Port Isabel causeway collapsed and eight cars fell into eternity in the night.

After the tragedy of losing a loved one, the last thing a family needs is the preventable anguish of not knowing where the insurance papers are or fighting over assets. Any one of us could be falling off the next bridge collapse. If you've been procrastinating about making or updating your will, get going.

Family Preparedness

Medical and General Power of Attorney



While you're at it, provide your family with medical and general powers of attorney. If you're kidnapped, they still need to pay your bills, and if you're injured, you want somebody on your side making the medical decisions, not an anonymous hospital administrator.

Family Preparedness

Key records (paper & computer)



If you didn't round up your key records for Y2K, do it now, and keep a set of copies where you can grab them in a hurry. This includes titles, insurance, marriage and divorce records, military service records, an inventory of your possessions, health records, key phone numbers and so on.

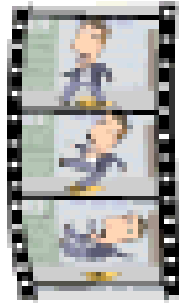
Family Preparedness

Passwords to trusted person

Back up your computer and store the disk away from your home. If your financial records live on your computer, make sure somebody you trust knows the password.

Family Preparedness

Irreplaceable heirlooms & photos



Make negatives of treasured photos.

Pack your great-grandmother's wedding ring.

Family Preparedness

Go to this web site for more details:

<http://www.redcross.org/>

Family Evacuation Kit

If you have to evacuate your home, you may not have time to go looking for your toothbrush. Evacuation could be necessary for floods, tornadoes, industrial chemical spills or a variety of other events that have demonstrated ability to hit our community, as well as for terrorist events.

Every home should have an evacuation kit or “go bag” out of which you can live for at least a few days, preferable a week. It should include sturdy clothes and shoes, toiletries, flashlights and a radio with batteries for both. Don’t forget a pair of glasses, especially if you wear contacts, your prescriptions, important papers and some cash.

Family Preparedness

And don't forget to check the bag at least every few months and rotate out anything that will go bad, like the pills and batteries.



- Don't forget:
 - Prescriptions
 - Extra glasses
 - Cash
 - Key records



Family Evacuation Kit



American
Red Cross

Together, we can save a life



American Red Cross Website

<http://redcross.org/>



Family Evacuation Plan

Family communication plan

Have a plan for notifying your family of your whereabouts and for locating other members.



Communication Plan

Assembly Area and Plan B



Plan ahead for where everyone will meet if you are separated in an emergency. That site should be at least 500 feet away from your home or place of work. Consider a place that will be open and safe all night, and ideally that will have a telephone. Do not make Plan B the same as Plan A. One could be a fast food restaurant and the other a library or home of a reliable friend.

Communication Plan

Central contact person

Appoint one friend or relative out of town whom everyone will call to check in.

In a disaster you will be too busy getting safe to phone everybody you know.

Communication Plan

Do not call pagers or cell phones in building collapse events



Cell phones turned out to be a big help in New York during the bombings, and you might consider getting them for your whole family. However, if you suspect that a loved one might be trapped in a building collapse, do not call their phone or pager. The cell phone companies have equipment that can read the signal from these devices like a homing signal as long as the battery works, and the battery will last longer if the phone or pager doesn't have to ring. It may help save a life, or at least locate your loved one's remains.

Evacuation Plan



Keep cash handy

Keep a few days' worth of cash (small bills and quarters) in your evacuation kit or easily reachable, because banks and ATMs may be affected by the same crisis.




Keep gas in car

Keep at least a quarter tank of gas in your car and keep your car in good working order

Evacuation Plan

Consider special needs of family members

-  Mobility impairment
-  Chronic medical needs
-  Communications impairments

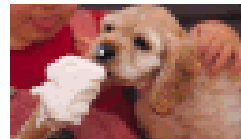
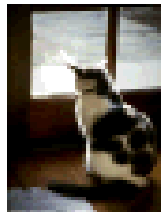
If you have family members who have mobility impairments or chronic medical needs, such as oxygen or dialysis, contact your local Red Cross chapter now to discuss how these could be met if you needed to shelter away from home.

If you have someone who is deaf or doesn't speak English, discuss how that person would be notified of an emergency. Let your local police department know the situation, as they are often the ones who go through neighborhoods ordering evacuations.

Evacuation Plan

Consider pets

Also, remember that emergency shelters will not take animals. If you have pets or livestock, you must pre-arrange where to take them or expect to leave them behind. Do not sacrifice the safety of your children over a dog or cat.



These Web Sites Are Very Important

They will link you to excellent information about preparing your family, your home and your records for a variety of disasters.

<http://www.redcross.org>

<http://fema.gov>

Dressing for Safety

Clothing: covering your skin

As a general practice, covering most of your skin increases your safety. That's why people who work outdoors in Texas usually wear long sleeves and long pants even in August. It reduces exposure to our #1 source of radiation, the sun, and to insects that may carry disease.

If you are exposed to a chemical or infectious disease, you remove 80% of the contamination by removing your shirt and slacks. Also, covering up gives some protection against scratches, scrapes and flash burns.

Dressing for Safety

Shoes: can you run in them?

The other consideration is whether you could run down the stairs or through broken glass and rubble in your shoes.

The World Trade Center was not a good place to be barefoot on 11 September.

Dressing for Safety

One survivor of the World Trade Center bombing described a few items he would have been very glad to have during his escape, and they are a good idea to have in any case: eye and nose protection from the dust, a flashlight and a small radio to get the news when there was no other way to know what had happened in Manhattan. Another good thing to have is a pocket tool with a knife and some screwdriver blades.

Dressing for Safety

Emergency gear in briefcase or purse

- Flashlight
- Dust mask & goggles
- Small radio
- Pocket tool



Dressing for Safety

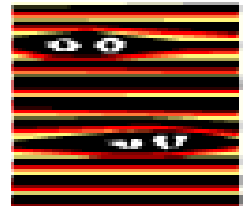
Of course, using these precautions would mean a fashion sacrifice. How you feel about trading off safety for style is up to you. Consider at least dressing for safety when you will be in large crowds or large buildings.

When to “Zip It”

Knowledge is power. One of the scariest things about the terrorists on 11 September was that they had been living in the US, learning our weaknesses and training at US schools on how to fly US aircraft and evade US air traffic control. Sharing knowledge gives the recipient power.

So it's important to realize what may be sensitive information.

You would not discuss your family finances, vacation plans, medical history or legal problems with a stranger.



Here are some of the types of information that can give terrorists an edge:

- ? Locations and schedules of key people**
- ? Who are the key people in a community**
- ? Where they are at any given time**

Key Assets

What are the key assets of a family, business or other organization?

That includes how they get their money to the bank, where their phone and power lines are, how their building operates and similar information.

Vulnerabilities

- ? What resources are deficient?
- ? When is security thin?
- ? When are the fire trucks down for maintenance?
- ? When are large numbers of potential victims gathered in one place?
- ? When are key response personnel out of town?

Stray facts can add up

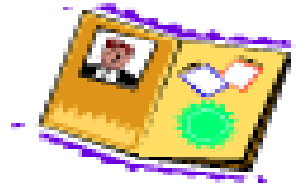
Remember that pieces of information which are apparently harmless by themselves can add up to dangerous knowledge when they are added together.

Who's asking and why?

The important question is always who's asking and why. If somebody phones your building manager to ask where an air intake for the AC goes, that's a suspicious question until proved otherwise.



Know your neighbors



For a start, know who your neighbors are and who belongs in your place of work.

If your job or school uses an ID badge program, don't accept excuses for people not having a badge and don't leave yours where it can be borrowed.

Notice and report unusual behavior

Be curious about other people's curiosity, especially when they ask about sensitive information.

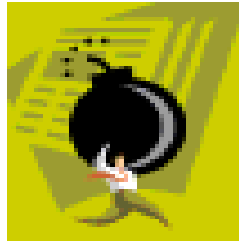
Be curious about odd habits, purchases and requests.

A number of the 11 September suicide bombers had paid cash for flight simulator training but didn't want to spend time on takeoffs and landings, the hard parts of flying—just on level flight and turns. Most of the schools thought this was strange, but not all reported it.

Notice and report unusual behavior

- 👁 Purchase or storage of hazardous chemicals or dispersal equipment
- 👁 Unexplained spraying
- 👁 Curiosity about sensitive info

Looking for bombs



A bomb small enough to fit into a priority mail envelope can blow away your eyes and hands. None of us imagine anyone would be interested in targeting us, but the Unabomber targeted a lot of perfectly nice teachers and scientists with whom he had no personal contact.

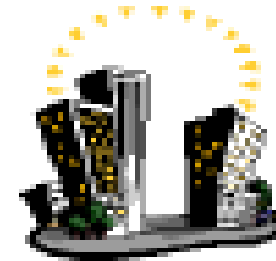
Unexpected or Odd Mail Unidentified or Unaccompanied Packages



If you get a package you aren't expecting from somebody whom you don't know, or from somebody who has threatened you, don't touch it.

Unidentified/Unaccompanied Vehicles

The Olympic Park bomb was in an unaccompanied backpack. Same rule applies to gym bags, back packs, shopping bags, tool cases, etc. If it doesn't have an owner, call 911.



The Murrah Building was blown up by a Ryder truck left in front of it. In a city, this is a challenge to do, but suspect unaccompanied, unidentified vehicles. Call 911.

Do not investigate these yourself.

Physical Security

Physical security against terrorism includes a lot of the precautions that should be second nature for crime prevention.

Physical Security

- 🔑 Secure buildings and areas not in use
- 🔑 Lock your car, your garage, your warehouse, unused sections of your workplace.

Physical Security

Park in secure area if possible

Park in well-lighted, secure areas, especially if you have reason to believe you may be a target more than the next guy.



Physical Security

Be alert to changes around your vehicle

- 🚗 Is it unlocked when you think you locked it?
- 🚗 Is something missing or added inside?
- 🚗 Is there anything showing on the underside or in the wheel wells that you don't recognize?
- 🚗 Get in the habit of doing a quick scan every time. You might just discover a flat tire.

Travel Security

Movement Unpredictability

In times of high threat, especially if you are a potential target, consider varying the times and routes of your routine commute.

Travel Security



Anonymity: Avoid ID With Target Group

People who live in London or Frankfurt are amazed that Americans label themselves and their vehicles with bumper stickers, vanity plates and other signs of affiliation with government or religious organizations. There have long been parts of the world in which it was asking for trouble to be obviously American. In our own country, we have seen that people may be targeted for who they are or what they believe.

We cherish our individualism and our opinions, but these are times when toning it down is not a bad idea.

Travel Security

Anonymity: avoid ID with target group



Elected officials



Fire/Police/EMS



Divisive or provocative political or social positions

ProLife/ProChoice

Alternate life styles

Etc....

If You Are In A Disaster

Evacuate on suspicion

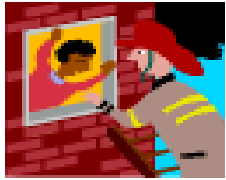
If you think your building is going to blow up, burn or collapse, don't wait to find out.

And don't take the elevator.

If You Are In A Disaster

Follow directions from Fire/Police Depts.

PLEASE follow directions. If the police tell you to get out of an area, it's either for your safety or to protect the victims. You will only slow them down by trying to get in.



If You Are In A Disaster



Don't try to rescue others

Amateur rescues play well in the media but you endanger yourself and the professionals. Safe rescue requires protective equipment and communications with people who see the big picture.

One of the deaths at the Oklahoma City bombing was a nurse attempting rescues who got killed by falling debris.

If You Are In A Disaster

- Move upwind if you can
- How far is far enough?
 - On-scene Commander (Fire or Police Chief) will determine based on situation
 - If no info is available, 2000 feet is a good starting point

If You Are In A Disaster

Don't get run over

Disaster sites have very poor visibility. There may be clouds of smoke or dust, and it may be dark or raining.

There is a lot of activity going on.

Fire trucks and ambulances are bigger than you are and they can't see you very well.

Stay clear.

Decontamination

Follow instructions — not all bad stuff hurts right away

Decontamination is not rocket science.

Do what it says on the slide.

1:10 household bleach solution is considered best but soap and water are very effective.

Note: some newer bleach formulations are up to twice as strong as the older kind. If you dilute these at 1:10, you may get a minor bleach burn, but that may be better than other consequences!

Decontamination

Remove outer clothing

It's more important to act fast than to follow some specific technique.

Decontamination

Wash hair and exposed skin

Soap & water, no scouring

Even soil or powders like flour can be used to absorb poisons from your skin.

Do not scrub hard, as that can break the skin and drive the contamination deeper.

Bend over when you wash your hair so that the contamination runs forward and down rather than into sensitive areas.

Decontamination

Bag & seal clothing and personal effects

- **May need to be turned in for decontamination**

Remember to seal your clothing and personal articles, including your jewelry and your wallet, in a plastic bag and get them away from where you are in case fumes or radiation come through the seal. If you are in public and the authorities are collecting your belongings, they have plans to keep track of what's yours and protect it from looting. Meanwhile, these items could be dangerous to you.

Decontamination

**Your life is more important than
your modesty or your stuff!**

If You Are In A Disaster

The nearest hospital may be swamped

Getting medical help is a good thing, but the nearest medical facility will be swamped and you will have to wait unless you are in a condition you absolutely do not want to be in.

Please be patient and cooperative with the medical personnel.



If You Are In A Disaster

Are you bringing home nasties on your skin?

If you feel well enough to go home instead, try to clean up before you enter your home in case you have chemicals or other undesirable things on your skin and clothes.

If You Are In A Disaster

Get help later for the nightmares

Disasters are hard on people. You will have nightmares and fears. Get help when you can. Your reaction is normal, not a sign of weakness or selfishness, and help helps.

Sources of Information

- The information given here includes telephone numbers and web sites for the greater Hartford, CT area.
- If you live somewhere else, look up the information for the same kinds of agencies in your area.

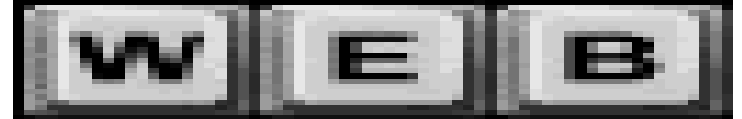


Media announcements and TV “crawlers”

In many areas, the principal way that public information gets sent out is through TV and radio stations, especially the use of TV “crawlers” Look there first.

Sources of Information

Web sites



The local web sites at the end of this presentation give lots of useful news, especially after the most acute parts of a response.

Sources of Information

Do not call response agencies

It is best not to call emergency management agencies directly, as they are usually busy with taking care of the problem, and your call interferes with their job. If they set up a public information line, they will post the number in the media.

Sources of Information

Announced hot lines

- Red Cross for victim location

When hot lines are set up for special purposes, they will be announced in the media as soon as possible.



Contacts and Info Sources

The information given includes telephone numbers and web sites for the greater Hartford, CT area.

If you live somewhere else, look up the information for the same kind of agencies in your area. Put the telephone numbers by your phone and bookmark the web sites.


Where to Report Concerns


- 911
- Hartford Police Department (860) 527-6300
- FBI (203) 777-6311
- Hartford Health Department (860) 543-8800


You will never go wrong with 911 for an emergency. Report suspicious activity to the Police Department, State Police or the FBI. Report health concerns to your doctor or the Health Department.

Disaster Preparedness Info: National

All of these sites are full of excellent links:

 FEMA will update you on national disasters and give you a wealth of information about prevention and preparedness for disasters. <http://www.fema.gov>

 The Red Cross also has lots of excellent links for disaster preparedness. <http://www.redcross.org>

 The Centers for Disease Control gives information about emerging infectious diseases, bioterrorism preparedness and health hoax debunking.
<http://www.cdc.gov>

Disaster Preparedness Info: State & Local



City of Hartford: <http://www.hartford.gov/directory/>

The City web site will link you to the Fire/EMS, Health Department and Police Department pages.



Connecticut Department of Health:
<http://www.dph.state.ct.us/> (860) 509-8000

Disaster Preparedness Info: State & Local

- Connecticut Department of Public Safety:
(860) 842-0200 <http://www.state.ct.us/dps/>
- Connecticut Military Department:
(860) 524-4951 <http://www.mil.state.ct.us/>
- Connecticut Office of Emergency Management: (860) 566-3180
<http://www.mil.state.ct.us/oem.htm>

Disaster Preparedness Info: State & Local

- Connecticut Department of Environmental Protection:
(860) 424-3333/3338 <http://www.dep.state.ct.us/>

- Connecticut Department of Transportation:
(860) 524-2000 <http://www.dot.state.ct.us/>

Travel Preparedness Info



Department of State Travel Advisories:
http://travel.state.gov/travel_warnings.html

For foreign travel, always check the Department of State for detailed information about travel in your destination country, including security issues, visa requirements and general background. This site will also link you to the CDC's Traveler's Health site for advice about vaccinations and avoiding local illnesses.



CDC Traveler's Health: <http://www.cdc.gov/travel/>