

PREPARING FOR TERRORISM / DISASTER

A terrorist attack would likely come without any warning. The best way to prepare for a terrorist attack, or any other emergency is to have a disaster/emergency plan in place. Your family should create a plan that includes emergency contacts, identification information, meeting locations, disaster supply kit and more. Be sure to practice your plan. Terrorism does not mean you have to change your life, just be prepared.

Identify Meeting Locations

Most families are not together 24 hours a day. You should consider how family members will find each other in a disaster situation. Meeting location points should be identified for the most commonly frequented locations, such as work or school. For example, if a crisis occurs at school, a location for both parents and children to meet should be in your plan.

Emergency and Non-Emergency Phone Numbers

- 911 for all emergency calls (police, fire and/or ambulance)
- For non-emergency numbers for police, fire and ambulance services, see pages A1 to A4 in the White Pages of your telephone directory. Write these numbers in the spaces provided below:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- Other important telephone numbers for emergencies:
 - Texas state contact for homeland security 512-936-1882
 - Poison Center 800-764-7661, or 800-POISON-1
 - National Services Referral Help Line 800-833-5984, or 713-957-4357
 - National Weather Service Office 281-337-5074
 - Houston office of the Red Cross 281-282-6029
 - Nearest Hospital _____
 - Your Church, Synagogue or Mosque _____

- Immediate Family contacts (cell, work, school):

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- Extended Family – relatives, neighbors, close friends, baby sitter:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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Web Sites to Search for Emergency Information

- Federal Bureau of Investigations: www.fbi.gov
- Federal Emergency Management Administration: www.fema.gov
- National Center for Disease Control: www.cdc.gov
- National Homeland Security Knowledge Base: www.twotigersonline.com
- National Weather Service (Houston-Galveston area): www.srh.noaa.gov/hgx
- Houston Red Cross: www.houstonredcross.org
- Texas Coastal Region Advisory System: www.tcras.org
- Texas Department of Health: www.tdh.state.tx.us
- Texas Department of Homeland Security: www.texashomelandsecurity.com

Before, During and After a Terrorist Incident

BEFORE

- Be alert and aware of your surroundings.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior.
- Do not accept packages from strangers. Do not leave luggage unattended.
- Learn where emergency exits are located.
- Be ready to enact your Family Disaster Plan.

DURING

- Building Explosion – leave as quickly and calmly as possible.
- If items are falling from above – get under a sturdy table or desk.
- Fire – stay low to the floor and exit as quickly as possible. Cover nose and mouth with a wet cloth. If a door is hot to the touch, do not open it – seek an alternate escape route. Stay below the smoke at all times.

AFTER

- If you are trapped in debris – use a flashlight. Cover your mouth with a piece of cloth. Tap on a pipe or wall so that rescuers can hear where you are. Use a whistle if available and shout as a last resort – shouting can result in inhalation of dangerous amounts of dust.
- Assisting victims – untrained persons should not attempt to rescue people in a collapsed building. Wait for emergency personnel to arrive.
- Chemical Agent – authorities will instruct you to either seek shelter and seal the premises or evacuate immediately.

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Family Disaster Plan

- Discuss the type of hazards that could affect your family.
- Determine escape routes from your home and places to meet; including a child's school, a neighbor or a public place.
- Have an out-of-state friend as a family contact, so all your family members have a single point of contact. Have at least two ways of contact, e-mail, telephone, etc.
- Make a plan now for what to do with your pets if you need to evacuate.
- Post emergency telephone numbers by your telephones and in your wallet or purse, and make sure your children know how and when to call 911.
- Stock non-perishable emergency supplies and a disaster supply kit.
- Take First Aid, CPR and disaster preparedness classes.

Disaster Supply Kit Check List

- ___ Keep automobile gas tank filled
- ___ Cash – Banks and ATMs may not be open or available for extended periods
- ___ Personal identification (driver's license, passport, visa)
- ___ Important documents (photos of family members, birth certificates, marriage certificate, social security cards, wills, insurance papers, deeds, immunization records, stock certificates, bank books, check books, veterinarian records for pets)
- ___ Maps of local area, evacuation route, waypoints, and destination with addresses and contact numbers
- ___ Notebook, pens and pencils
- ___ Duct tape
- ___ Plastic sheeting
- ___ Water – At least 1 gallon daily per person for 3 to 7 days
- ___ Food – At least enough for 3 to 7 days
- ___ First Aid Kit / Medicines
- ___ Signaling device (mirror, flare, strobe light, whistle)
- ___ Blankets / Pillows, etc.
- ___ Clothing
- ___ Matches in waterproof container
- ___ All purpose knife – preferably a multi-tool style knife with pliers, screwdrivers, file and other tools.
- ___ Special Items – for babies or elderly
- ___ Extra prescription glasses / contact lens
- ___ Toiletries
- ___ Moisture wipes
- ___ Flashlight / Batteries
- ___ Radio – Battery operated and NOAA weather radio.
- ___ Keys
- ___ Toys, Books and Games

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- ___ Tools
- ___ Durable work gloves
- ___ Fire extinguisher
- ___ Plastic bucket with tight fitting lid
- ___ Pet care items

Uses for these items are described in the booklet entitled. "Are You Ready?" published by the Federal Emergency Management Agency on its web site - www.fema.gov

Evacuation Check List

- ___ Decide to evacuate if you feel that you or your family are threatened, or following instructions from emergency management officials.
- ___ Establish emergency gathering points:
 - ✓ In the home: _____
 - ✓ Away from home; _____
- ___ Establish Emergency Contacts – people who can be used to find family members and maintain indirect contact. Call and describe **who** you are, **where** you are, **how** you are, **what** you need, **how** you can be reached, and any other information that may help others to find you and/or avoid crisis situations.
Name: _____ Tele. No. _____
Name: _____ Tele. No. _____
Name: _____ Tele. No. _____
- ___ Collect survival kit, family members, pets as quickly as possible.
- ___ Each person pack one bag with clothing, toiletries, personal items for one week.
- ___ Plan an evacuation route and destination.
- ___ Notify emergency contacts, neighbors who know your planned route and destination.
- ___ Wear sturdy clothing and take additional clothing depending on weather/season.
- ___ Secure your home:
 - ✓ Unplug appliances
 - ✓ Close and lock doors and windows
 - ✓ If freezing conditions are expected during your absence:
 - Turn off main water valve
 - Drain faucets
 - Turn off inside valves for external faucets and open outside faucets to drain
 - ✓ Engage alarm system
- ___ Leave early enough to minimize congestion or delay.
- ___ Keep to main routes that are regularly traveled. Short cuts and back roads may become dangerous, flooded, or blocked and are not as regularly patrolled if you experience mechanical difficulty or other emergency.

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- ___ Notify emergency contacts of your arrival at destination and points of contact there.
- ___ Keep emergency contacts updated about your condition, location and contact information.
- ___ Maintain radio watch to determine when it is safe to return to your home.
- ___ Upon return to your home, inspect external doors and windows to determine if security is intact. Call police if you see intentional damage or suspect intruders have entered your home.
- ___ If you have been absent for more than 24 hours, determine if power outage occurred and inspect refrigerated foods for spoilage.

General Information About Chemical Attack

- Use extreme caution when helping others who have been exposed to chemical agents.
- Remove all clothing and other items in contact with the body. Cut off contaminated clothing to avoid contact with the eyes, nose, and mouth. Put into a plastic bag if possible.
- Decontaminate hands using soap and water. Remove eyeglasses or contact lens. Decontaminate glasses in a pan of household bleach.
- Flush eyes with lots of water.
- Gently wash face and hair with soap and water; then thoroughly rinse with water.
- Decontaminate other body area likely to have been contaminated. Blot (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.
- Change into uncontaminated clothes. Clothing stored in drawers or closets is likely to be uncontaminated.
- If possible, proceed to a medical facility for screening.

General Information About Biological Attacks

- Pay close attention to official instructions if you are alerted to potential exposure to biological agents or if an actual attack has caused broad exposure. Places to report for triage or treatment and transportation methods and routes may be announced.
- If your skin or clothing comes in contact with a visible, potentially infectious substance, remove and bag your clothes and personal items and wash yourself with warm soapy water immediately. Put on clean clothes and seek medical assistance.

General Information About Nuclear Attacks

- Learn the warning signals and all sources of warning used in your community. Make sure you know what the signals are, what they mean, how they will be used, and what you should do if you hear them.
- Assemble and maintain a disaster supply kit with food, water, medications, fuel and personal items adequate for up to 2 weeks – the more the better.

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- Find out what public buildings in your community may have been designated as fallout shelters. It may have been years ago, but start there, and learn which buildings are still in use and could be designated as shelters again.
 - ✓ Call your local emergency management office.
 - ✓ Look for yellow and black fallout shelter signs on public buildings.
 - ✓ Make your own list of potential shelters near your home, workplace, or school.
 - ✓ Give family members clear information about actions to take in case of attack.
 - ✓ Talk to apartment or office building management about the safest place in the building for shelter and provisions for occupants until it is safe to go out.
- Learn about community evacuation plans, routes, relocation sites, notification and transportation options.
- If you live in an apartment building or high-rise, talk to the manager about the safest place in the building for sheltering, and about providing for building occupants until it is safe to go out.