DISASTER PREPAREDNESS GUIDE



Community Risk Reduction Division | City of Monterey Park

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Dear Monterey Park Residents,

Preparedness is one of the most important ways a community can protect itself during an emergency. In California, earthquakes, extreme heat, high winds, wildfires, power outages, and other unexpected events can occur with little warning. Taking simple steps today can make a significant difference when emergencies arise.

During a major disaster, essential services such as electricity, water, natural gas, communications, and transportation may be disrupted for an extended period. Emergency responders may also experience delays due to increased demand throughout the region. For these reasons, personal and family preparedness are critical.

To help residents stay safe, informed, and prepared, the City of Monterey Park has developed this Disaster Preparedness Guide. It provides practical information, resources, and recommendations to help individuals and families prepare for a variety of emergency situations.

We encourage all residents to build an emergency supply kit, develop a family communication plan, identify evacuation routes, and learn basic first aid and CPR. These simple yet important steps can help households remain safe and self-reliant during a crisis. We also encourage families to review their emergency plans regularly and update supplies as needs change over time.

In addition, we invite you to participate in emergency preparedness programs offered by the Monterey Park Fire Department, including the Community Emergency Response Team (CERT). CERT is a comprehensive emergency preparedness training program that teaches residents practical skills to help protect themselves, their families, and their neighbors during disasters and other emergencies.

By planning ahead, we can build a stronger, more resilient community that is prepared to respond and recover when emergencies occur. The Monterey Park Fire Department and City staff are committed to supporting our residents and serving as a resource for preparedness information. If you have any questions, please contact the Fire Department at (626) 307-1262.

Together, we can help ensure Monterey Park remains safe, prepared, and resilient.

Sincerely,



Inez Alvarez
City Manager

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Dear Community Members,

As your Fire Chief, I want to thank you for your continued support and partnership in helping keep our community prepared for emergencies. The safety of our residents is always our top priority, and we
could not do this without the involvement and cooperation of our community.

Disasters, whether natural or human caused, can happen at any time and often without warning. In difficult moments, being prepared can make a significant difference for you, your family, and your neighbors.

The Monterey Park Disaster Preparedness Guide was created to provide residents, families, and businesses with helpful information and practical steps to prepare for emergencies. This guide includes
information on building an emergency kit, creating a family communication plan, staying informed through emergency alerts, and preparing for a variety of emergency situations. Our goal is to encourage readiness, improve safety, and help our community recover more quickly when disasters occur.

Preparedness is a shared responsibility. When residents, businesses, and city agencies work together, we strengthen our ability to respond to emergencies and support one another during challenging times. By taking simple steps today, each of us can help build a safer and more resilient Monterey Park for future generations.

This guide is intended to serve as a practical resource for our community and a reminder that preparation today can make a real difference tomorrow. We encourage all residents to review this information with their families, stay connected to official city emergency notifications, and continue taking steps to prepare for emergencies.

Thank you for doing your part to help keep Monterey Park safe and prepared.

Sincerely,

Jason Hing, Fire Chief

Monterey Park Fire Department

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FAMILY PREPAREDNESS

FAMILY DISASTER PLAN

Regularly discuss with your family what actions will be taken following an earthquake or other disaster, regardless of where they may be when the disaster occurs. Post your family's disaster plan on the refrigerator, by the phone, or in some other conspicuous place. Ensure all family members are familiar with the plan and are prepared to take appropriate actions if they are at home alone when the disaster occurs. Address the following issues when developing the Family Plan:

Evacuation

- ☐ Identify all exits and alternate escape routes from your house or apartment and keep them clear.
- ☐ Establish a safe meeting place outside of the house where all family members will meet.
- ☐ Maintain one-half tank of gas in your car at all times and identify an evacuation route, which is most likely to remain open and passable following an earthquake. (Avoid bridges, freeways, underpasses, and overpasses.)
- ☐ Identify the nearest Red Cross-designated shelter to your home and workplace. Note: Limited medical assistance will be available at all shelters.
- ☐ Post a message indicating where you have gone.
- ☐ Take vital documents and emergency supplies and equipment, including medications with you.
- ☐ Confine pets in basement, garage, or bathroom with plenty of water.

Family Reunification

- ☐ Establish 1 or 2 reunion locations (e.g. Red Cross shelter, relative or friend's home) in the event of separation. Note: The Red Cross will compile a list of missing persons.
- ☐ Designate an out-of-state or area contact for family members to notify of their location and condition.

Communications

- ☐ Do NOT use the telephone, except for emergencies.
- ☐ Disaster information and emergency instructions will be announced on radio station KFI (640AM).
- ☐ Identify nearest source of emergency two-way radio communication for requesting emergency aid. (e.g. amateur radio operator, fire or police department, and hospital)
- ☐ Inform friends and relatives of the phone number for your out-of-area contact person.

For Baby (3 Days Supply)

- ☐ Formula / Powdered milk
- ☐ Diapers
- ☐ Bottles
- ☐ Medications
- ☐ Baby wipes

Children, Elderly, & Disabled

- ☐ Authorize a neighbor or relative to pick-up and care for children in your absence.
- ☐ Provide the elderly or disabled with a whistle or other method to call for help if they can not evacuate.
- ☐ Arrange for a neighbor or friend to check on elderly or disabled family members in your absence.
- ☐ Identify a method for evacuating disabled family members.

For Adults

- ☐ Prescription drugs (e.g. heart and high blood pressure medications)
- ☐ Insulin
- ☐ Denture needs
- ☐ Contact Lenses and supplies
- ☐ Extra eye glasses

Important Family Documents

- ☐ Keep these in a waterproof, fire resistant, portable container
- ☐ Will, Insurance Policies, Contracts, Deeds, Stocks and Bonds
- ☐ Passports, Social Security cards, Immunization records
- ☐ Bank Account numbers
- ☐ Credit Card Account numbers and companies
- ☐ Inventory of valuable household goods
- ☐ Important telephone numbers
- ☐ Family records

Pets

- ☐ Keep license and I.D. tags current with your telephone number and your out-of -town contact number.
- ☐ Make arrangements with neighbors to rescue or care for your pet if you are away.
- ☐ For evacuation: keep on a leash and pack supplies that include food, water bowl, blanket, and plastic bags for disposing of droppings.
- ☐ Plan how they will be cared for after evacuation. Pets may not be allowed in shelters due to health regulations.

School Plan

- ☐ Familiarize yourself with your children's school plan, including the release policy following disasters. Note: All schools conduct regular earthquake drills and most are prepared to shelter students until they are picked up by a parent or authorized representative.
- ☐ Authorize a relative, friend, or neighbor to pick up your children in case you are unable to get to the school following a disaster.
- ☐ Ensure that school authorities have made arrangements to provide for any special needs that your children may have. (e.g. medications)

Work Plan

- ☐ Have portable supplies in your car or at work in case you cannot return home for several days.
- ☐ Store a pair of sturdy walking shoes in your vehicle.
- ☐ Have maps or guides of alternate routes to get home from work in case your normal route is impassable.
- ☐ Include a flashlight and a small portable radio in your work emergency supplies.
- ☐ Have a copy of your family's emergency plan and contact telephone numbers in your vehicle.

Child Safety

Does your child know or carry . . .

- ☐ Contact names and numbers (home, work, pager, cell, e-mail)?
- ☐ Emergency procedures including how to call 911?
- ☐ Where to meet in case of an emergency?
- ☐ How to recognize danger signals (such as fire alarms)?

Do you and school officials . . .

- ☐ Know school emergency procedures? Is your child's school prepared?
- ☐ Have contact names and numbers (home, work, pager, cell, e-mail)?
- ☐ Have updated information to reach parent and caretakers for pick up?
- ☐ Know type of authorization school requires to release a child to someone?
- ☐ Have a child pick up staging area in the event of a disaster?

Do you . . .

- ☐ Limit your child's TV viewing of news and raw footage of disasters?
- ☐ Make sure baby-sitter knows emergency procedures?

Special Needs and Disability

- ☐ Carry a health information card if you have special needs.
- ☐ Evaluate your capacities, limitations, needs, and surroundings
- ☐ Determine type of help you may need during an emergency.
- ☐ List information: Doctors, Allergies, Medications, Disabilities, Equipment
- ☐ Keep sufficient medication and supplies for at least 7 days on hand.

Health Care Providers

NAME	SPECIAL NEEDS	PROVIDER	PHONE

Medication List

NAME	MEDICATION & DOSAGE	PHYSICIAN & PRESC. #	REASON FOR TAKING MED.

Communication Plan

- ☐ Meet with household and create communication plan.
- ☐ Fill out this Prep-Guide and keep it visible.
- ☐ Choose out-of-town contact that your household will reach to check on each other. Contact person should have everyone's numbers and live far enough away that they would be unlikely to be affected by the same event.
- ☐ Make sure household members have this contact number plus numbers for each other (include home, work, pager, cell, e-mail).
- ☐ Identify 2 neighbors and agree to watch out for each other.
- ☐ During disaster, phone may not work. Be patient and retry. Try e-mail.

Household Members

NAME	WORK, SCHOOL, ADDRESS	PHONE, IN-STRUCTIONS

Out-of-Area Contact

NAME	Address: Email: Pager:	Home #: Work #: Cell #:

Reunion Procedures

INSIDE or NEAR HOME
OUTSIDE

Emergency Contacts

NAME	PHONE	OTHER

DISASTER SUPPLY KIT

You may need to survive on your own for three days or more. This means having your own water, food, and emergency supplies. Try using backpacks or duffel bags to keep the supplies together. Assembling the supplies you might need following a disaster is an important part of your disaster plan. You should prepare emergency supplies for the following situations:

- **Home Grab & Go** A disaster supply kit with essential food, water, and supplies for at least three days. This kit should be kept in a designated place and be ready to "grab and go" in case you have to leave your home quickly because of a disaster, such as a flash flood or major chemical emergency. Make sure all household members know where the kit is kept.
- **2 Week Confinement Kit** Consider having additional supplies for sheltering or home confinement for up to two weeks.
- **Work Grab & Go** You should also have a disaster supply kit at work. This should be in one container, ready to "grab and go" in case you have to evacuate the building.
- **Car Kit** A car kit of emergency supplies, including food and water, to keep stored in your car at all times. This kit would also include flares, jumper cables, and seasonal supplies.

Above checklists will help you assemble disaster supply kits that meet the needs of your household. The basic items that should be in a disaster supply kit are water, food, first aid supplies, tools and emergency supplies, clothing and bedding. You will need to change the stored water and food supplies every six months, so be sure to write the date you store it on all containers. You should also re-think your needs every year and update your kit as your household changes. Keep items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers such as an unused trash can, camping backpack or duffel bag.

WATER: THE ABSOLUTE NECESSITY

Stocking water reserves should be a top priority. Drinking water in emergency situations should not be rationed. Therefore, it is critical to store adequate amounts of water for your household.

- Individual needs vary, depending on age, physical condition, activity, diet, and climate. A normally active person needs at least two quarts of water daily just for drinking. Children, nursing mothers, and ill people need more. Very hot temperatures can double the amount of water needed.
- Because you will also need water for sanitary purposes and, possibly, for cooking, you should store at least one gallon of water per person per day.

Store water in a thoroughly washed plastic or enamel-lined metal container. Don't use containers that can break, such as glass bottles. Never use a container that has held toxic substances. Sound plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums.

- Containers for water should be rinsed with a diluted bleach solution (one part bleach to ten parts water) before use. Previously used bottles or other containers may be contaminated with microbes or chemicals. Do not rely on untested devices for decontaminating water.
- If your water is treated commercially by a water utility, you do not need to treat water before storing it. Additional treatments of treated public water will not increase storage life.
- If you have a well or public water that has not been treated, follow the treatment instructions provided by your public health service or water provider.
- Seal your water containers tightly, label them,



Don't forget our four-legged friends also need food and water.

Managing Water Supplies

Water is *critical* for survival.

- Plan to have about one gallon of water per person per day for drinking, cooking and personal hygiene. You may need more for medical emergencies.
- Allow people to drink according to their need. The average person should drink between two and two-and-one-half quarts of water or other liquids per day, but many people need more. This will depend on age, physical activity, physical condition, and time of year.
- Under no circumstances should a person drink less than one quart of water each day. You can minimize the amount of water your body needs by reducing activity and staying cool.
- Drink water that you know is not contaminated first. If necessary, suspicious water, such as cloudy water from regular faucets or muddy water from streams or ponds, can be used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible, but do not become dehydrated.

In addition to stored water, other sources include:

- Melted ice cubes.
- Water drained from the water heater faucet, if the water heater has not been damaged.
- Water dipped from the flush tanks (not the bowls) of home toilets. Bowl water can be used for pets.
- Liquids from canned goods such as fruit and vegetable juices.
- Carbonated beverages do not meet drinking-water requirements. Caffeine and alcohol dehydrate the body, which increases the need for drinking water.
- If water pipes are damaged or if local authorities advise you, turn off the main water valves to prevent water from draining away in case the water main breaks. The pipes will be full of water when the main valve is closed. To use this water, turn on the faucet at the highest point in your house (which lets air into the system). Then draw water, as needed, from the lowest point in your house, either a faucet or the hot water tank.

Unsafe Water Sources Include:

- Radiators.
- Hot water boilers (home heating system).
- Water beds (fungicides added to the water or chemicals in the vinyl may make water unsafe to use).
- Swimming pools and spas (chemicals used in them to kill germs are too concentrated for safe drinking, but can be used for personal hygiene, cleaning and related uses).

Water Treatment

Treat all water of uncertain purity before using it for drinking, food washing or preparation, washing dishes, brushing teeth or making ice. In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, cholera, typhoid, and hepatitis.

There are many ways to treat water. None is perfect. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom, or strain them through layers of clean cloth.

Following are four treatment methods. The first three methods of boiling, chlorination, and water treatment tablets will kill microbes but will not remove other contaminants such as heavy metals, salts, most other chemicals, and radioactive fallout. The final method distillation will remove microbes as well as most other contaminants, including radioactive fallout.

Boiling is the safest method of treating water.

- Boiling water kills harmful bacteria and parasites. Bringing water to a rolling boil for 1 minute will kill most organisms. Let the water cool before drinking.
- Boiled water will taste better if you put oxygen back into it by pouring it back and forth between two containers. This will also improve the taste of stored water.

Chlorination uses liquid chlorine bleach to kill microorganisms such as bacteria.

- Use regular household liquid bleach that contains no soap or scents. Some containers warn, "Not For Personal Use." You can disregard these warnings if the label states sodium hypo-chlorite as the only active ingredient and if you use only the small quantities mentioned in these instructions.
- Add six drops (1/8 teaspoon) of unscented bleach per gallon of water, stir, and let stand for 30 minutes. If the water does not taste and smell of chlorine at that point, add another dose and let stand another 15 minutes. This treatment will not kill parasitic organisms.

If you do not have a dropper, use a spoon and a square-ended strip of paper or thin cloth about 1/4 inch by 2 inches. Put the strip in the spoon with an end hanging down about 1/2 inch below the scoop of the spoon. Place bleach in the spoon and carefully tip it. Drops the size of those from a medicine dropper will drip off the end of the strip.

Purification Tablets release chlorine or iodine. They are inexpensive and available at most sporting goods stores and some drugstores. Follow the package directions carefully.

NOTE: People with hidden or chronic liver or kidney disease may be adversely affected by iodized tablets and may experience worsened health problems as a result of ingestion. Iodized tablets are safe for healthy, physically fit adults and should be used only if you lack the supplies for boiling, chlorination, and distillation.

FOOD: PREPARING AN EMERGENCY SUPPLY

- √ If activity is reduced, healthy people can survive on **half** their usual food intake for an extended period or without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.
- √ You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the **canned** foods, **dry** mixes and other **staples** on your cupboard shelves. Canned foods do not require cooking, water, or special preparation. Be sure to include a **manual can opener**.
- √ **Familiar** foods are important. They can lift **morale** and give a feeling of **security** in time of stress. Also, canned foods won't require cooking, water, or special preparation.
- √ Keep canned foods in a **dry** place, where the temperature is fairly cool. To **protect** boxed foods from pests and to extend their shelf life, **store** the food in tightly closed plastic or metal containers.
- √ Replace items in your food supply **every six months**. Throw out any canned good that becomes swollen, dented, or corroded. Use foods before they go bad, and replace them with fresh supplies. Date each food item with a marker. Place new items at the back of the storage area and older ones in front.
- √ Food items that you might consider including in your disaster supply kit **include**: ready-to-eat meats, fruits, and vegetables; canned or boxed juices, milk, and soup; high-energy foods like peanut butter, jelly, low-sodium crackers, granola bars, and trail mix; vitamins; foods for infants or persons on special diets; cookies, hard candy; instant coffee, cereals, and powdered milk.
- √ If your water supply is limited, try to **avoid** foods that are high in fat and protein, and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- √ For emergency cooking, heat food with **candle** warmers, **chafing** dishes and **fondue** pots, or use a fireplace. Charcoal grills and camp stoves are for outdoor use only.
- √ Commercially **canned food** can be eaten out of the can without warming. Before heating food in a can, remove the label, thoroughly wash the can, and then disinfect them with a solution consisting of one cup of bleach in five gallons of water, and open before heating. Re-label your cans, including expiration date, with a marker.

Storage Tips

- Keep food in a dry, cool spot -a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- Empty opened packages of sugar, dried fruits, and nuts into screw-top jars or airtight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad and replace them with fresh supplies. Write the date it was placed in storage on the top with a permanent marker. Place new items at the back of the storage area and older ones in front.
- Do not eat foods from cans that are swollen, dented, or corroded even though the product may look okay to eat.
- Do not eat any food that looks or smells abnormal, even if the can looks normal.
- Discard any food not in a waterproof container if there is any chance that it has come into contact with contaminated floodwater.
- Food containers with screw-caps, snap-lids, crimped caps (soda pop bottles), twist caps, flip tops, snap-open, and home canned foods should be discarded if they have come into contact with floodwater because they cannot be disinfected. For infants, use only pre-prepared canned baby formula. Do not use powdered formulas with treated water.

How to Cook if the Power Goes Out

For emergency cooking indoors, you can use a fireplace. A charcoal grill or camp stove can be used outdoors. You can also heat food with candle warmers, chafing dishes, and fondue pots. Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label first.

Short-term Food Supplies

Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should prepare a supply that will last that long. The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves.

Nutrition Tips

During and right after a disaster, it will be vital that you maintain your strength. So remember:

- Eat at least one well-balanced meal daily.
- Drink enough liquid to enable your body to function properly (two quarts a day).
- Take in enough calories to enable you to do any necessary work.
- Include vitamin, mineral, and protein supplements in your stockpile to assure adequate nutrition.

Managing Food Supplies

It is important to be sanitary when storing, handling, and eating food.

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Keep garbage in closed containers and dispose outside. Bury garbage, if necessary. Avoid letting garbage accumulate inside, both for fire and sanitation reasons.
- Keep hands clean. Wash frequently with soap and water that has been boiled or disinfected.

Hygiene

Be sure to wash your hands thoroughly:

- Before preparing or eating food
- After toilet use
- After participating in flood cleanup activities
- After handling articles contaminated with floodwater or sewage





If the Electricity Goes Off

FIRST, use perishable food and foods from the refrigerator.

THEN, use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least three days.

Shelf Life of Food for Storage

Here are some general guidelines for rotating common emergency foods.

Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices, and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter & Jelly
- Hard candy and canned nuts
- Vitamin C

May be stored indefinitely (in proper containers and conditions)**:**

- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea, and cocoa
- Salt
- Non-carbonated soft drinks
- White rice
- Bouillon products
- Dry pasta

Your refrigerator will keep foods cool for about four hours without power if it is left unopened. Add block or dry ice to your refrigerator if the electricity will be off longer than four hours. Thawed food usually can be eaten if it is still "refrigerator cold," or re-frozen if it still contains ice crystals. To be safe, remember, "When in doubt, throw it out." Discard any food that has been at room temperature for two hours or more, and any food that has an unusual odor, color, or texture.

If you are without power for a long period:

- Ask friends to store your frozen foods in their freezers if they have electricity.
- Inquire if freezer space is available in a store, church, school, or commercial freezer that has electrical service.
- Use dry ice, if available. Twenty-five pounds of dry ice will keep a ten-cubic-foot freezer below freezing for 3-4 days. Use care when handling dry ice, and wear dry,

FIRST AID KIT



It may be difficult to obtain prescription medications during a disaster because stores may be closed or supplies may be limited. Ask your physician or pharmacist about storing prescription medications. Be sure prescriptions are stored to meet instructions on the label and be mindful of expirations dates.

- ☐ First Aid manual
- ☐ Sterile adhesive bandages in assorted sizes
- ☐ Assorted sizes of safety pins
- ☐ Cleansing agents: isopropyl alcohol, hydrogen peroxide, soap, germicide
- ☐ Antibiotic ointment
- ☐ Latex gloves (2 pairs)
- ☐ Petroleum jelly
- ☐ 2-inch and 4-inch sterile gauze pads (4-6 each size)
- ☐ Triangular bandages (3)
- ☐ 2-inch and 3-inch sterile roller bandages (3 rolls each)
- ☐ Cotton balls
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tongue depressor blades (2)
- ☐ Tube of petroleum jelly or other lubricant
- ☐ Sunscreen
- ☐ Extra pair of prescription glasses or contact lenses

Non-Prescription Drugs

- ☐ Aspirin and non-aspirin pain reliever
- ☐ Anti-diarrhea medication, antacid, and laxative (for stomach upset)
- ☐ Syrup of ipecac (use to induce vomiting if advised by the poison control center)
- ☐ Vitamins

TOOLS & EMERGENCY SUPPLIES

It will be important to assemble these items in a disaster supply kit in case you have to leave your home quickly. Even if you don't have to leave your home, if you lose power it will be easier to have these items already assembled and in one place.

Tools and Other Items:

- ☐ A portable, battery-powered radio or television and extra batteries
- ☐ Flashlight and extra batteries
- ☐ Signal flare
- ☐ Matches in a waterproof container (or waterproof matches)
- ☐ Shut-off wrench, pliers, shovel and other tools
- ☐ Duct tape and scissors
- ☐ Plastic sheeting
- ☐ Whistle
- ☐ A-B-C-type fire extinguisher (small canister)
- ☐ Dome tent
- ☐ Compass
- ☐ Work gloves
- ☐ Paper, pens, and pencils
- ☐ Needles and thread
- ☐ Battery-operated travel alarm clock

Kitchen Items

- ☐ Manual can opener
- ☐ Paper cups, plates, and plastic utensils
- ☐ All-purpose knife
- ☐ Household liquid bleach to treat drinking water
- ☐ Sugar, salt, and pepper
- ☐ Aluminum foil and plastic wrap
- ☐ Re-sealing plastic bags
- ☐ If food must be cooked, a small cooking stove, and a can of cooking fuel

Sanitation and Hygiene Items:

- ☐ Washcloth and towel
- ☐ Towelettes, soap, hand sanitizer, liquid detergent
- ☐ Toothpaste, toothbrushes, shampoo, deodorants
- ☐ Comb and brush, razor, shaving cream
- ☐ Lip balm, sunscreen, insect repellent
- ☐ Contact lens solutions, mirror
- ☐ Feminine supplies
- ☐ Heavy-duty plastic garbage bags and ties for personal sanitation uses, and toilet paper
- ☐ Medium-sized plastic bucket with tight lid
- ☐ Disinfectant and household chlorine bleach
- ☐ Consider including a small shovel for digging a latrine

CLOTHING & BEDDING MINI SURVIVAL KITS

Household Documents and Contact Numbers

- ☐ Personal identification
- ☐ Money or Traveler's Checks, and a credit card
- ☐ Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunization records, bank and credit card account numbers, stocks and bonds,. Be sure to store these in a watertight container
- ☐ Emergency contact list and phone numbers
- ☐ Map of the area and phone numbers of places you could go
- ☐ An extra set of car keys and house keys

Clothing and Bedding

- ☐ One complete change of clothing and footwear for each household member.
- ☐ Shoes should be sturdy work shoes or boots.
- ☐ Rain gear
- ☐ Hat and gloves
- ☐ Extra socks
- ☐ Extra underwear and/or thermal underwear
- ☐ Sunglasses.
- ☐ Blankets and pillows or a sleeping bag for each household member

Work Mini Survival Kit

Since we spend 1/3 of your time at work, there is a 33% chance of being at work when a disaster strikes. A mini survival kit could make the hours or days more conformable and safe until you can get home.

- ☐ Snack type nutritious foods (non perishable)
- ☐ Comfortable shoes
- ☐ Bottled water
- ☐ Small first aid kit
- ☐ Blanket
- ☐ Light stick or flashlight with extra batteries
- ☐ Essential medication
- ☐ Battery operated radio
- ☐ Ziploc bags
- ☐ Toilet tissue
- ☐ Personal hygiene items
- ☐ Swiss Army type knife
- ☐ Employee Emergency Handbook/ Manual
- ☐ A pair of heavy work gloves
- ☐ Whistle
- ☐ Money and change for telephone calls (pay telephones

Car Mini Survival Kit

We spend many hours each week in our vehicles. In addition our vehicles are often parked close to our places of employment or recreation. A major disaster could force us to rely on our cars for shelter and survival.

Assemble a survival kit in your car with some or all of the following items. Storing these supplies in a small day or back pack will make them convenient to carry if you need to walk.

- ☐ Snack type nutritious foods (dried fruits, nuts, Granola bars, crackers, seeds, jerky, etc)
- ☐ Comfortable shoes
- ☐ Bottled water
- ☐ Small first aid kit (include personal medications)
- ☐ Fire extinguisher
- ☐ Flares
- ☐ Blanket
- ☐ Local maps and compass
- ☐ Flashlight and batteries
- ☐ Hand tools (screwdriver, pliers, etc)
- ☐ Swiss Army type knife
- ☐ A pair of heavy work gloves
- ☐ Ziploc bags
- ☐ Toilet tissue
- ☐ Personal hygiene items

Never let your gas tank get below ½ full. Gas stations may not be open the first few days following a major

It is important for you to be ready, wherever you may be when disaster strikes. With the checklists above you can now put together an appropriate disaster supply kit for your household:

- A disaster supply kit kept in the home with supplies for at least three days.
- Although it is unlikely that food supplies would be cut off for as long as two weeks, consider storing additional water, food, clothing, and bedding other supplies to expand your supply kit to last up to two weeks.
- A work place disaster supply kit. It is important to store a personal supply of water and food at work; you will not be able to rely on water fountains OR coolers. Women who wear high-heels should be sure to have comfortable flat shoes at their workplace in case an evacuation requires walking long distances.
- A car disaster supply kit. Keep a smaller disaster supply kit in the trunk of you car. If you become stranded or are not able to return home, having these items will help you be more comfortable until help arrives. Add items for severe winter weather during months when heavy snow or icy roads are possible salt, sand, shovels, and extra winter clothing, including hats and gloves.

EARTHQUAKE ACTIONS



During the Shaking

Indoors

- Get under a sturdy table, desk or bed, or brace yourself in a doorway.
- Keep your back to windows, protect face, and head by covering with your arms.
- Maintain position until shaking stops.

Outdoors

- Move to an open area away from buildings, trees, and power lines and poles.
- Drop to your knees and protect face and head by covering with your arms.
- Maintain position until shaking stops.

Automobile

- Pullover to the side of road and avoid stopping on or under overpasses.
- Turn off ignition and set brake.
- Remain inside the car until shaking stops.

Disabled

- If in a wheelchair, stay in it. Move under a doorway or to an inside wall. Lock wheels and cover face and head with your arms.
- If in bed or out of wheelchair, seek cover under bed or table, if possible, and cover face and head with your arms.
- Maintain position until shaking stops.

After the Shaking

- Do not turn on lights or light any matches.
- Put on sturdy shoes to avoid injury from broken glass or other debris.
- Check for injuries and render first aid.
- Check for fire hazards and shut off utilities, if indicated.

  Note: Do not turn utilities back on until the utility company has advised that it is safe to do so.
- Draw water into bathtub or sink. If there are major leaks or ruptured pipes, close water valve to prevent contamination.
- Check foundation, roof, and chimney for damage and clean up any potentially handful material.
- Check neighbors for trapped or injured people.
- Report to Neighborhood Disaster Coordinator if you have participated in Neighborhood Disaster Training.

Evacuation

Evacuations are more common than many people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently. And almost every year, people along the Gulf and Atlantic coasts evacuate in the face of approaching hurricanes.

When community evacuations become necessary, local officials provide information to the public through the media. In some circumstances other warning methods, such as sirens or telephone calls, are also used. Government agencies, the American Red Cross, Salvation Army, and other disaster relief organizations provide emergency shelter and supplies. To be prepared for an emergency, you should have enough water, food, clothing, and emergency supplies to last at least three days. In a catastrophic emergency, you might need to be self-sufficient for even longer.

The amount of time you have to evacuate will depend on the disaster. If the event can be monitored, like a hurricane, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities. This is why you should prepare now.

Planning for Evacuations

1. Ask your local emergency management office about community evacuation plans. Learn evacuation routes. If you do not own a car, make transportation arrangements with friends or your local government.
2. Talk with your household about the possibility of evacuation. Plan where you would go if you had to leave the community. Determine how you would get there. In your planning, consider different scales of evacuations. In a hurricane, for example, entire counties would evacuate, while a much smaller area would be affected by a chemical release.
3. Plan a place to meet your household in case you are separated from one another in a disaster. Ask a friend outside your town to be the "checkpoint" so that everyone in the household can call that person to say they are safe.
4. Find out where children will be sent if schools are evacuated.
5. Assemble a disaster supplies kit. Include a battery-powered radio, flashlight, extra batteries, food, water, and clothing.
6. Keep fuel in your car if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.
7. Know how to shut off your home's electricity, gas, and water supplies at main switches and valves. Have the tools you would need to do this (usually adjustable pipe and crescent wrenches).

Evacuation CONTINUED . . .

What to Do When You Are Told to Evacuate

Listen to a battery-powered radio and follow local instructions. If the danger is a chemical release and you are instructed to evacuate immediately, gather your household and go. Take one car per household when evacuating. This will keep your household together and reduce traffic congestion and delay. In other cases, you may have time to follow these steps:

1. Gather water, food, clothing, emergency supplies, and insurance and financial records.
2. Wear sturdy shoes and clothing that provides some protection, such as long pants, long-sleeved shirts, and a cap.
3. Secure your home. Close and lock doors and windows. Unplug appliances. If a hard freeze is likely during your absence, take actions needed to prevent damage to water pipes by freezing weather, such as:
    - Turn off water main.
    - Drain faucets.
    - Turn off inside valves for external faucets and open the outside faucets to drain.
4. Turn off the main water valve and electricity, if instructed to do so.
5. Let others know where you are going.
6. Leave early enough to avoid being trapped by severe weather.
7. Follow recommended evacuation routes. Do not take shortcuts. They may be blocked. Be alert for washed-out roads and bridges. Do not drive into flooded areas. Stay away from downed power lines.

Disaster situations can be intense, stressful, and confusing. Should an evacuation be necessary, local authorities will do their best to notify the public, but do not depend entirely on this. Often, a disaster can strike with little or no warning, providing local authorities scant time to issue an evacuation order. Also, it is possible that you may not hear of an evacuation order due to communications or power failure or not listening to your battery-powered radio. Local authorities and meteorologists could also make mistakes, including underestimating an emergency or disaster situation. In the absence of evacuation instructions from local authorities, you should evacuate if you feel you and your household are threatened or endangered. Use pre-designated evacuation routes and let others know what you are doing and your destination.

Shelter

Taking shelter is often a critical element in protecting yourself and your household in times of disaster. Sheltering can take several forms. In-place sheltering is appropriate when conditions require that you seek protection in your home, place of employment, or other location where you are located when disaster strikes. In-place sheltering may either be short-term, such as going to a safe room for a fairly short period while a tornado warning is in effect or while a chemical cloud passes. It may also be longer-term, as when you stay in your home for several days without electricity or water services following a winter storm. We also use the term "shelter" for mass care facilities that provide a place to stay along with food and water to people who evacuate following a disaster.

Short-term In-place Sheltering

The appropriate steps to take in preparing for and implementing short-term in-place sheltering depend entirely on the emergency situation. For instance, during a tornado warning you should go to an underground room, if such a room is available. During a chemical release, on the other hand, you should seek shelter in a room above ground level.

If you are requested to stay indoors rather than evacuate:

- Follow all instructions given by emergency authorities.
- Get household members and pets inside as quickly as possible.
- Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible.
- Turn off air conditioners and ventilation systems. In large buildings, building superintendents should set all ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off.
- Go into the pre-selected shelter room (the above-ground room with the fewest openings to the outside). Take a battery-powered radio, water, sanitary supplies, a flashlight, and the shelter kit containing plastic sheeting, duct tape, scissors, a towel, and modeling clay or other materials to stuff into cracks.
- Close doors and windows in the room. Stuff a towel tightly under each door and tape around the sides and top of the door. Cover each window and vent in the room with a single piece of plastic sheeting, taping all around the edges of the sheeting to provide a continuous seal. If there are any cracks or holes in the room, such as those around pipes entering a bathroom, fill them with modeling clay or other similar material.
- Remain in the room, listening to emergency broadcasts on the radio, until authorities advise you to leave your shelter.
- If authorities warn of the possibility of an outdoor explosion, close all drapes, curtains, and shades in the room. Stay away from windows to prevent injury from breaking glass.
- When authorities advise people in your area to leave their shelters, open all doors and windows and turn on air conditioning and ventilation systems. These measures will flush out any chemicals that infiltrated into the building.

Long-term In-place Sheltering

Sometimes disasters make it unsafe for people to leave their residence for extended periods. Winter storms, floods, and landslides may isolate individual households and make it necessary for each household to take care of its own needs until the disaster abates, such as when snows melt and temperatures rise, or until rescue workers arrive. Your household should be prepared to be self-sufficient for three days when cut off from utilities and from outside supplies of food and water.

1. Stay in your shelter until local authorities say it's okay to leave. The length of your stay can range from a few hours to two weeks.
2. Maintain a 24-hour communications and safety watch. Take turns listening for radio broadcasts. Watch for fires.
3. Assemble an emergency toilet, if necessary.
    - Use a garbage container, pail or bucket with a snug-fitting cover. If the container is small, use a larger container with a cover for waste disposal. Line both containers with plastic bags.
    - After each use, pour or sprinkle a small amount of regular household disinfectant, such as chlorine bleach, into the container to reduce odors and germs.

Staying in a Mass Shelter Care

The American Red Cross and Salvation Army, assisted by community and other disaster relief groups, work with local authorities to set up public shelters in schools, municipal buildings and churches. While they often provide water, food, medicine and basic sanitary facilities, you should plan to have your own supplies as well especially water.

1. Cooperate with shelter managers and others staying in the shelter. Living with many people in a confined space can be difficult and unpleasant.
2. Restrict smoking to designated areas that are well-ventilated. Ensure that smoking materials are disposed of safely.
    - If you go to an emergency shelter, remember that alcoholic beverages and weapons are prohibited in shelters. Pets, except for service animals, are also not allowed in public shelters. Contact your local humane society for additional information. Remain in the room, listening to emergency broadcasts on the radio, until authorities advise you to leave your shelter.
    - If authorities warn of the possibility of an outdoor explosion, close all drapes, curtains, and shades in the room. Stay away from windows to prevent injury from breaking glass.
    - When authorities advise people in your area to leave their shelters, open all doors and windows and turn on air conditioning and ventilation systems. These measures will flush out any chemicals that infiltrated into the building.



NATIONAL SECURITY EMERGENCIES

In addition to the natural and technological hazards described in this publication, Americans face threats posed by hostile governments or extremist groups. These threats to national security include acts of terrorism and acts of war.

TERRORISM

Terrorism is the use of force or violence against persons or property in violation of the criminal laws of the United States for purposes of intimidation, coercion or ransom. Terrorists often use threats to create fear among the public, to try to convince citizens that their government is powerless to prevent terrorism, and to get immediate publicity for their causes.

Acts of terrorism range from threats of terrorism, assassinations, kidnappings, hijackings, bomb scares and bombings, cyber attacks (computer-based), to the use of chemical, biological and nuclear weapons. High-risk targets include military and civilian government facilities, international airports, large cities and high-profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities, and corporate centers. Further, they are capable of spreading fear by sending explosives or chemical and biological agents through the mail.

In the immediate area of a terrorist event, you would need to rely on police, fire and other officials for instructions. However, you can prepare in much the same way you would prepare for other crisis events.

Preparing for Terrorism

Wherever you are, be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning.

1. Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.
2. Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
3. Learn where emergency exits are located in buildings you frequent. Notice where exits are when you enter unfamiliar buildings. Plan how to get out of a building, subway or congested public area or traffic. Note where staircases are located. Notice heavy or breakable objects that could move, fall or break in an explosion.
4. Assemble a disaster supply kit at home and learn first aid. Separate the supplies you would take if you had to evacuate quickly, and put them in a backpack or container, ready to go.
5. Be familiar with different types of fire extinguishers and how to locate them. Know the location and availability of hard hats in buildings in which you spend a lot of time.

CYBER ATTACKS

Cyber attacks target computer or telecommunication networks of critical infrastructures such as power systems, traffic control systems, or financial systems. Cyber attacks target information technologies (IT) in three different ways. First, is a direct attack against an information system "through the wires" alone (hacking). Second, the attack can be a physical assault against a critical IT element. Third, the attack can be from the inside as a result of compromising a trusted party with access to the system.

1. Be prepared to do without services you normally depend on that could be disrupted-electricity, telephone, natural gas, gasoline pumps, cash registers, ATM machines, and internet transactions.
2. Be prepared to respond to official instructions if a cyber attack triggers other hazards, for example, general evacuation, evacuation to shelter, or shelter-in-place, because of hazardous materials releases, nuclear power plant incident, dam or flood control system failures.

BUILDING EXPLOSION

Explosions can collapse buildings and cause fires. People who live or work in a multi-level building can do the following:

1. Review emergency evacuation procedures. Know where emergency exits are located.
2. Keep fire extinguishers in working order. Know where they are located, and learn how to use them.
3. Learn first aid. Contact the local chapter of the American Red Cross for information and training.
4. Building owners should keep the following items in a designated place on each floor of the building.
    - Portable, battery-operated radio and extra batteries
    - Several flashlights and extra batteries
    - First aid kit and manual
    - Several hard hats
    - Fluorescent tape to rope off dangerous areas

Bomb Threats

If you receive a bomb threat, get as much information from the caller as possible. Keep the caller on the line and record everything that is said. Then notify the police and the building management. If you are notified of a bomb threat, do not touch any suspicious packages. Clear the area around suspicious packages and notify the police immediately. In evacuating a building, don't stand in front of windows, glass doors or other potentially hazardous areas. Do not block sidewalk or streets to be used by emergency officials or others still exiting the building.

Suspicious Parcels and Letter

Be wary of suspicious packages and letters. They can contain explosives, chemical or biological agents. Be particularly cautious at your place of employment. Some typical characteristics postal inspectors have detected over the years, which ought to trigger suspicion, include parcels that

- Are unexpected or from someone unfamiliar to you.
- Have no return address, or have one that can't be verified as legitimate.
- Are marked with restrictive endorsements, such as "Personal," "Confidential" or "Don’t X-ray."
- Have protruding wires or aluminum foil, strange odors or stains.
- Show a city or state in the postmark that doesn't match the return address.
- Are of unusual weight, given their size, or are lopsided or oddly shaped.
- Are marked with any threatening language.
- Have inappropriate or unusual labeling.
- Have excessive postage or excessive packaging material such as masking tape and string.
- Have misspellings of common words.
- Are addressed to someone no longer with your organization or are otherwise outdated.
- Have incorrect titles or title without a name.
- Are not addressed to a specific person.
- Have handwritten or poorly typed addresses.

With suspicious envelopes and packages other than those that might contain explosives, take these additional steps against possible biological and chemical agents.

- Refrain from eating or drinking in a designated mail handling area.
- Place suspicious envelopes or packages in a plastic bag or some other type of container to prevent leakage of contents. Never sniff or smell suspect mail.
- If you do not have a container, then cover the envelope or package with anything available and do not remove the cover.
- Leave the room and close the door, or section off the area to prevent others from entering.
- Wash your hands with soap and water to prevent spreading any powder to your face.
- If you are at work, report the incident to your building security official or an available supervisor, who should notify police and other authorities without delay.
- List all people who were in the room or area when this suspicious letter or package was recognized. Give a copy of this list to both the local public health authorities and law enforcement officials for follow-up investigations and advice.
- If you are at home, report the incident to local police.

What To Do If There Is An Explosion

Leave the building as quickly as possible. Do not stop to retrieve personal possessions or make phone calls. If things are falling around you, get under a sturdy table or desk until they stop falling. Then leave quickly, watching for weakened floors and stairs and falling debris as you exit.

If There is a Fire

- Stay low to the floor and exit the building as quickly as possible.
- Cover your nose and mouth with a wet cloth.
- When approaching a closed door, use the back of your hand to feel the lower, middle and upper parts of the door.
- Never use the palm of your hand or fingers to test for heat, burning those areas could impair your ability to escape a fire.
- If the door is NOT hot, open it slowly and ensure fire and/or smoke is not blocking your escape route.
- If your escape route is blocked, shut the door immediately and use an alternate escape route, such as a window. If clear, leave immediately through the door. Be prepared to crawl. Smoke and heat rise. The air is clearer and cooler near the floor.
- If the door is hot, do not open it. Escape through a window. If you cannot escape, hang a white or light-colored sheet outside the window, alerting fire fighters to your presence.
- Heavy smoke and poisonous gases collect first along the ceiling. Stay below the smoke at all times.

If You Are Trapped in Debris

- Do not light a match.
- Do not move about or kick up dust. Cover your mouth with a handkerchief or clothing.
- Rhythmically tap on a pipe or wall so that rescuers can hear where you are.
- Use a whistle if one is available.
- Shout only as a last resort when you hear sounds and think someone will hear you shouting can cause a person to inhale dangerous amounts of dust.

CHEMICAL & BIOLOGICAL WEAPONS

In case of a chemical or biological weapon attack near you, authorities will instruct you on the best course of action. This may be to evacuate the area immediately, to seek shelter at a designated location, or to take immediate shelter where you are and seal the premises. The best way to protect yourself is to take emergency preparedness measures ahead of time and to get medical attention as soon as possible, if needed.

Chemical

Chemical warfare agents are poisonous vapors, aerosols, liquids or solids that have toxic effects on people, animals or plants. They can be released by bombs, sprayed from aircraft, boats, or vehicles, or used as a liquid to create a hazard to people and the environment. Some chemical agents may be odorless and tasteless. They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (several hours to several days). While potentially lethal, chemical agents are difficult to deliver in lethal concentrations. Outdoors, the agents often dissipate rapidly. Chemical agents are also difficult to produce.

There are six types of agents:

Lung-damaging (pulmonary) agents such as phosgene

1. Cyanide
2. Vesicants or blister agents such as mustard
3. Nerve agents such as GA (tabun), GB (sarin), GD (soman), GF, and VX
4. Incapacitating agents such as BZ
5. Riot-control agents (similar to MACE)

Biological

Biological agents are organisms or toxins that can kill or incapacitate people, livestock and crops. The three basic groups of biological agents which would likely be used as weapons are bacteria, viruses, and toxins.

1. *Bacteria*. Bacteria are small free-living organisms that reproduce by simple division and are easy to grow. The diseases they produce often respond to treatment with antibiotics.
2. *Viruses*. Viruses are organisms which require living cells in which to reproduce and are intimately dependent upon the body they infect. Viruses produce diseases which generally do not respond to antibiotics. However, antiviral drugs are sometimes effective.
3. *Toxins*. Toxins are poisonous substances found in, and extracted from, living plants, animals, or microorganisms; some toxins can be produced or altered by chemical means. Some toxins can be treated with specific antitoxins and selected drugs.

What To Do After a Chemical Attack

Immediate symptoms of exposure to chemical agents may include blurred vision, eye irritation, difficulty breathing and nausea. A person affected by a chemical or biological agent requires immediate attention by professional medical personnel. If medical help is not immediately available, decontaminate yourself and assist in decontaminating others. Decontamination is needed within minutes of exposure to minimize health consequences. (However, you should not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe to do so.)

1. Use extreme caution when helping others who have been exposed to chemical agents:

Remove all clothing and other items in contact with the body. Contaminated clothing normally removed over the head should be cut off 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 lenses. Put glasses in a pan of household bleach to decontaminate.

2. Remove all items in contact with the body.
3. Flush eyes with lots of water.
4. Gently wash face and hair with soap and water; then thoroughly rinse with water.
5. Decontaminate other body areas likely to have been contaminated. Blot (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.
6. Change into uncontaminated clothes. Clothing stored in drawers or closets is likely to be uncontaminated.
7. If possible, proceed to a medical facility for screening.

What To Do After a Biological Attack

In many biological attacks, people will not know they have been exposed to an agent. In such situations, the first evidence of an attack may be when you notice symptoms of the disease caused by an agent exposure, and you should seek immediate medical attention for treatment.

In some situations, like the anthrax letters sent in 2001, people may be alerted to a potential exposure. If this is the case, pay close attention to all official warnings and instructions on how to proceed. The delivery of medical services for a biological event may be handled differently to respond to increased demand. Again, it will be important for you to pay attention to official instructions via radio, television, and emergency alert systems.

If your skin or clothing comes in contact with a visible, potentially infectious substance, you should remove and bag your clothes and personal items and wash yourself with warm soapy water immediately. Put on clean clothes and seek medical assistance.

For more information, visit the website for the Centers for Disease Control and Prevention at https://emergency.cdc.gov/bioterrorsism/overview.asp.

NUCLEAR AND RADIOLOGICAL ATTACK

Nuclear explosions can cause deadly effects blinding light, intense heat (thermal radiation), initial nuclear radiation, blast, fires started by the heat pulse, and secondary fires caused by the destruction. They also produce radioactive particles called fallout that can be carried by wind for hundreds of miles.

Terrorist use of a radiological dispersion device (RDD) often called "dirty nuke" or "dirty bomb" is considered far more likely than use of a nuclear device. These radiological weapons are a combination of conventional explosives and radioactive material designed to scatter dangerous and sub-lethal amounts of radioactive material over a general area. Such radiological weapons appeal to terrorists because they require very little technical knowledge to build and deploy compared to that of a nuclear device. Also, these radioactive materials, used widely in medicine, agriculture, industry and research, are much more readily available and easy to obtain compared to weapons grade uranium or plutonium.

Terrorist use of a nuclear device would probably be limited to a single smaller "suitcase" weapon. The strength of such a weapon would be in the range of the bombs used during World War II. The nature of the effects would be the same as a weapon delivered by an inter-continental missile, but the area and severity of the effects would be significantly more limited.

There is no way of knowing how much warning time there would be before an attack by a terrorist using a nuclear or radiological weapon. A surprise attack remains a possibility.

The danger of a massive strategic nuclear attack on the United States involving many weapons receded with the end of the Cold War. However, some terrorists have been supported by nations that have nuclear weapons programs.

If there were threat of an attack from a hostile nation, people living near potential targets could be advised to evacuate or they could decide on their own to evacuate to an area not considered a likely target. Protection from radioactive fallout would require taking shelter in an underground area, or in the middle of a large building.

In general, potential targets include:

- Strategic missile sites and military bases.
- Centers of government such as Washington, DC, and state capitals.
- Important transportation and communication centers.
- Manufacturing, industrial, technology and financial centers.
- Petroleum refineries, electrical power plants and chemical plants.
- Major ports and airfields.

Taking shelter during a nuclear attack is absolutely necessary. There are two kinds of shelters blast and fallout.

Blast shelters offer some protection against blast pressure, initial radiation, heat and fire, but even a blast shelter could not withstand a direct hit from a nuclear detonation.

Fallout shelters do not need to be specially constructed for that purpose. They can be any protected space, provided that the walls and roof are thick and dense enough to absorb the radiation given off by fallout particles. The three protective factors of a fallout shelter are shielding, distance, and time.

- *Shielding*. The more heavy, dense, thick walls, concrete, bricks, books and earth between you and the fallout particles, the better.
- *Distance*. The more distance between you and the fallout particles, the better. An underground area, such as a home or office building basement, offers more protection than the first floor of a building. A floor near the middle of a high-rise may be better, depending on what is nearby at that level on which significant fallout particles would collect. Flat roofs collect fallout particles so the top floor is not a good choice, nor is a floor adjacent to a neighboring flat roof.
- *Time*. Fallout radiation loses its intensity fairly rapidly. In time, you will be able to leave the fallout shelter. Radioactive fallout poses the greatest threat to people during the first two weeks, by which time it has declined to about 1% of its initial radiation level.

Remember that any protection, however temporary, is better than none at all, and the more shielding, distance and time you can take advantage of, the better.

Electromagnetic Pulse

In addition to other effects, a nuclear weapon detonated in or above the earth's atmosphere can create an electromagnetic pulse (EMP), a high-density electrical field. EMP acts like a stroke of lightning but is stronger, faster and briefer. EMP can seriously damage electronic devices connected to power sources or antennas. This includes communication systems, computers, electrical appliances, and automobile or aircraft ignition systems. The damage could range from a minor interruption to actual burnout of components. Most electronic equipment within 1,000 miles of a high-altitude nuclear detonation could be affected. Battery powered radios with short antennas generally would not be affected.

Although EMP is unlikely to harm most people, it could harm those with pacemakers or other implanted electronic devices.

Before—What To Do Before an Attack

1. 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.
2. 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.
3. 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.

4. 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.

5. There are few public shelters in many suburban and rural areas. If you are considering building a fallout shelter at home, keep the following in mind.

   - A basement, or any underground area, is the best place to shelter from fallout. Often, few major changes are needed, especially if the structure has two or more stories and its basement or one corner of it is below ground.
   - Fallout shelters can be used for storage during non-emergency periods, but only store things there that can be very quickly removed. (When they are removed, dense, heavy items may be used to add to the shielding.)
   - All the items you will need for your stay need not be stocked inside the shelter itself but can be stored elsewhere, as long as you can move them quickly to the shelter.

6. Learn about your community's evacuation plans. Such plans may include evacuation routes, relocation sites, how the public will be notified and transportation options for people who do not own cars and those who have special needs. See the "Evacuation" chapter for more information.

7. Acquire other emergency preparedness booklets that you may need.

During—What To Do During an Attack

1. Do not look at the flash or fireball it can blind you.

2. If you hear an attack warning:

   - Take cover as quickly as you can, BELOW GROUND IF POSSIBLE, and stay there unless instructed to do otherwise.
   - If you are caught outside, unable to get inside immediately, take cover behind anything that might offer protection. Lie flat on the ground and cover your head.
   - If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.

3. Protect yourself from radioactive fallout. If you are close enough to see the brilliant flash of a nuclear explosion, the fallout will arrive in about 20 minutes. Take shelter, even if you are many miles from ground zero radioactive fallout can be carried by the winds for hundreds of miles.

4. Remember the three protective factors: shielding, distance and time.

Keep a battery-powered radio with you, and listen for official information. Follow the instructions given. Local instructions should always take precedence: officials on the ground know the local situation best.

After—What To Do After an Attack

In a Public or Home Shelter

1. Do not leave the shelter until officials say it is safe. Follow their instructions when leaving.
2. If in a fallout shelter, stay in your shelter until local authorities tell you it is permissible or advisable to leave. The length of your stay can range from a day or two to four weeks.
    - Contamination from a radiological dispersion device could affect a wide area, depending on the amount of conventional explosives used, the quantity of radioactive material and atmospheric conditions.
    - A "suitcase" terrorist nuclear device detonated at or near ground level would produce heavy fallout from the dirt and debris sucked up into the mushroom cloud.
    - A missile-delivered nuclear weapon from a hostile nation would probably cause an explosion many times more powerful than a suitcase bomb, and provide a greater cloud of radioactive fallout.
    - The decay rate of the radioactive fallout would be the same, making it necessary for those in the areas with highest radiation levels to remain in shelter for up to a month.
    - The heaviest fallout would be limited to the area at or downwind from the explosion, and 80% of the fallout would occur during the first 24 hours.
    - Because of these facts and the very limited number of weapons terrorists could detonate, most of the country would not be affected by fallout.
    - People in most of the areas that would be affected could be allowed to come out of shelter and, if necessary, evacuate to unaffected areas within a few days.
3. Although it may be difficult, make every effort to maintain sanitary conditions in your shelter space.
4. Water and food may be scarce. Use them prudently but do not impose severe rationing, especially for children, the ill or elderly.
5. Cooperate with shelter managers. Living with many people in confined space can be difficult and unpleasant.

Returning To Your Home

1. Keep listening to the radio for news about what to do, where to go, and places to avoid.

2. If your home was within the range of a bomb's shock wave, or you live in a high-rise or other apartment building that experienced a non-nuclear explosion, check first for any sign of collapse or damage, such as:
    - Toppling chimneys, falling bricks, collapsing walls, plaster falling from ceilings.
    - Fallen light fixtures, pictures and mirrors.
    - Broken glass from windows.
    - Overturned bookcases, wall units or other fixtures.
    - Fires from broken chimneys.

Ruptured gas and electric lines.

3. Immediately clean up spilled medicines, drugs, flammable liquids, and other potentially hazardous materials.

4. Listen to your battery-powered radio for instructions and information about community services.

5. Monitor the radio and your television for information on assistance that may be provided. Local, state and federal governments and other organizations will help meet emergency needs and help you recover from damage and losses.

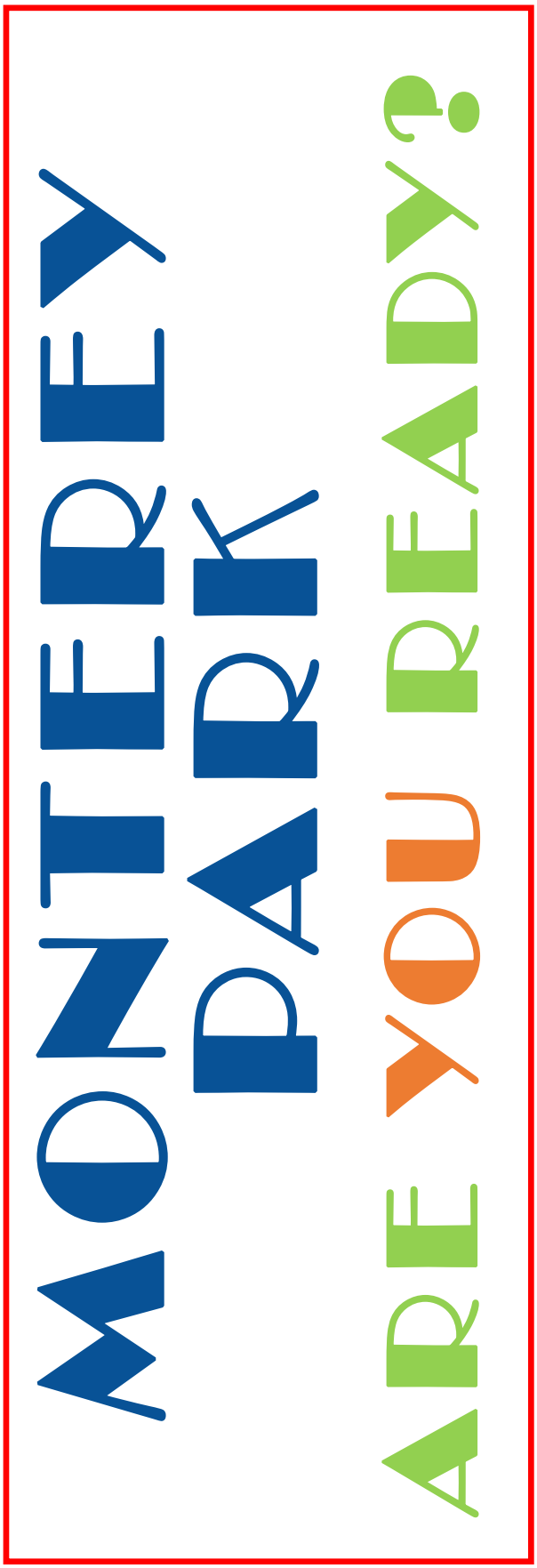
6. The danger may be aggravated by broken water mains and fallen power lines.

7. If you turned gas, water, and electricity off at the main valves and switch before you went to shelter:

   - Do not turn the gas back on. The gas company will turn it back on for you or you will receive other instructions.
   - Turn the water back on at the main valve only after you know the water system is working and water is not contaminated.
   - Turn electricity back on at the main switch only after you know the wiring is undamaged in your home and the community electrical system is functioning.
   - Check to see that sewage lines are intact before using sanitary facilities.

8. Stay away from damaged areas.

9. Stay away from areas marked "radiation hazard" or "HAZMAT."



HOMELAND SECURITY ADVISORY SYSTEM

There is a new phase in the global threat environment with implication on the homeland. Particularly with the rise of homegrown violent extremists who could strike with little or no notice. The U.S. Department of Homeland Security advises the public with the importance of increased public vigilance and awareness.

While the Department of Homeland Security and the Federal Business Bureau are hard at work to address this new threat, you too can help!

How You Can Help

If You See Something, Say Something™ . Report suspicious activity to local law enforcement or call 911. Read more: https://www.dhs.gov/see-something-say-something

Community leaders, co-workers, friends, and family can help by recognizing signs of potential radicalization to violence. For more information visit: https://www.dhs.gov/nationwide-sar-initiative-nsi.

Report threats or suspicious activity to the FBI or your local authorities. Contact info for FBI Field Offices can be found here: https://www.fbi.gov/contact-us/field-offices.



FOR MORE INFO

Helpful Websites

Preparing for a Disaster

→ www.Ready.gov ~ Emergency preparedness guidance from the U.S. Department of Homeland Security lists and explains specific threats and response. How to prepare, glossary, feedback form, and links to related government and private organizations.

→ www.dhs.gov ~ U.S. Department of Homeland Security

→ www.firstgov.gov ~ FirstGov - The Official Web Portal of the US Federal Government

Disaster Help

→ https://www.disasterassistance.gov ~ Access to Disaster Help and Resources. Provides disaster survivors with information, support, services, and a means to access and apply for disaster assistance through joint data-sharing efforts between federal, tribal, state, local, and private sector partners.

→ www.fema.gov ~ Federal Emergency Management Agency

→ www.redcross.org ~ American Red Cross

→ http://www.cdc.gov ~ Centers for Disease Control and Prevention

Useful Telephone Numbers

→ 1-800-FED-INFO (1-800-333-4636) ~ Call the Federal Citizen Information Center for answers you can trust about federal agencies, programs, benefits or services.

→ 1-800-BE-READY (1-800-237-3239) ~ Citizens can call 1-800-BE-READY to order a readiness pamphlet and to get more information about ways to protect themselves and their families.

→ 1-866-GET-INFO (1-866-438-4636) ~ American Red Cross hotline for information on personal and family disaster preparedness, international humanitarian assistance, services to the military, and answers to questions about all Red Cross services.

→ 1-626-307-1423 ~ Monterey Park Fire Department Headquarters

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COPING

WITH AN ACTIVE SHOOTER SITUATION

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit
- If you are in an office, stay there and secure the door
- Attempt to take the active shooter down as a last resort

Contact your building management or human resources department for more information and training on active shooter response in your workplace.

PROFILE

OF AN ACTIVE SHOOTER

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area, typically through the use of firearms.

CHARACTERISTICS

OF AN ACTIVE SHOOTER SITUATION

- Victims are selected at random
- The event is unpredictable and evolves quickly
- Law enforcement is usually required to end an active shooter situation

CALL 911 WHEN IT IS SAFE TO DO SO

U.S. DEPARTMENT OF HOMELAND SECURITY

HOW TO RESPOND

WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

1. Evacuate

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible

2. Hide Out

- Hide in an area out of the shooter's view
- Block entry to your hiding place and lock the doors
- Silence your cell phone and/or pager

3. Take Action

- As a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the active shooter

CALL 911 WHEN IT IS SAFE TO DO SO

HOW TO RESPOND

WHEN LAW ENFORCEMENT ARRIVES

- Remain calm and follow instructions
- Put down any items in your hands (i.e., bags, jackets)
- Raise hands and spread fingers
- Keep hands visible at all times
- Avoid quick movements toward officers such as holding on to them for safety
- Avoid pointing, screaming or yelling
- Do not stop to ask officers for help or direction when evacuating

INFORMATION

YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR

- Location of the active shooter
- Number of shooters
- Physical description of shooters
- Number and type of weapons held by shooters
- Number of potential victims at the location

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