

ESP FOCUS

Understand Terrorism



Earthquakes, floods and wildfires are frightening experiences for most of us. Fear is a natural human reaction to natural disasters and other events that hit suddenly and seem to threaten our safety, our loved ones, and our daily lives. Terrorists use this natural reaction to multiply the effect of their actions in order to advance their political or social goals. Like bullies in the schoolyard, terrorists want to intimidate and frighten others to get their own way.

Until recently, many Americans believed that terrorism only affected other countries. Now we know that it *can* happen here, but we don't know where or when. Much of the fear caused by terrorism—or the threat of it—is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace.

But the terrorists are *not* in charge. Governmental officials are working hard to find terrorists and to limit their ability to harm Americans. At the same time, there is a lot that *each of us* can do to limit the terrorists' ability to frighten us.

We can take back control over our peace of mind and help ensure our safety by taking some of the same actions that we would take to prepare for earthquakes, floods, or fires. We can also contribute to the safety of others by becoming more aware of our surroundings and reporting suspicious activities or items to local officials.

TAKE ACTION

Check out the reverse side of this sheet for practical, affordable and useful things you can do for yourself, your family, your neighborhood and your co-workers. These simple steps will help you regain your sense of control, and they could make a big difference in your personal safety in any emergency.

LEARN MORE

Knowledge is power. The more you understand about potential emergencies, the better you can respond if they occur.

CHECK THESE WEBSITES

- www.espfocus.org (Emergency Survival Program)
- www.dhs.gov (United States Department of Homeland Security)
- www.fema.gov (Federal Emergency Management Agency)
- www.oes.ca.gov (California Governor's Office of Emergency Services)
- www.redcross.org (American Red Cross)
- www.lacoa.org (County of Los Angeles Operational Area)
- www.sdcounty.ca.gov/oes (County of San Diego)
- www.ci.riverside.ca.us/fire (City of Riverside Fire Department)
- www.cert-la.com/education/Terrorism.htm (Community Emergency Response Team)



JANUARY

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WHAT YOU CAN DO NOW

Preparing for terrorist attacks is the same as preparing for earthquakes, fires, and other emergencies. It all starts with a family emergency plan.

- Evacuation:** Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- Out-of-town contact:** Think how you would get in contact with your family if you became separated. Choose an out-of-town contact that your family members or friends could call to check on each other.
- Meeting place:** Decide where you and family members would meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
- School plans:** Learn the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Give written permission to a trusted friend or neighbor to pick up your children from school or day care in case you cannot get there on time.
- Preparation for children:** Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

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

- A battery-powered radio, flashlights, and extra batteries.
- A whistle to signal your location to rescuers.
- A first aid kit and a manual.
- An extra pair of eyeglasses and any prescription medications you need.
- Drinking water.
- Cash and credit cards.
- Sturdy shoes and a jacket in case you have to walk some distance.
- A current map of your area in case of detours.
- An extra set of car keys.
- A notebook and pen to write down observations or special instructions.
- Names, addresses, telephone numbers and photos of family members.
- Special items for infants, children, elderly or disabled family members.

WHAT YOU CAN DO DURING AN ATTACK

Terrorists are counting on surprise, fear, and confusion to add to the impact of their actions. If you realize an attack is underway, gather all your strength to pause and think. Look around you to see what is happening, and what immediate steps you should take to protect yourself and others.

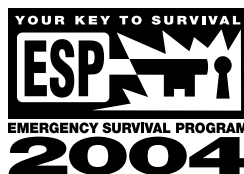
- If there is flying debris, **duck** under something sturdy, **cover** the back of your neck with your arms, and **hold on**, just as you would for an earthquake.
- If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- If it is necessary to evacuate, do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.

If you are not directly affected by the attack, remain calm, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

WHAT YOU CAN DO AFTER AN ATTACK

Remain calm. Think before you act. Don't let terrorists have what they want most: to hurt a few people in order to intimidate millions.

- Stay informed. Listen to official reports and instructions on the radio or television.
- If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- Do not leave your sheltered location or return to the evacuated area until local officials confirm that it is safe to do so.
- Implement your family emergency plan, and notify your out-of-town contact of your location and status.



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ESP FOCUS

Make a Plan



We all know that when we want something to turn out right—whether it's a birthday party, a job search, or a vacation—we make a plan. We decide what we want to happen, what steps we need to take, what help we'll need, and so on. And of course, we

make the plan before the party.

Making a plan to protect our families from the effects of emergencies like terrorism is not much different. In fact, the main difference between planning for an emergency and planning for a special event is that we don't usually know when the emergency will happen. So to be sure that your plan is ready before you need it, start today!

A family emergency plan does not have to be complicated. There are really only a few basic questions your plan should answer.

In an emergency, what will you want to do?

- Get safely out of harm's way.
- Reunite the family in a safe place.
- Communicate with loved ones outside the area using your out-of-town emergency contact (Look for the sample card on the back of this sheet.)

What would you need to have with you?

- Food that won't spoil, water, sanitary supplies and other necessities to last for at least three days.
- A change of clothes and comfortable shoes for each person, including a jacket and hat suitable for the season.
- A first aid kit, extra prescription medications and eyeglasses.
- Special supplies and equipment for older family members, infants and children, or people with special needs.
- A battery powered radio, flashlight, whistle and extra batteries.

What needs to be done and who will do it?

- Making a family emergency plan also helps you think through what needs to be done, and who will be available to carry out each job.
- Build a team. Assign tasks to each family member, based on their individual age and skills, and on where they are most likely to be, since travel is sometimes difficult during emergencies.

Every family has special needs. Design your plan to make sure it matches up with your lifestyle. Does someone in the family work at night or commute long distances? Does your household include infants or toddlers, or someone else with special needs? Do you have pets or large animals like horses?

TAKE ACTION

Gather the family and get a pencil. On the other side of this sheet, you'll find simple, practical questions to get you started on your family emergency plan. Start today. The preparations you make today will increase your peace of mind in any emergency, even a terrorist attack.

LEARN MORE

Knowledge is power. The more you understand about potential emergencies, the better you can respond if they occur.

CHECK THESE WEBSITES

- www.ready.gov (from the U.S. Department of Homeland Security)
- www.redcross.org (American Red Cross)
- www.espfocus.org (Emergency Survival Program)
- www.cert-la.com/education/Preparedness.htm (Community Emergency Response Team)



F E B R U A R Y

PLANNING UNDER THE CLOUD OF TERRORISM

Many people are experienced in protecting their families, homes, and businesses from the effects of earthquakes, fires and floods. We now find ourselves in another era, and we wonder what is different about preparing for a possible terrorist attack.

Remember that the purpose of the terrorist is to promote political or social objectives by creating fear and uncertainty. More people are actually hurt each year by common household accidents than by terrorists, but they use our fear to multiply the effect of their actions.

Take away some of their control by reducing your uncertainty. Make a plan. Know what you and your family would need to do if you find yourself in an emergency situation.

BE ALERT

- Always be aware of your surroundings, particularly in airports, large cities, crowds, or popular tourist areas.
- Report any suspicious activities to local authorities.
- When you travel, keep your belongings with you at all times. Don't accept packages from strangers.

LISTEN FOR INSTRUCTIONS

- Government officials are on the alert to any possible actions by terrorists. At the first sign of an event, they will issue specific instructions for your safety.
- Listen to emergency news broadcasts on the radio or television.
- Listen to emergency responders like police and fire fighters who arrive to help.
- If family members or co-workers don't speak English, have problems hearing or seeing, explain to them what is happening and what officials are telling you to do.
- Follow instructions quickly and carefully.

USE YOUR FAMILY EMERGENCY PLAN

- As soon as it is safe to do so, contact family members and your out-of-town contact to let them know where you are and that you are safe.
- If you are told to evacuate, put on sturdy shoes and take your cash, car keys, and emergency kit with you. Take your pets with you to your pre-arranged family meeting place. (Pets may not be allowed in public shelters.)
- If you are instructed to "shelter in place," stay indoors, close and seal windows and doors. Turn off air conditioning systems. Do not leave your sheltered location until authorities tell you it is safe to do so.

OUT-OF-TOWN CONTACT CARD

Copy, clip and complete the following card for each member of the family. Use the reverse side, for other information family members might need such as:

- School address, phone number, and friend authorized to pick up children.
- Physician's name, address and phone.
- Vet's name, address and phone.
- Parent's work address and telephone.

EMERGENCY CONTACT INFORMATION

Out-of-town contact: _____

Contact telephone number: _____

Family meeting place: _____

Special needs: _____

Responsibilities: _____

Cardholder's name: _____

Address: _____

Phone: _____



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ESP FOCUS

Update Emergency Supplies



In our busy lives, we count on many conveniences. We drive along the roads and highways to our destinations. We buy gas when we run low. We pick up a few last minute groceries or some tasty take-out food on the way

home from work. At the turn of a faucet, a switch, or a thermostat, our utilities service our homes and workplaces. We take these conveniences completely for granted. However, emergency planning experts advise that it might be very hard to get water, emergency supplies or equipment after a major flood, fire, earthquake, or terrorist attack.

There are two reasons for this.

First, certain items are in greater demand in an emergency than other times. For instance, we use things like flashlights, first aid kits, or battery-powered radios more often in an emergency than in normal times. Other items, like diapers and baby formula, are essential all the time, so families buy more than normal in order to avoid running out.

The other reason is that an emergency can temporarily interrupt lines of supply for critical goods and services. Roads or distribution centers may be damaged. Stores may be damaged or their supplies depleted. Utilities like telephones, gas, electricity, or pipelines may be temporarily disrupted.

The wise thing to do is to consider the items that your family will need to be safe and secure in an emergency, and to make sure that you have enough of these things in a convenient place to last your family for three days *before* the emergency occurs.

TAKE ACTION

On the other side of this sheet, you will find checklists of the types of supplies and equipment that you might need at home, at work, and in your car. Don't let events catch you by surprise. Personalize these lists for your family and co-workers, and make it a priority to get these things together now.

LEARN MORE

Knowledge is power. What you learn now about your family's needs after an emergency will help ensure they have enough food and necessities and will give you extra peace of mind.

CHECK THESE WEBSITES

www.esp.focus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.hsus.org (Humane Society)

www.oes.ca.gov (California Governor's Office of Emergency Services)



M A R C H

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WHAT YOU CAN DO NOW

As part of your family planning process, personalize the lists below to decide what you need to put together to ensure your family has food, water, and other essential supplies for the first 72 hours (three days and nights) after an emergency. (This is the amount of time that emergency experts think it might take for normal deliveries of supplies and services to stabilize.)

Remember that you don't know exactly where you might be when the emergency strikes, so it is wise to have a backpack with a few emergency supplies in places besides your home, such as your car or work place.

AT HOME

- One gallon of drinking water per person per day
- Additional water for washing, for pets, and for cooking
- Non-perishable food for family members and pets for three days
- First aid books and supplies
- Flashlights, portable radios and extra batteries for both
- Tools
 - An adjustable wrench to turn off gas at the meter if you smell gas
 - A crowbar to move debris or pry open a door or window
 - A square-ended shovel to remove broken glass
 - A heavy-duty broom
 - Thick work gloves
 - Dust masks
 - Safety goggles
- Camping gear, sleeping bags, rope, tents or tarpaulins for temporary shelter
- Soap and sanitary supplies
- A non-electric can opener
- Paper plates, utensils, trash bags
- An all-purpose (ABC) fire extinguisher
- Emergency cash
- Photos of family members and pets
- Copies of key documents, contacts, and family emergency plan

SPECIAL SUPPLIES

- Food and supplies for infants and toddlers
- Prescription medications and copies of prescription orders
- Mechanical walking aids (wheelchair, walker, crutches or canes)
- An emergency generator, in case a family member is on battery-operated life-support equipment or other medical devices

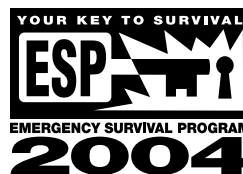
- Hearing aids and extra batteries
- Extra eyeglasses

IN YOUR CAR AND AT WORK

- Drinking water
- Non-perishable food and snacks
- Flashlight
- Portable, battery-operated radio
- Extra batteries
- Space blanket
- Personal hygiene supplies
- Trash bags and ties
- Fire extinguisher
- Walking shoes
- Jacket
- Gloves
- Dust mask
- A whistle
- Notebook and pencil
- Maps
- Cash in small bills and coins

SAFETY TIPS

- Use only clean plastic water containers to store water. Never use bottles that used to contain bleach, milk or juice.
- Label the date of purchase on food items without an expiration date.
- If your power has gone out, even for a little while, be careful of food spoilage. Use items from the refrigerator first, and then use items from the freezer.
- Never carry aerosol cans in your car; they can explode on hot days.
- Don't purchase gas masks or stockpile antibiotics.



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ESP FOCUS

Bomb Threats



Terrorists use violence or the threat of violence to advance their political, social or religious goals. In recent years, bombing has been a popular weapon for terrorists in other countries and here in the United States. Explosive devices can be simple and virtually home made, or technically complex.

Bombs can be large or small, and can easily be disguised. They can be thrown into an area, left behind and triggered remotely or when they are disturbed or they can be carried or driven into a target area by a suicide bomber.

Most of the bombings in this country are attributed to vandalism or mailbox bombings. Professional terrorists, on the other hand, look for targets that symbolize their causes and that will gain them maximum attention: government buildings, corporations, banks, airports, embassies, cultural landmarks, animal laboratories, abortion clinics, and tourist attractions.

The new Department of Homeland Security and traditional law enforcement and investigative agencies have taken extensive measures to reduce the chance that terrorists can implement explosive attacks against Americans. Public places, airports, critical infrastructure, and governmental facilities have implemented far greater security than before September 11, 2001.

TAKE ACTION

Every American can help in the effort to make us safer from bombings by being alert to any suspicious activity, making sure homes and families are prepared with emergency supplies and plans, supporting emergency preparedness training for children and schools, and exercising caution when traveling.

LEARN MORE

Knowledge is power. The more you know about bomb threats and what to do if you are exposed to one, the better you can protect yourself, your family, and your co-workers.

CHECK THESE WEBSITES

www.tsa.gov (Transportation Security Administration)

www.dhs.gov (Department of Homeland Security)

www.atf.gov (Bureau of Alcohol, Tobacco, Firearms and Explosives)

www.consumer.gov/postalinspectors/aboutus.htm (United States Postal Inspection Service)



A P R I L

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WHAT YOU CAN DO NOW

PREPARE AT WORK

- Review your company's procedure for dealing with bomb threats. If one does not exist, work with the appropriate personnel to establish a policy or procedure.
- Canvass work areas to become familiar with objects that are familiar.
- Establish a signal that receptionists and others who answer phones can use to indicate that they are receiving a threat.
- Develop a bomb threat checklist.
- Identify and practice using evacuation routes.

IF YOU RECEIVE A BOMB THREAT

- Remain calm and courteous. Do not interrupt the caller, and keep the caller on the line as long as possible.
- Signal a co-worker that you have received a bomb threat, and have him or her notify your security officer and local law enforcement immediately.
- Advise the caller that there are people in the building and innocent persons could be killed or injured.
- Ask the caller to repeat the message, with as much detail as possible.
- Immediately after the call, write down every detail that you remember, and give a copy of your notes to your security officer or supervisor.
- Ask employees to examine their immediate work areas as well as common areas such as lunchrooms, mail rooms and bathrooms. What is here that doesn't belong?

IF YOU LOCATE A SUSPICIOUS PACKAGE

Whether at work or in a public place, you should regard unattended or unusual packages or luggage with suspicion.

- Look for possible owners.
- Get a detailed description of the article (size, color, markings, odors, sounds).
- Note the exact location and approximately when the item was first noticed.
- Using a conventional, wired telephone, contact a supervisor, security officer, or the police.
- Do not use a cordless phone, cellular telephone, walkie-talkie or radio.
- Do not touch or move the object. Do not turn lights or thermostats on or off. Treat the object as potential evidence.
- Prepare for possible evacuation.

HOW TO IDENTIFY A POSSIBLE MAIL BOMB

If you are suspicious of a mailing and you can't verify the contents with the sender or the addressee:

- Don't open it.
- Treat it as suspicious.
- Isolate it.
- Using a conventional, wired phone, call **9-1-1**.

Here's what to look for:

- The package or mail piece:
 - Bulges or soft spots

- Unbalanced weight
 - Oily stains on wrapping
 - Protruding wire or aluminum foil
 - Strange odor
 - Sounds
 - Wrapped with string or retaped
 - Too much postage
- The markings:
 - Restrictive markings: "Personal," "To be opened by addressee only"
 - Misspelled words
 - Badly typed or written; cut-and-paste letters
 - Return address is fictitious, unfamiliar, or missing entirely
 - Addressed to someone's title only, or mismatched name and title
 - Postmark city different from return address

IF THERE IS AN EXPLOSION

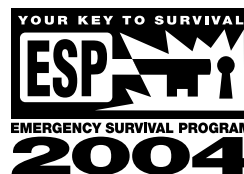
- Take shelter under a desk or a sturdy table.
- Exit the building as quickly as possible.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency kit if time allows.

IF THERE IS A FIRE

- Crawl below the smoke level and exit the building immediately.
- Use a wet cloth to cover your mouth and nose, if possible.
- Feel the top of a closed door with the back of one hand. If the door is hot, look for another exit.
- If you catch on fire, do not run. **STOP, DROP, and ROLL** to smother the flames.
- Never re-enter a burning building. Gather at a pre-designated meeting point.
- Call the fire department.

IF YOU ARE TRAPPED IN DEBRIS

- If possible, use a flashlight to signal your location.
- Avoid unnecessary movement so that you don't kick up dust, dislodge debris, cause yourself further injury or exhaust yourself.
- Cover your mouth and nose with anything you have on hand. Try to breathe through the material.
- 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 the sounds of rescuers, because shouting can cause a person to inhale dangerous amounts of dust.



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ESP FOCUS

Biological Threats



Terrorists may use various weapons to threaten or harm people. Some weapons, like localized bombings, can injure small numbers of people but gain lots of publicity. Other types of weapons can harm large numbers of people over a longer time frame. These are

sometimes called Weapons of Mass Destruction or WMD for short. These weapons can be biological, chemical, radiological, nuclear or explosives.

A biological attack is the deliberate release of germs or other substances, which are called biological agents. To become sick from a biological agent, a person must eat or breathe it, or it must enter the bloodstream through an open cut in the skin. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from people.

A biological attack may not be immediately obvious. While it is possible that the terrorist may announce an attack for the publicity, it is more likely that local health care workers will gradually identify and report a pattern of unusual illnesses.

Government agencies, public health authorities, and health care providers have developed detailed plans to identify, investigate and respond to biological attacks. You will probably learn of the danger through an emergency radio or television broadcast.

TAKE ACTION

Check out the other side of this sheet for practical, affordable and useful things you can do for yourself, your family, your neighborhood and your co-workers. These simple steps may help you balance protection with peace of mind.

LEARN MORE

Knowledge is power. The more you know about biological threats, the better you can protect yourself and your family.

CHECK THESE WEBSITES

- www.bt.cdc.gov (Centers for Disease Control and Prevention)
- www.whitehouse.gov/homeland (United States Department of Homeland Security)
- www.hopkins-biodefense.org (Johns Hopkins University Center for Biodefense Studies)
- www.labt.org (Los Angeles County Department of Public Health)
- www.redcross.org (American Red Cross)
- www.ci.riverside.ca.us/fire (City of Riverside Fire Department)



M A Y

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WHAT YOU CAN DO NOW

- Assemble and maintain an emergency supply kit.
 - See the *March 2004 ESP Focus* (Update Emergency Supplies)
- Have a plan to contact all family members if something happens during the work day. Public Health or other authorized agencies will use the news media to release information and instructions to protect your health.
- Keep good records:
 - Medical history of family members
 - Dates of inoculations
 - Prescriptions and allergies
 - Other medical needs
- Have a current list of important telephone numbers:
 - Physician
 - Out-of-town contact
 - Work or school contact for family members
- Use good personal hygiene to avoid spreading germs:
 - Wash your hands often
- Think about your pets:
 - Have current shot records
 - Find out about sheltering sites
- Always stay alert to your surroundings:
 - Tell authorities if you see any unusual or unattended parcels or suitcases
 - Pay attention to unusual behavior, incidents, or smells

WHAT YOU CAN DO IN CASE OF AN ATTACK

If you become aware of an unusual or suspicious release of an unknown substance nearby:

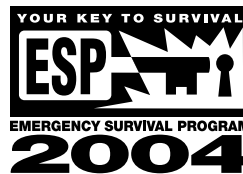
- Remain calm.
- Get away from the substance as quickly as possible.
- Cover your mouth and nose with layers of fabric that can filter the air but still allow you to breathe.
- Wash with soap and hot water and contact authorities.

If a biological emergency is declared in your area:

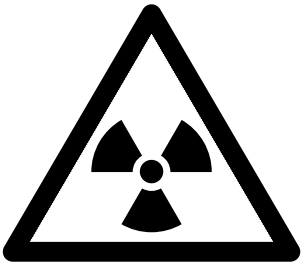
- Listen for official news and instructions:
 - The signs and symptoms of the suspected illness
 - The groups or areas that authorities consider to be in danger
 - Plans for distributing medications or vaccines
- Be especially alert to signs of illness, but do not automatically assume that any illness is the result of the attack.
- Wash your hands often with soap and water.
- If you think you have been exposed to a biological agent, seek medical advice.
- Listen to the radio or television for official instructions, and follow them carefully.
- Don't believe or spread rumors.

Official instructions might include:

- Evacuate: Authorities may tell you to leave your house and go to a safer area. In this case, take your emergency kit, identification, keys, and pets.
- Shelter in Place: Stay exactly where you are (your house, workplace or even car), and close windows, doors and vents until it is safer to breathe the outside air.



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ESP FOCUS**Radiological Threats**

Radiation is the release of energy from certain natural elements of the earth. Radiation is emitted from space, rocks and soils, and it even occurs naturally in air and some food. It is also applied to useful human purposes, such as medical diagnosis and treatment, nuclear

power production, and scientific research. People can be exposed to radiation from these natural or legitimate sources without negative effects, because their exposure is limited and safeguards are in place.

However, large doses of uncontrolled radiation can be very harmful to people and to the environment. Nuclear weapons are very complex devices that are carefully controlled by international treaties. They are difficult to design and require materials that are closely guarded. A nuclear blast creates an explosion with intense light and heat, a damaging pressure wave, and widespread radioactive fallout that can contaminate the air, water, and ground surfaces for miles around. Experts believe that a nuclear attack is very unlikely at this time.

However, there is another, far less sophisticated type of radiological threat, one that homeland security experts believe is far more likely to be used by terrorists. This is the use of conventional explosives to spread radioactive materials over a targeted area. The term for this kind of weapon is “dirty bomb.”

A “dirty bomb” kills or injures people with the impact and debris of the explosives. Additional health risks caused by the radioactive materials would show up over time and would vary according to the amount of exposure. However, the

terrorists would be counting on two additional consequences. First, people who fear they have been exposed could overwhelm the health care system. Second, the area affected by the radiation may have to be isolated for a long time, possibly damaging the local economy and requiring large amounts of money to clean up the environment.

People should remember that there has never actually been a “dirty bomb” attack on the United States, and that government agencies have detailed plans to prevent such an attack and to respond to threats of one.

TAKE ACTION

On the other side of this sheet, you will find some common sense things you can learn and teach your family about what to do if terrorists ever do use a radiological threat against the United States.

LEARN MORE

Knowledge is power. The more you understand about radiological threats, the better you can cope with the fear they are intended to spread.

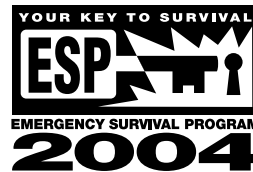
CHECK THESE WEB SITES

www.fema.gov/kids/nse/radiological.htm (Federal Emergency Management Agency)

www.terrorismanswers.com/weapons/dirtybomb_print.html (Council on Foreign Relations)

www.howstuffworks.com/dirty-bomb.htm (How Stuff Works)

www.cdc.gov/masstrauma/preparedness/primer.htm (Centers for Disease Control and Prevention)

**J U N E**www.espfocus.org

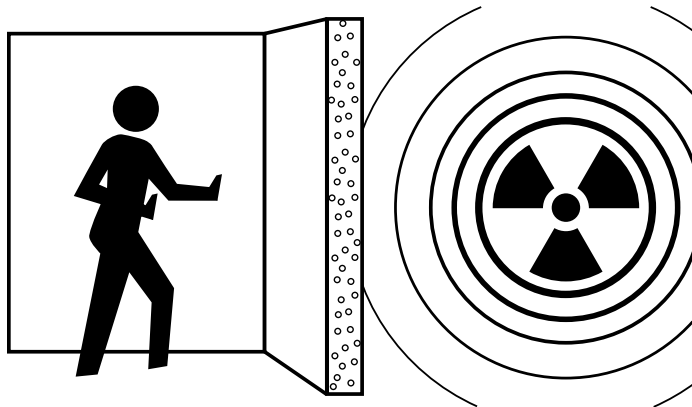
If you are in the area of any bomb:

- Take shelter under a desk or a sturdy table.
- Exit the building as quickly as possible.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency kit if time allows.

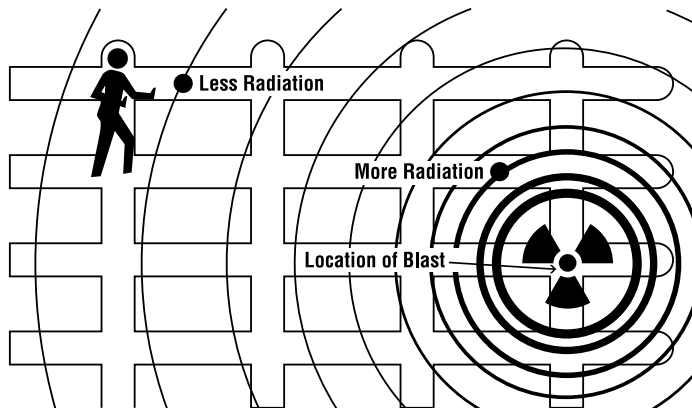
Remember, we cannot see, hear, smell, or taste radiation. Authorities can detect it using special devices. It may take some time for authorities to confirm whether a bomb has also spread radioactive materials.

If you are in the area of a dirty bomb, remember three key words: SHIELDING, DISTANCE, AND TIME:

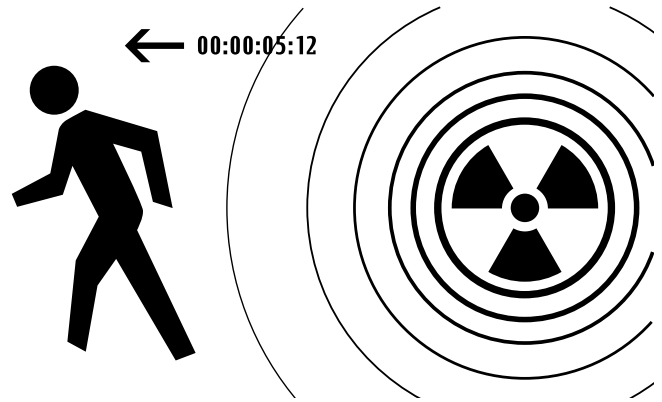
- Shield** yourself from radioactive materials.



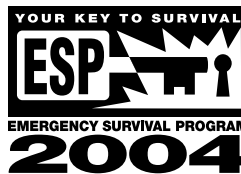
- Put **distance** between yourself and the source of the exposure.



- Minimize the **time** of your exposure.



Look to emergency authorities for information on what is happening and what you should do. Watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available. Remain calm, and follow the advice of authorities about whether to seek medical attention.



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ESP FOCUS

Chemical Threats



Terrorists may use various weapons to threaten or harm people. Some weapons, like localized bombings, can injure small numbers of people but gain lots of publicity. Other types of weapons can harm large numbers of people over a longer time frame. These are sometimes called

Weapons of Mass Destruction or WMD for short. These weapons can be chemical, biological, or radiological.

A chemical attack is the deliberate release of poisonous vapors, aerosols, liquids or solids that have toxic effect on people, animals, birds or plants. These substances are called chemical agents. They can be released into the air by bombs or aircraft, or they can be introduced into the environment in liquid form.

We should also remember that many dangerous chemicals are also in widespread use in industry and even in the home. Motor oil, paint, pool chemicals, household cleaning products, antifreeze, and nail polish remover are just a few of the common household products that are corrosive, flammable, or poisonous.

Unlike biological agents, which can take days or weeks to show their effects, chemical agents can act much faster. Signs of a hazardous chemical release—whether accidental or an act of terrorism—may include sick or dead birds, small animals or fish, or many people in an area suffering from watery eyes, blurred vision, nausea, twitching, choking, having trouble breathing or losing coordination.

TAKE ACTION

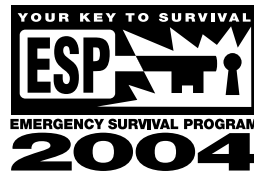
Check out the other side of this sheet for practical, affordable and useful things you can do for yourself, your family, your neighborhood and your co-workers. These simple steps may help you balance protection with peace of mind.

LEARN MORE

Knowledge is power. The more you know about chemical threats, the better you can protect yourself and your family.

CHECK THESE WEBSITES

- www.bt.cdc.gov (Centers for Disease Control and Prevention)
- www.fema.gov (Federal Emergency Management Agency)
- www.redcross.org (American Red Cross)
- www.hhs.gov (Department of Health and Human Services)
- www.ci.riverside.ca.us/fire (City of Riverside Fire Department)



J U L Y

www.espfocus.org

WHAT YOU CAN DO NOW

- Assemble and maintain an emergency supply kit.
- Be alert to your surroundings. When you are in a public place, pay attention to the location of exits, telephones, and security officers.
- Know how to find news radio stations in your area, and make it a practice to listen for a few minutes whenever you begin a trip by car.

IN CASE OF AN ATTACK

If you see signs of a chemical attack:

- Try to define the affected area and where the chemical is coming from, if you can.
- Move away from the affected area.
 - Uphill: Chemical agents tend to settle toward the ground and surfaces
 - Upwind: If the agent is blowing, move out of its path
 - Upstream: If the agent is flowing, move away from the direction of flow
- Cover your mouth and nose with layers of fabric that can filter the air, but still allow you to breathe.

If the chemical is inside your building:

- Try to get out of the building without passing through the contaminated area, if possible.
- If that isn't possible, it may be better to move as far away from where you suspect the chemical has been released, and isolate yourself from the chemical's effect (Shelter In Place).

If you are outside when you see signs of a chemical attack:

- Quickly decide the fastest way to get away from the chemical threat.
- Consider if you can get out of the area, or if it would be better to go inside a building and follow your plan to shelter in place.
- If other people are approaching, warn them of the danger and direct them away from the source of the chemical agent.
- If your eyes are watering, your skin is stinging, you are having trouble breathing, or you have other signs of exposure to a chemical agent, immediately begin steps to decontaminate yourself, and let someone know you need emergency medical attention.

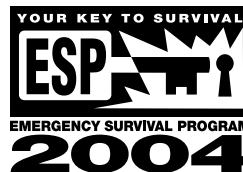
DECONTAMINATION

If you believe you may have been exposed to a chemical, minutes count. If professional medical help is not immediately available, decontaminate yourself and assist in decontaminating others. Here are some tips.

- Remove clothing and other items in contact with the body. Try not to pull contaminated clothing over your face. Put contaminated clothing into a plastic bag and close it tightly. Put personal items that you'll need later (glasses, jewelry, wallet, etc.) in a separate plastic bag. Write your name on the bag, and seal it too.
- Flush eyes with lots of water. (Look for a hose, fountain, or any other source of clean water.)
- Gently wash face, hands and hair with soap and water, then rinse thoroughly. (Don't scrub the chemical into your skin.)
- Change into uncontaminated clothes.
- Seek emergency medical attention.

A SPECIAL NOTE FOR PARENTS

If children are exposed to a chemical agent, they too may need to go through the decontamination process. This experience can add to the fear, confusion and insecurity that children may experience during emergencies. Parents can help children cope by offering them reassurance that they are safe, talking with them and listening closely to their feelings, and preventing them from watching repeated news coverage of emergency events. Older children and teenagers may also gain a sense of control over the outcome of the situation by taking part in activities that benefit others in need.



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ESP FOCUS

Travel Safety



Whether it's a weekend away or the vacation of a lifetime, a little time away from home can be full of fun and adventure. For some families and business travelers, however, the prospect of traveling in the wake of 9/11 might seem a little

frightening. The good news is that with a little extra planning and attention to detail, vacations and business trips can still be safe, enjoyable and productive.

In fact, governmental agencies have focused lots of attention on travel safety over the past two years. New security procedures at airports and in planes have made air travel safer. The travel and tourism industry has also strengthened programs to ensure that people can enjoy road trips, hotel stays, and destination visits with confidence.

As always in these times, it makes sense to be alert and observant. We should always be aware of our surroundings and report any suspicious activities to the authorities. In selecting routes and destinations, we should avoid locations where there is active hostility. And it is always wise to be knowledgeable about our destination, to have planned our trip carefully, and to be courteous guests when we travel.

TAKE ACTION

The reverse side of this sheet offers five useful checklists for safe travel by air or by car, including planning and packing, securing your home while you're gone, and adapting to new security measures. These simple steps may help you enjoy your family vacation, getaway weekend, or business trip with more peace of mind.

CHECK THESE WEBSITES

www.tsa.gov (Transportation Security Administration)

www.cdc.gov/travel (Centers for Disease Control, travel alerts)

www.aaa-calif.com/travel/tips (Automobile Club of Southern California, travel tips)

www.dhs.gov (Department of Homeland Security)



A U G U S T

www.espfocus.org

WHAT YOU CAN DO NOW

TO PLAN A SAFE TRIP

- Start early. Allow enough planning time to research your destination and to find the best routes. Take advantage of resources like the Automobile Club, visitors' bureaus, and websites to plan your trip and make reservations.
- Learn what conditions are like in the place you plan to go. If you're leaving the country, check the US State Department for travel advisories.
- Get appropriate inoculations or certificates of inoculation that you might need.
- Make sure your identification, passports, driver's license, emergency contact lists and insurance are all up to date.
- Have enough cash and credit for your planned trip and to handle any emergencies that might arise during your travel.

TO PACK FOR A SAFE TRIP

- Strictly obey rules on what you can and can't carry on an airplane. (For details, see the Transportation Security Administration web site, www.tsa.gov)
 - Never carry weapons, explosives, flammable items or disabling chemicals
 - Sharp objects, tools and some sporting goods may be carried in checked baggage, but not in carry-on bags
 - Do not leave unprocessed film in checked bags
- Don't lock your luggage. Instead, carry a few plastic cable ties to secure zippers. If Federal Security Screeners need to open and search your bag, they will leave a note inside the bag and use a cable tie to close the zipper again.
- Put personal belongings in clear plastic bags so that screeners can see them without handling them.
- Pack footwear on top of other items in your suitcase.
- Don't pack food and drink items in checked baggage.
- Place your name, home address, itinerary, and destination inside each bag.
- Bring only as much luggage as airline rules permit.
- If you are carrying gifts, wait to wrap them until you arrive at your destination.

TO PROTECT YOUR HOME IN YOUR ABSENCE

- Arrange to stop your mail, newspapers, and other routine deliveries.
- Have a neighbor keep plants watered, pick up packages, and check the house from time-to-time.
- Leave copies of your itinerary, passport data page and visas with a trusted friend, so you can be contacted in case of an emergency.

TO TRAVEL SAFELY BY CAR

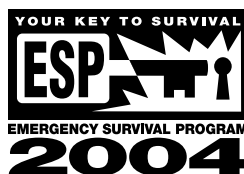
- Before you go, safety-check your vehicle's hoses,

belts, radiator, coolant, oil, battery, tires and spare, filters, windshield wipers, lights, and turn signals.

- Always wear your seatbelt, and ensure that children under 12 years of age are in the back seats and in appropriate seats and restraints.
- Keep maps and papers ready and within arm's reach.
- Select your radio station before you start the engine, so that you won't be distracted later.
- Follow local laws governing the use of cell phones while driving.
- Never leave children or pets in a closed car.
- Don't bring agricultural products across state lines, and never carry fruits and vegetables out of a quarantined area.
- If you plan to travel into Mexico, make sure you have car insurance that will protect you in case of an accident. Bring all documentation: your driver's license, passport, and proof of ownership of your car. If you plan to go beyond the free trade zone near the border, you need a temporary importation permit for your car.

AT THE AIRPORT

- Arrive early. Recommended check-in times vary by airline and airport.
- Confirm which parking lots are open. Allow extra time for possible inspection of your vehicle, for parking and for shuttle transportation.
- Bring a photo identification for every person 18 years and older, and a valid passport if your destination is outside the United States.
- Bring all travel documents.
- Keep your luggage with you at all times, and report any suspicious or abandoned items to security officers.
- Avoid wearing clothing, jewelry or other accessories that contain metal.
- Avoid carrying metal items such as keys, change, lighters, cell phones, pagers and Personal Data Assistants in your pockets. Place them in your carry on until you clear security.
- If you are traveling with children, tell them in advance about the screening process, reassure them that their personal items will be returned to them after screening, and remind them not to make jokes about threats such as bombs or explosives.



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ESP FOCUS

Shelter in Place or Evacuate



Some kinds of accidents or attacks leave behind smoke or fumes that are so dangerous that it is safer to stay inside the building you're in than to go outside. If this happens, local authorities will give you instructions—probably over radio or television—to

“shelter in place.” This means that you will take shelter where you are—your home, your work place, or even your car—until it is safe to breathe the outside air again. This “all-clear” instruction will probably come within a few hours.

Since the reason to shelter in place is the presence of dangerous fumes, the objective is to isolate the air supply inside the building from contamination. The best way to do this is to choose a room with as few windows as possible, preferably with a bathroom attached, to place important items there, and to have a way to seal off the outside air.

When the danger is past, emergency officials will notify you that you can safely come out. They will also give you instructions regarding what to do next, where to get shelter or food, and how to clean up. If families have been separated during the emergency, they can use their predetermined meeting place to reunite, and they should advise their out-of-town emergency contact that they are safe.

Sheltering in place is the opposite of evacuation. Emergency officials will tell you which of these emergency actions will keep you safest. Follow their instructions exactly.

TAKE ACTION

It is not difficult to prepare your home and family for a “Shelter in place” or evacuate instruction. On the reverse side of this sheet, you will find practical, affordable and useful tips you can use to have the right materials on hand and to know exactly what to do. The most important thing is for you to follow instructions of local authorities and to know what to do if they advise you to shelter in place or to evacuate.

LEARN MORE

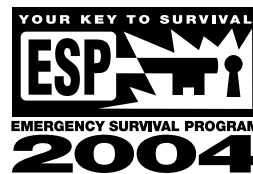
Knowledge is power. The more you understand about sheltering in place and evacuation orders, the more safely you can respond in an emergency situation.

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com/education/SpecialConsiderations.htm
(Community Emergency Response Team)



S E P T E M B E R

www.espfocus.org

WHAT YOU SHOULD DO NOW SHELTER IN PLACE

Prepare your sheltering room:

- Select a room, ideally one high in the building, with access to water, a toilet, a television and radio, a conventional (not cordless) telephone, and as few windows as possible.
- Identify and list all the openings in your house where outside air can get in. Keep this list in a place that everybody in the family can find.
- Gather emergency supplies:
 - First aid kit
 - Food and bottled water
 - A flashlight, battery-powered radio, and extra batteries for both
 - Duct tape and scissors
 - Plastic sheeting and towels
 - Emergency contact and telephone numbers

When shelter in place is ordered:

- Go inside as quickly as possible.
- If there is time, shut and lock all outside doors and windows.
- Turn off the air conditioner or heater.
- Close the fireplace damper, dryer vents, or other locations on your list.
- If officials warn of possible explosion, close the window shades or curtains.

Go inside your sheltering room:

- Take your pets in with you.
- Seal windows and openings with tape and plastic.
- Cover your face and mouth with a wet cloth.
- Listen and watch for instructions from local officials.
- Use the phone only for emergencies.

When the danger is over, follow the instructions of emergency authorities to ventilate your house, building or vehicle. Follow directions concerning the safety of food and water. If it is necessary to evacuate the area, see the following guidelines.

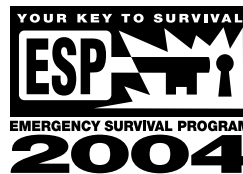
EVACUATION

Before the emergency:

- Identify possible places to reunite with family members after the event. When you choose one, write this into your family emergency plan, and make sure everyone knows where the meeting place is.
- Assemble food, water, medicines and other supplies to last at least three days, and put them in an emergency kit or backpack that is easy to transport.
- Identify facilities that care for pets during disasters, since pets may not be allowed in emergency shelters.
- Make plans for children and others with special needs. Check with schools, work place, and other places where family members often gather to learn their evacuation plans.

During the emergency:

- Listen to the radio or watch TV for information from local officials. Follow their instructions. Remain calm. Use the phone only to report life threatening emergencies.
- Retrieve emergency supplies and evacuation kits if possible.
- Secure the building if possible. Turn off utilities only if instructed to do so by local officials.
- Leave a note indicating your destination, if possible.
- Report to the evacuation site, using recommended routes given by local officials. Don't use shortcuts, as they may be dangerous.
- Listen for further instructions from local officials.



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ESP FOCUS

Community Resources



The ability of your neighborhood, workplace or school to respond effectively after an act of terrorism, a large earthquake, or another disaster might depend on how well you use resources available in your community **now**.

Local fire, law enforcement, medical services and other personnel might be overwhelmed and unable to assist you after a damaging event. But they can help you prepare to be self-sufficient if you use their services **before** the next emergency.

Learning what resources are available in your community and using them now is an important step in preparing for future disasters.

TAKE ACTION

On the other side of this sheet you will find useful information on resources that may be available. Don't let events catch you by surprise. The preparations you make today will increase your peace of mind in any emergency, even a terrorist attack.

LEARN MORE

Knowledge is power. Remember that awareness of available resources will help you prepare!

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com (Community Emergency Response Team)



O C T O B E R

www.espfocus.org

WHAT YOU CAN DO NOW FIND OUT WHAT'S AVAILABLE

Local government is usually the first to respond to emergencies. Additional assistance from neighboring cities and the impacted county might be available as your city uses all of its resources. As resources from the surrounding cities and the county are used up, personnel and equipment from communities outside the impacted area might be brought in to assist.

A disaster in a heavily urbanized area might overwhelm the emergency response system, leaving you, your neighbors or co-workers on your own for **at least 72 hours**. Be prepared to:

- Provide food and water to those who don't have or cannot access their own emergency supplies
- Provide basic first aid to family members, neighbors, co-workers or classmates who are injured
- Conduct light search and rescue operations to account for everyone and remove those who are trapped
- Assess obvious external damage to homes and other buildings and report information to local officials
- Listen to the radio for safety information from government officials and details about available resources

NEIGHBORHOOD RESOURCES

Prior to the next emergency it's important to determine what skills you might be able to draw from your own neighborhood. Among your neighbors, there might be:

- Emergency planners
- Firefighters
- Health care professionals
- Police officers, deputy sheriffs or other law enforcement officers
- Community emergency response team members
- Citizen Corps councils
- Others with helpful skills

These individuals or groups can be useful resources for information, planning, training and other aspects of your preparedness and response efforts.

GOVERNMENT RESOURCES

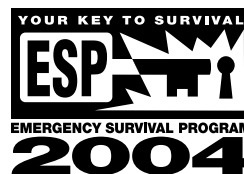
Local, state, federal and volunteer agencies such as the American Red Cross are other sources for information about individual, family, community, business and school preparedness. Before the next emergency, contact and obtain from these organizations publications and videos that will help you better prepare.

Ask these agencies about the possibility of providing speakers and training on various aspects of emergency preparedness and response. Involve experts from these organizations in any planning, training and exercises in which your neighborhood, workplace or school is involved. Their observations and input will help improve your response to an actual emergency.

A checklist of agencies that might be able to assist you with resources before and/or after a major disaster includes the following:

- American Red Cross
- Salvation Army
- City/County Office of Emergency Services
- Community Emergency Response Teams

Sources for this document include the OES publication "Organizing Neighborhoods for Earthquake Preparedness."



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ESP FOCUS

Public Environments

WHEN THE UNEXPECTED HAPPENS IN PUBLIC PLACES



Since childhood we have been taught how to “**Stop, Drop and Roll**” for fires and to “**Drop, Cover and Hold**” for earthquakes. Also we may have been taught other emergency steps for various natural disasters in our community. Our concentration, until

now, has been on what to do in the places where we spend most of our time: at home, school, and work.

The era of terrorism presents us two new challenges. One challenge is that large, crowded public places may be specifically targeted for attacks. Terrorism experts tell us that certain types of targets—airports, religious facilities, shopping malls, amusement parks and sporting events—may be singled out. This is because many people could be hurt at once and because those locations symbolize American culture. Over the two years since the World Trade Center attacks, many of these targets have been strengthened.

Our other challenge is that terrorists rely on shock and surprise. Remember, they want to create the most possible publicity for their social, political or religious causes. They hope that people will forget everything they know about how to react in an emergency and panic instead. So it is wise for us to think how we will transfer what we have learned over the years to emergencies that occur suddenly in crowded, public locations.

Terrorists want to disrupt our daily lives. Let's not give them that satisfaction. Continue to live your life, but be alert and aware of your surroundings.

TAKE ACTION

On the other side of this sheet, you will find some suggestions for taking the “terror” out of a terrorism attack in a public place. We are each equipped with powerful tools against terrorism: our eyes, our ears, and our knowledge of life-saving behavior in an emergency.

LEARN MORE

Knowledge is power. The more you understand about the behavior of crowds in emergencies, the better you can protect yourself and family from danger.

CHECK THESE WEBSITES

www.dhs.gov (United States Department of Homeland Security)

www.redcross.org (American Red Cross)

www.cert-la.com/education/Terrorism.htm (Community Emergency Response Team)



N O V E M B E R

www.espfocus.org

WHAT YOU CAN DO NOW

The focus of these suggestions is to draw on all the common sense and life-saving tips we have learned over the years about how to respond to earthquakes and other natural events.

WHEREVER YOU ARE, STOP, LOOK, THINK AND ACT

STOP

When you realize something dangerous is happening, resist the urge to panic and run. Wait a moment to get your bearings and to understand what is going on.

LOOK

Look around you. Where is the source of the problem? What is your most immediate source of danger: broken glass, fire, other people running without thinking, smoke? Where are your safest exits? Are you actually hurt or just really frightened? Are there people around you who need help?

THINK

Remember all the things you have learned about safe behavior in emergencies.

- If there is debris falling, **drop** down; **take cover** under something sturdy, and **hold on** to something with one hand while protecting your head and neck with the other.
- If there is smoke, stay near the floor.
- If you need to evacuate, look for marked exits and don't use elevators.

You know these things; call on them when you need them. Pay attention to what is happening. Make a quick plan to protect yourself and move away from the danger.

ACT

All this may take only seconds; but it could save your life and the lives of others. By pausing first to stop, look and think, you can act with a clear goal in mind. Your decisive action and calmness may help others to overcome anxiety and also act appropriately.

SPECIAL TIPS:

If you are at a shopping mall:

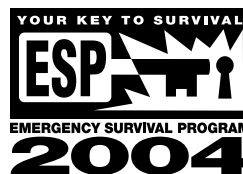
- Look out for broken glass from store fronts. If you are inside a store, take cover until things settle down, and then assess what has happened. If you smell something odd, cover your nose and mouth with a cloth. Most malls have well-trained security forces and they have plans in place for most emergencies, including terrorist attacks. They will probably use a public address system to give you specific, life-saving instructions. Most also have emergency lighting that will come on, even if it takes a few minutes. **If you need to evacuate, use only marked exits, avoid elevators, and follow the instructions of security officials.** Carry small children so that they can't be overtaken by the movement of a crowd.

If you are at a sports arena, theater, or religious facility:

- If there's an earthquake, explosion, or even a shooting, get down between the rows of seats, and drop, cover and hold until things settle down. If you smell something strange, cover your nose and mouth with a cloth. If you smell smoke or see fire, listen for warnings or instructions over the public address system before choosing a direction to evacuate. Carry small children so that they can't be overtaken by the movement of a crowd. Be careful of bottlenecks at exit points.

If you are at an airport:

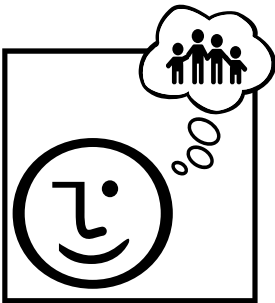
- American airports have been the focus of special security planning by government officials for years. Very well-trained security officials have detailed plans for all kinds of emergencies, and will give travelers and airport employees specific instructions. Follow their directions, and use all the power of your mind to avoid panic and encourage others to act appropriately. Never leave your luggage or personal items unattended. If you see something that seems suspicious, tell a security officer.



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ESP FOCUS

Mental Health



The damage and disruption of natural disasters like earthquakes and floods can rattle nerves of adults and children. The stress, fear, and grief people experience when they witness violence, crime, or tragic accidents are even more powerful. Terrorists count on this natural reaction to sudden and undeserved attacks on innocent people.

It is important to remember that most terrorist attacks, even those involving weapons of mass destruction, are limited in the area in which they cause damage. In the unlikely event that a city or town is the target of a terrorist attack, the odds that one would be in the location of that attack and sustain physical injury are small.

However, the likelihood of being affected psychologically by such an attack is much greater. This is because we are used to feeling safe and protected. Our natural reaction to events like terrorist attacks or school shootings is shock and astonishment. "How could it happen here?" we wonder.

The psychological impact of a disaster event may have both short-term (Acute Stress Disorder, or ASD) and long-term (Post Traumatic Stress Disorder, or PTSD) consequences.

Symptoms of ASD typically occur up to one month following the event and may include:

- Numbness and avoidance—avoiding reminders of the disaster/ avoiding discussions of the event.
- Flashbacks and re-experiencing—this may occur in the form of nightmares or incessant talking about the event.
- Hyper vigilance—a person may be "jumpy", easily upset, or exhibit symptoms of Obsessive Compulsive Disorder (OCD).
- Disassociate experiences—those experienced in the 'third person' (observing oneself from the outside). Memory may be impaired; events sometimes seem 'unreal'.

PTSD symptoms are similar to those of ASD but occur later—usually developing within 3 months of the event. However, symptoms may not begin until years after the event. One may also experience emotional numbness, sleep disturbance, depression, intense guilt and anxiety.

Our best protection against the psychological effects of living in an era of terrorism is in our relationships—family, friends, neighbors, co-workers, circles of worship and creative interests. We also have direct control over the amount of exposure we allow ourselves, and our children to the media coverage of terrorist incidents. Repeated images of the events can create haunting reminders. This focus on the event and its aftermath can hold us back from psychological recovery.

TAKE ACTION

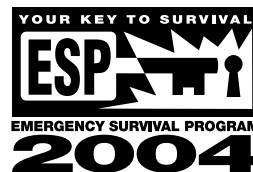
On the reverse side of this sheet you will find steps to help you and your family regain your sense of control and give you peace of mind in any emergency, even a terrorist attack.

LEARN MORE

Knowledge is power. The more you understand about potential emergencies, the better you can respond if they occur.

CHECK THESE WEBSITES

- www.nimh.nih.gov/anxiety/anxietymenu.cfm (National Institute of Mental Health)
- www.redcross.org (American Red Cross)
- www.dmh.ca.gov (Department of Mental Health)
- www.cert-la.com/education/SpecialConsiderations.htm (Community Emergency Response Team)



D E C E M B E R

REACTIONS TO EMOTIONAL TRAUMA

Generally, children are most afraid that:

- The event will happen again.
- Someone will be injured or killed.
- They will be separated from the family.
- They will be left alone.

Children 5 Years of age and younger

- Preschoolers are especially vulnerable to changes in routine and the disruption of previously secure environments. Because they generally lack the verbal and conceptual skills necessary to cope effectively with sudden stress by themselves, they are dependent on family members for comfort.
 - Re-establish comforting routines.
 - Provide opportunities for nonverbal and verbal expression of the child's feelings.
 - Provide lots of reassurance.

Children 6 to 11 years old

- Regressive behaviors are especially common in this age group. Children may become more withdrawn and/or more aggressive. They may be particularly affected by the loss of prized objects or pets.
 - Encourage children to talk about and play-act their experiences.
 - Resume normal functions as soon as possible, but relax your expectations.

Young teens 12 to 14 years old

- Peer reactions are very important to this group. They need acceptance from their friends and need to feel that their feelings and fears are normal. Anxiety and tension may be shown through aggression, rebellion, withdrawal, or attention seeking behavior. "Survivor's guilt" may emerge at this age.
 - Group discussions with peers and adults are effective in reducing the sense of isolation and in normalizing child's feelings.
 - Resumption of group activities in routines and involvement in physical activities may be helpful in reducing tension.

Teens 15 to 18 years old

- Teenagers in this age group may resent disruption of social activities and contacts and may be frustrated by the inability to assume full adult responsibilities in community efforts. Frustrations, anger or guilt may be shown in irresponsible, even delinquent, behavior.
 - Teens should be encouraged to maintain contacts with friends and to resume athletic and social activities.
 - Group discussions are helpful in normalizing feelings.
 - Teens should be encouraged to participate in community rehabilitation efforts.

Adults

- Adults often feel responsible for the safety of their families. The sense of increased responsibility, in addition to normal feelings of fear and anxiety, is to be expected. Acknowledging your feelings, stress, and possible burnout is the first step in feeling better.
 - Be patient with yourself and others.
 - Take care of yourself physically; good diet, adequate sleep, rest and exercise.
 - If needed, speak with a stress or crisis management counselor.

The Elderly

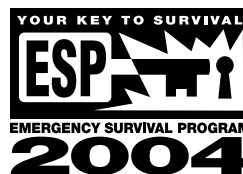
- Loss of control is a common feeling during a disaster. This is particularly true for the elderly, who may already feel a sense of loss because of physical limitations. They may also be more isolated and alone. Any disturbance heightens feelings of vulnerability and isolation.
 - Talk openly about feelings of fear, anxiety and irritability.
 - If confusion is a problem, orient the older adult to the environment by frequent references to the date, time, and surroundings.
 - Give additional attention and reassurance.
 - Encourage contact with friends and relatives.

WHAT YOU CAN DO

- Minimize exposure to repeated images.
- Keep the family together.
- Calmly and firmly explain the situation.
- Encourage everyone to talk.
- Include children and teens in recovery activities.
- Seek professional help if you feel you need it.

TAKE CARE OF YOURSELF

- Reassurance is extremely important.
- Communicate to others a sense of safety, control, and balance.
- Limit time spent on repeated exposure to TV, radio, and Internet viewing of the incident.
- Resume normal activities as soon as possible.
- Rehearse safety measures that may be taken to give family members a sense of control.



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Imperial, Inyo, Kern, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.