

# EMERGENCY SURVIVAL PROGRAM

# PREPARE TO DO MORE IN 2004

# AGAINST TERRORISM



Developed by the County of Los Angeles and coordinated by the Counties of Imperial, Inyo, Kern, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura, the Governor's Office of Emergency Services, Southern California Edison, the Southern California Earthquake Center and the American Red Cross.

[www.espfocus.org](http://www.espfocus.org)

## January

### Understand Terrorism

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## February

### Make a Plan

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 |    |    |    |    |    |    |

## March

### Emergency Supplies

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

## April

### Bomb Threats

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

## May

### Biological Threats

| S                 | M                 | T  | W  | T  | F  | S  |
|-------------------|-------------------|----|----|----|----|----|
|                   |                   |    |    |    |    | 1  |
| 2                 | 3                 | 4  | 5  | 6  | 7  | 8  |
| 9                 | 10                | 11 | 12 | 13 | 14 | 15 |
| 16                | 17                | 18 | 19 | 20 | 21 | 22 |
| 23 <sub>/30</sub> | 24 <sub>/31</sub> | 25 | 26 | 27 | 28 | 29 |

## June

### Radiological Threats

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

## July

### Chemical Threats

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## August

### Travel Safety

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

## September

### Shelter in Place or Evacuate

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

## October

### Community Resources

| S                 | M  | T  | W  | T  | F  | S  |
|-------------------|----|----|----|----|----|----|
|                   |    |    |    |    | 1  | 2  |
| 3                 | 4  | 5  | 6  | 7  | 8  | 9  |
| 10                | 11 | 12 | 13 | 14 | 15 | 16 |
| 17                | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 <sub>/31</sub> | 25 | 26 | 27 | 28 | 29 | 30 |

## November

### Public Environments

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |    |    |    |    |

## December

### Mental Health

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |



# PREPARE TO DO MORE IN 2004

## AGAINST TERRORISM

Use the Emergency Survival Program's new list of monthly steps as your guide for preparing for the possibility of a terrorist incident or other emergency.

### January

#### ***Understand Terrorism***

Fear is a major tactic used by terrorists to achieve political and social objectives. You can fight back by taking many of the actions you would to prepare for earthquakes, fires and other emergencies. Knowledge is power. The more you understand about terrorism, the better you can respond.

### February

#### ***Make a Plan***

Planning for a terrorist attack or other emergency is not much different from planning for a party or vacation. Make sure your emergency plan includes evacuation and reunion plans; your out-of-town contact person's name and number; the location of your emergency supplies and other information.

### March

#### ***Emergency Supplies***

Emergency supplies, stored in accessible locations, could reduce the impact of a terrorist incident or other emergency on you and your family. Your supplies should include food, water, flashlights, portable radios, batteries, a first aid kit, cash, extra medications, sturdy shoes, whistle, fire extinguisher, etc.

### April

#### ***Bomb Threats***

In recent years, bombs have been one of the most popular weapons used by terrorists to cause fear, deaths and injuries. You can increase your safety by being alert. Do not touch, move or handle any suspicious object or package. Learn the steps you should take before, during and after a bomb threat.

### May

#### ***Biological Threats***

Terrorists could use germs, bacteria and viruses to spread fear and illness among the public. Knowing what to do if a biological emergency occurs in your area can reduce your risk of death or injury. In case of an attack, listen to the radio or television for official instructions and follow them carefully. Contact your local Department of Health Services or Office of Emergency Services for more detailed information.

### June

#### ***Radiological Threats***

A radiological threat or "dirty bomb" is the use of common explosives to spread radioactive materials. Normally, the radioactive contamination will be in a limited area. To protect yourself, try to shield yourself from the radioactive materials, put distance between yourself and the source and minimize the time of your exposure. Always follow the advice of local officials.

### July

#### ***Chemical Threats***

Poisonous chemicals can kill people, animals, birds and plants. Knowing how to recognize a chemical attack and what to do can help reduce your risk of death or injury. If an attack occurs and you think you've been exposed, get a medical evaluation as soon as possible. Also learn the procedures for decontamination, just in case medical help isn't immediately available.

### August

#### ***Travel Safety***

Personal safety and security are of utmost importance whenever you travel. Government agencies have focused considerable attention on travel safety over the past two years. Learn what you can do to travel more safely. Always be alert and aware of your surroundings, keep your luggage with you at all times, and never accept packages from strangers.

### September

#### ***Shelter in Place or Evacuate***

During an emergency you may be asked to "shelter in place" (stay indoors) or to evacuate (leave the area of impact). Learn the difference between the two and always follow the instructions of your local officials. Taking the proper action in any emergency may reduce your risk of death or injury.

### October

#### ***Community Resources***

Your ability to reduce the impact of a terrorist attack or other emergency on your family and community may depend on how well you use community resources prior to, during, and after an event. Contact your local emergency services organization now to find out how they can help you to better plan and prepare.

### November

#### ***Public Environments***

Terrorists may target places where large numbers of people gather. Prior to an attack, they may try to blend into the community. Terrorists want to disrupt our lives, but don't give them the satisfaction. Continue to live your life, but be aware of your surroundings. Report any suspicious activities to your local officials.

### December

#### ***Mental Health***

Fear of the unknown is one of the biggest problems in dealing with the threat of terrorism and other disasters. In the event of an attack, remain calm and be a calming influence on those around you. 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.

Additional campaign materials are available through your local City/County Office of Emergency Services.

[www.espfocus.org](http://www.espfocus.org)