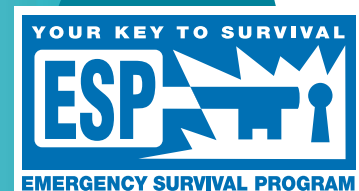


Emergency Survival
Program (ESP)

Newsletter Articles



Prepare to Do More in 2004
Against Terrorism



PREPARE TO DO MORE IN 2004

A G A I N S T T E R R O R I S M

Newsletter Articles



January

Understand Terrorism

Terrorism is the illegal use of force or violence to create fear and panic or to advance political or social goals. Much of the fear caused by terrorism, or the threat of it, is based on the uncertainty of when it will occur and whether or not our loved ones, friends, or we will be injured. We may feel we have no control over our fate.

Preparing for terrorist attacks is the same as preparing for earthquakes, fires and other emergencies. We have a role in reducing the impact of terrorism on our lives.

Do the following now to increase your safety and survival:

- ◆ Develop a family disaster plan.
- ◆ Learn basic first aid and CPR.
- ◆ Update your emergency kit.
- ◆ Know where fire exits and fire extinguishers are located.
- ◆ Use caution when you travel.
- ◆ Report suspicious activity to authorities.
- ◆ Check on the school emergency plan for your children.

For more information on the Emergency Survival Program (ESP), go to www.espfocus.org or contact your local Office of Emergency Services.

February

Make a Plan

Do members of your family know the safest places to be in your home in case of a terrorist attack or other emergency? Do they know where to meet if they're separated and how to report their physical conditions and whereabouts?

Government agencies, schools and businesses have plans for terrorist events and other emergencies. Your family should also have one. The safety and well being of your loved ones is important.

Make sure your emergency plan includes information on the safe areas of your home, your out-of-state contact person's name and telephone number, how to reunite with family members and how to evacuate and shelter-in-place, if asked to do so by local authorities.

Don't forget to include plans for family members or neighbors with special needs as well as provisions for your pets. Plan to share responsibilities and work together as a team.

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March

Emergency Supplies

It might be very hard to get water, emergency supplies and equipment after a terrorist attack, fire, earthquake or other emergency because they might be in great demand. Make sure you have enough supplies on hand to last 72 hours or more.

Store your supplies in locations that are secure and easy to reach. Possible options include backpacks, duffel bags, and trash containers with wheels. Put your supplies in a couple of different pre-designated locations (at home, at work and in your vehicle) and check them twice a year.

Include the following supplies as part of your kit: drinking water, water for hygiene and cooking, nonperishable food, first aid kit and book, flashlights and radio with extra batteries, tools, fire extinguishers, thick work gloves, sturdy shoes, prescription medications, cash, and copies of important documents.

Remember to store extra food and water for people with special needs and for your pets.

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April

Bomb Threats

How would you react if you discovered a strange object at your workplace, received a bomb threat over the phone or received a suspicious package in the mail?

Knowing what to do in advance and how to react to the threat could possibly save your life and the lives of those around you.

Develop a bomb threat checklist that gives tips to follow should you receive a threat. It also can be used for documentation when you report the incident to your security officer or local law enforcement agency.

Contact your local law enforcement agency for a sample bomb threat checklist and information about training.

Be alert to any suspicious activity and make sure your home and family are prepared with emergency supplies and plans. Learn about the types of bombings that can occur, such as mail bombs and suicide bombs, and the safe actions to take.

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May

Biological Threats

A biological attack is the deliberate release of germs or other biological substances. To become sick from a biological agent, a person must eat or breathe it, or it must enter the bloodstream through a cut in the skin. Some biological agents can cause contagious diseases.

If you become aware of an unusual or suspicious release of an unknown substance nearby, take steps to protect yourself.

- ◆ Get away from the substance as quickly as possible.
- ◆ Cover your mouth and nose with a folded cloth.
- ◆ Wash with soap and water.
- ◆ Contact authorities.
- ◆ Get a medical evaluation as soon as possible if you think you've been exposed to a hazardous substance.
- ◆ Do not listen to rumors.
- ◆ Watch TV or listen to the radio for official news from public health officials.

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June

Radiological Threats

A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials. Normally, the force of the explosion and radioactive contamination will be in a local or small area.

Local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV and listen to the radio for official news and information as it becomes available.

To protect yourself from radiation, think about shielding, distance and time. A thick shield, such as a thick wall, concrete, brick and books, between you and the radioactive material will absorb more of the radiation. Distance from the radiation will lower your exposure. Minimizing time spent exposed will also reduce your risk.

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July

Chemical Threats

Terrorists can harm and frighten people with various weapons. A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.

Signs to watch for if a chemical attack occurs include many people suffering from watery eyes, twitching, choking, breathing problems or loss of coordination.

If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from. Move away from the affected area.

Follow instructions from local authorities on whether to evacuate or to shelter in place. If you think you have been exposed, get a medical evaluation as soon as possible. You should also learn the procedures for decontamination just in case medical help is not immediately available.

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August

Travel Safety

Personal safety and security are of utmost importance whenever you travel. In fact, government agencies have focused a lot of attention on travel safety over the past two years.

Always use common sense and be alert and aware of your surroundings. Whether you are going on a short or long trip, follow the travel safety tips below.

- ◆ Leave a copy of your itinerary with a friend or relative.
- ◆ Leave valuables, extra credit cards and jewelry at home.
- ◆ Make sure you have proper I.D. and health coverage.
- ◆ Make sure you have enough prescription medication to last the duration of your trip.
- ◆ Do not leave your luggage unattended and never accept packages from strangers.
- ◆ Choose a hotel that has good security and easy access to transportation.
- ◆ Know where the emergency exits are located.

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September

Shelter in Place or Evacuate

Chemical releases and accidents involving gasoline, oil, paints and other hazardous materials could cause a wide range of serious injuries and possibly death from exposure to vapors, fumes and smoke.

Local officials may direct the public to protect themselves by staying inside their homes, cars and offices (shelter in place), or by leaving the impacted area (evacuation).

If you evacuate from work, use the stairs and stay to the right to leave a clear path for emergency personnel. If you evacuate from home, put on sturdy shoes to protect your feet from debris. Take your emergency kit with you.

Watch TV or listen to the radio for instructions from officials. Gather your emergency supplies. If you are instructed to “shelter in place,” go indoors, close all windows and doors, and turn off air conditioning systems. Select one room and use duct tape to seal windows and doors.

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October

Community Resources

Your ability to respond effectively to a terrorist attack or other disaster will depend on how well you have prepared and know the resources available in your community.

Available resources include government services, volunteer agencies, local markets, restaurants, hardware and sporting goods stores. Neighbors or co-workers with special skills and equipment, such as amateur radio operators, are also helpful resources.

Get in touch with your city, county, state, federal and American Red Cross agencies now to find out how they can help you to better plan and prepare. Involve these experts in your planning, training and exercises. Their observations and input will help improve your preparedness for response to terrorism and other emergencies.

Remember, knowledge is power. The more you know about the programs and public agencies that contribute to safety, the better off you'll be.

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November

Public Environments

Terrorists want to disrupt our daily lives. Don't give them the satisfaction. Continue to live your life, but be alert and aware of your surroundings.

Terrorists may target places where people congregate such as clubs, restaurants, places of worship, schools, hotels, outdoor recreation events or resorts and beaches.

Prior to an attack, terrorists try to blend into the local community. Report any suspicious activities to your local authorities.

Remember to be patient with public safety and security personnel. Increased security in public places means longer lines and delays. These inconveniences are for everyone's safety.

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December

Mental Health

Fear of the unknown is one of the biggest problems in dealing with the threat of terrorism and other disasters. We often feel that we have no control over our fate.

Images of the attacks on the World Trade Center in New York, the Pentagon in Virginia, and the plane crash in Pennsylvania, are hard to forget. Being alert to your surroundings is the first and best thing you can do to keep from being victimized by terrorists.

In the event of an attack, remain calm. Panic only adds to the confusion and increases problems. Keep routines as normal as possible, keep active, and talk about your feelings. Don't hesitate to get professional help if you feel you need it.

Realize that our government agencies and public health, safety, and law enforcement departments are world-class. Follow their instructions with patience, calm and trust.

For more information on the Emergency Survival Program (ESP), go to www.espfocus.org or contact your local Office of Emergency Services.

Emergency Survival Program (ESP)

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Emergency Survival Program (ESP)

Coordinating Council

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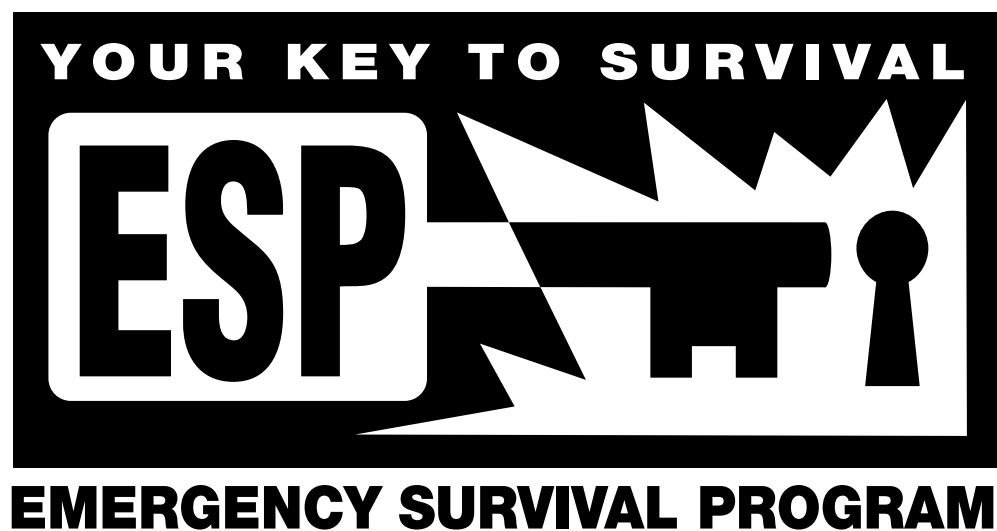
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