



CHOOSE TO BE READY

YOUR FAMILY CAN
PREPARE FOR DISASTERS.
THIS GUIDE WILL
SHOW YOU HOW.



MAKE A PLAN. GET A KIT. BE INFORMED.
WWW.READY.GOV

BROUGHT TO YOU BY THE AMERICA PREPARED CAMPAIGN, INC, A NON-PROFIT ORGANIZATION.

MAKE A PLAN. GET A KIT. BE INFORMED.

Learn what you can do now to make sure that your family is ready for a disaster. **Preparing Makes Sense!**

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L.A. County firefighters switch out air bottles after a house fire (source: Anjanette Stayten/FEMA News Photo).

2004 HONORARY CO-CHAIRS OF NATIONAL PREPAREDNESS MONTH



Senator Susan Collins

During the Cold War, schoolchildren were taught to “duck and cover” in the event of an attack on U.S. soil. The world after 9/11 is vastly different. For today’s schoolchildren, being prepared means being ready for anything, from chemical and biological threats to explosions and radiation. Increased education through public services that, like the America Prepared Campaign, teach people about such threats and how to deal with them is a key part of preparation. The more Americans are aware of potential threats, the better prepared they will be. This education will make it more difficult for our enemies to inflict real damage.

But as we learn to adapt to our new security challenges, so do our enemies. As we address vulnerabilities, they seek out new ones to exploit. As we move to protect our most high-profile targets in our major cities, we must always be aware that our small cities, towns and countryside are at risk as well.

We must do all that we can to ensure that our citizens are ready. Public education, together with thoughtful planning, adequate resources, and dedicated first responders, will help our communities be well prepared.



Congresswoman Jane Harman

Just as Californians prepare for earthquakes, and people in other parts of the country ready for hurricane and tornado seasons, all Americans should learn the important steps to prepare for disasters, whether man-made or natural.

On the following pages, you’ll learn how you and your parents can work together to make a family plan, put together an emergency kit and stay informed. These steps can make a big difference in times of emergency. Work with your schools and within your communities to spread the message: there are things we can all do to make ourselves safe and secure.

While the terrorists may seek to terrify us, we won’t be scared if we are well prepared.

That is why, in addition to this campaign, I am a proud supporter of California’s FLASH program. The goal of FLASH is to provide teachers, students and parents in all California public schools with the information and they need to prepare and respond to emergency situations.

It is a privilege to serve as Honorary Co-Chair of National Preparedness Month and to promote a national dialogue on preparedness. But as we prepare, we must remember not to panic. As this guide shows, we can get ready for the unexpected without drastically changing how we go about living our lives.



Senator Joseph Lieberman

We know bad things can happen without warning. Our history is full of tragic fires, floods, and other natural catastrophes. And, sadly, on September 11, 2001, we learned that we face new dangers here at home from terrorists who want to destroy us and our democratic way of life. Since then, we have also learned that, as a nation united, we can fight back by being ready for the unexpected.

Preparedness saved some lives on September 11, as it has saved lives in countless other disasters. Whether it is a fire escape ladder outside your window, a stash of bottled water, or a designated meeting place for you and other family members, taking simple steps to prepare for the things we hope will never happen can help protect us if they do.

Preparedness does not mean living in fear. It does mean being smart about how you, your family, and community can help yourselves and others if the need arises. How will you communicate with one another? Do you have adequate food, water, and medical supplies? Where can you stay if your home is damaged? With terrorism—as with natural disasters—it is critical to educate yourself as much as you can about what to expect and how to respond.

Since September 11, my colleagues and I in Congress have worked to protect the American people from another terrorist attack. Closer to home, your schools, churches, and community leaders are also working to keep you safe from terrorism and other threats. Now is the time for every American to get prepared.



Congressman Christopher Cox

Since 9/11, your local, state, and federal representatives have worked tirelessly to improve the security of every town and city across America. We have done this through many means, including creating the U.S. Department of Homeland Security, which is working to ensure that police, firefighters, and emergency medical personnel are trained and equipped.

We have come a long way in a short time. We are safer today than ever, but even with this progress, there is still much more to be done.

Each and every one of you has an important role to play in protecting our nation from terrorism. The unthinkable happened on 9/11, and we want to be sure that it never happens again. By staying informed and active in your community, you can help accomplish this.

The most important thing you can do, in every aspect of your life, is to be undeterred by fear. To completely defeat enemies, such as Osama bin Laden, we must continue to grow and prosper in freedom. While we prepare to meet the challenges of the war on terror, our great nation must never allow terrorists to destroy our way of life.

PREPAREDNESS TIP: Keep copies of all important phone numbers in your wallet, school bag, purse, glove compartment... everywhere you can! That way, you'll know how to get in touch with your emergency contacts in the event of a disaster.

YOU CAN BE READY. HERE'S HOW!

We hear it on T.V. all the time. "The storm is headed for the city!" "Thousands of residents are still without power!" "The country is on high alert!"

It can leave you wondering what you're supposed to do. Whether you are preparing for a natural disaster or a terrorist attack, there are things that you can do to make sure your family is ready.



Volunteers of all ages fill up sandbags to prevent Midwest floods from causing more damage to the area (source: FEMA News Photo).

Look for this checkmark to learn some of the important items that you should have in an emergency preparedness kit.



MAKE A PLAN.

It is not like you or your family can schedule an emergency. (Imagine: "I can't make it to the earthquake. I have soccer practice!") Emergencies happen when you least expect them. You don't know where you'll be. But you can help your family by filling out the plan on the next page.

Create a list of important phone numbers including an out-of-town contact. It might be easier to call an out-of-town contact if local city phone lines are overwhelmed. Agree on a meeting place and have a backup spot.

Keep your list of numbers and meeting places with you. Slip it in your wallet or cell phone case. Your backpack. Somewhere.

GET A KIT.

Assemble everything on the list on page 3, or pick up an emergency kit, such as a Ready Kit, at a local store, and keep it in a safe, dry place at home. Make sure that your kit fits your family. You may want to add things to the kit that are unique to your family, especially if there are pets, small children or elderly people.

BE INFORMED.

Get the details on what people in your neighborhood have planned. Check in with your school and have your parents check in with them, too. Also, stop by local fire stations or police precincts, community centers, religious centers, local government Web sites, etc. Find out what their plans are. And spread the word about being prepared!

MAKE A PLAN

Your family may not be together in an emergency. This is the DEPARTMENT OF HOMELAND SECURITY's suggested family communications plan. Fill it out with your family and make copies for your school bag, purse, and wallet.



FAMILY COMMUNICATIONS PLAN.

Out-of-state contact	Phone number
Email	Phone number

FILL OUT THE FOLLOWING INFORMATION FOR EACH FAMILY MEMBER AND KEEP IT UP TO DATE

Name	Important Medical Information
Date of birth	Phone/Mobile/Walkie-Talkie No.
Name	Important Medical Information
Date of birth	Phone/Mobile/Walkie-Talkie No.
Name	Important Medical Information
Date of birth	Phone/Mobile/Walkie-Talkie No.
Name	Important Medical Information
Date of birth	Phone/Mobile/Walkie-Talkie No.
Name	Important Medical Information
Date of birth	Phone/Mobile/Walkie-Talkie No.

WHERE TO GO IN AN EMERGENCY. WRITE DOWN WHERE YOUR FAMILY SPENDS THE MOST TIME: WORK, SCHOOL, AND OTHER PLACES YOU FREQUENT. SCHOOLS, DAYCARE PROVIDERS, WORKPLACES AND APARTMENT BUILDINGS SHOULD ALL HAVE SITE-SPECIFIC EMERGENCY PLANS.

HOME	WORK		
Address	Address		
Phone Number	Phone Number		
Neighborhood Meeting Place	Neighborhood Meeting Place		
Regional Meeting Place	Regional Meeting Place		
SCHOOL	WORK		
Address	Address		
Phone Number	Phone Number		
Neighborhood Meeting Place	Neighborhood Meeting Place		
Regional Meeting Place	Regional Meeting Place		
SCHOOL	OTHER PLACE YOU FREQUENT		
Address	Address		
Phone Number	Phone Number		
Neighborhood Meeting Place	Neighborhood Meeting Place		
Regional Meeting Place	Regional Meeting Place		
IMPORTANT INFORMATION	NAME	TELEPHONE #	POLICY #
Doctor(s)			
Other			
Pharmacist			
Medical Insurance			
Homeowners/Rental Insurance			
Other useful phone #s	9-1-1 for emergencies	Police non-emergency phone #	

EVERY FAMILY MEMBER SHOULD CARRY A COPY OF THIS IMPORTANT INFORMATION IN HIS OR HER WALLET

FAMILY COMMUNICATIONS PLAN	OTHER IMPORTANT PHONE NUMBERS AND INFORMATION
Contact Name	
Telephone	
Out-of-state Contact	
Telephone	
Neighborhood Meeting Place	
Meeting Place Telephone	
DIAL 9-1-1 FOR EMERGENCIES!	

PREPAREDNESS TIP: Knowing your school plan or workplace plan is an important part of your family communications plan. Check in with your school and workplace regularly and participate in fire and preparedness drills.

GET A KIT

Get a kit of all the things that you would need for three days.

✓ PACK FOR THREE DAYS.

THINGS THAT YOU SHOULD HAVE

WATER: Amounts for portable kits will vary. You should determine what amount you are able to transport.

The minimum amount of water that an individual needs for consumption is 40 fluid ounces per day.

FOOD: At least a three-day supply of non-perishable food

Battery-powered **RADIO**

Battery-powered **FLASHLIGHT**

Extra **BATTERIES**

FIRST AID KIT (see right)

WHISTLE to signal for help

DUST MASK or cotton T-shirt, to cover your nose and mouth and help filter the air

Moist **TOWELETTES** for sanitation

WRENCH or pliers to turn off utilities

CAN OPENER for food (if your kit contains canned food)

PLASTIC SHEETING

DUCT TAPE

GARBAGE BAGS and ties for personal sanitation

FAMILY COMMUNICATION PLANS

IDENTIFICATION

SPECIAL NEEDS ITEMS for babies, children, elderly or pets

FIRST AID KIT

Two pairs of **Latex**, or other **STERILE GLOVES** (if you are allergic to Latex)

STERILE DRESSINGS to stop bleeding

CLEANSING AGENT or soap and **ANTIBIOTIC TOWELETTES** to disinfect

ANTIBIOTIC OINTMENT to prevent infection

BURN OINTMENT to prevent infection

ADHESIVE BANDAGES in a variety of sizes

EYE WASH SOLUTION to flush the eyes or as general decontaminant

THERMOMETER

EXTRA THINGS TO CONSIDER FOR YOUR FIRST AID KIT

SCISSORS

TWEEZERS

Tube of **PETROLEUM JELLY** or other lubricant

NON-PRESCRIPTION DRUGS (Potassium Iodide, Aspirin or nonaspirin pain reliever, anti-diarrhea medication, antacid, Syrup of Ipecac, laxative)

EXTRA THINGS TO CONSIDER

EXTRA WATER: One gallon per day is a good guide

A **WATER CONTAINER** (i.e. "bladder") and container for unscented bleach. You can add 16 drops of bleach to a gallon of water to purify the water.

COTTON FABRIC or T-shirt if the dust mask won't fit snugly

Two-way-radio or **WALKIE-TALKIE**

WARM CLOTHING or an **EMERGENCY BLANKET**

RAIN GEAR

GLOW STICK

CASH

BE INFORMED!



A FLASHLIGHT IS AN IMPORTANT ITEM TO HAVE IN YOUR EMERGENCY PREPAREDNESS KIT BECAUSE THERE ARE MANY CIRCUMSTANCES WHEN YOU MAY LOSE POWER. YOUR FLASHLIGHT SHOULD BE EITHER BATTERY OR CRANK OPERATED. MAKE SURE THAT YOU DO NOT STORE YOUR BATTERIES IN THE FLASHLIGHT, WHICH CAN WEAR THEM DOWN.

NEWSPAPER ACTIVITY

The cost of the family emergency preparedness kit

Find ads in your local paper and add up the cost of making your own family Ready Kit. What is the total cost of a Ready Kit for one person? For a family of four? (Hint: Remember there are some items that family members can share.) What is the most expensive item in the kit and what is the least expensive item? If you cannot find the specific cost of an individual item, estimate. What do you think it would cost?

BE INFORMED

There are many parts of the government and volunteer community that help Americans prepare for emergencies.

As this table shows, parts of national, state and local government work closely with several non-governmental and volunteer groups to make Americans safer. At the national, state and local levels of each of these categories, the help of people like you is needed to ensure that everyone is prepared. Read about the various agencies and organizations to find out how you can help America prepare.

	GOVERNMENTAL	NON-GOVERNMENTAL	VOLUNTEER
NATIONAL	<p>YOU</p>	<p>YOU</p>	<p>YOU</p>
STATE	<p>YOU</p>	<p>YOU</p>	<p>YOU</p>
LOCAL	<p>YOU</p>	<p>YOU</p>	<p>YOU</p>

Department of Homeland Security (DHS)

On March 1, 2003, the DEPARTMENT OF HOMELAND SECURITY was created, joining together 22 federal agencies and creating the 15th federal department. The Department of Homeland Security will be led by SECRETARY TOM RIDGE until February 2005. In February 2003, DHS launched the READY CAMPAIGN to help Americans get prepared. The Ready Campaign website, www.ready.gov, has lots of useful information on how to prepare and what to do in an emergency.

In the fall of 2004, DHS plans to unveil two new components of the Ready Campaign: READY FOR KIDS and READY FOR BUSINESS.

If you do not have web access, you can order a brochure from the Ready Campaign by calling 1 (800) BE READY.

The Federal Emergency Management Agency (FEMA)

Established in 1979, FEMA brought together more than 100 different agencies dealing with various

types of disasters. After the September 11 attack on the World Trade Center and the Pentagon, FEMA's OFFICE OF NATIONAL PREPAREDNESS became even more instrumental in training and equipping the nation's firefighters and police officers. In March 2003, FEMA was incorporated into the Emergency Preparedness and Response directorate, one of the main branches of the Department of Homeland Security.

Currently under the leadership of MIKE BROWN, FEMA has a mandate to respond to, plan for and help victims recover from disasters, both environmental and man-made. FEMA also maintains many partnerships with other organizations related to national emergency management, such as state and local emergency management offices, 27 other federal agencies, and the American Red Cross.

For more information about FEMA go to www.fema.gov. FEMA also has a cool disaster preparedness site for kids at www.fema.gov/kids.

Centers for Disease Control and Prevention (CDC)

The CDC, located in Atlanta, Georgia, is an agency under the DEPARTMENT OF HEALTH AND HUMAN SERVICES. Headed by DR. JULIE L. GERBERDING, the CDC is recognized as the primary federal agency for protecting the health and safety of people, both at home and abroad. The CDC has several offices, each of which deals with a specific area of expertise. The CDC employs over 8,500 people across the country in 12 centers, institutes, and offices.

The CDC focuses on a number of "health and safety" topics, and notable among them is EMERGENCY PREPAREDNESS AND RESPONSE to bioterrorism agents, chemical agents, radiation emergencies, natural disasters, and outbreaks

and incidents.

The CDC also provides information on training; preparation and planning; surveillance; and how to deal with mass trauma. For more information on the CDC, go to www.cdc.gov.

State and Local Offices of Emergency Management

OFFICES OF EMERGENCY MANAGEMENT (OEMs) exist at both the state and county level across the United States. These offices provide specific information and recommendations for residents for emergency scenarios, such as EMERGENCY ALERT SYSTEM radio stations, evacuation measures, local fire station phone numbers, and information about local Emergency Medical Services teams. Several local OEMs hold town meetings on security issues in order to inform people of new emergency measures and office activities. Much of the general information provided by these offices can be found at the www.ready.gov. You can also contact your state and local government for information from your OEM.

First Responders

FIRST RESPONDERS include state and local law enforcement officials, military departments, firefighters, rescue departments, health departments, hospital staff, and Emergency Medical Services workers.

First Responders are the individuals who first deal with crises in their area. Depending on the location of a community, the types of First Responders may vary. For example, in areas near chemical or nuclear power plants, First Responders may include Hazardous Material (HazMat) teams, who are specially trained to deal with these types of emergencies. First Responders can also include non-officials, such as volunteers who have taken first aid courses



PREPAREDNESS TIP: Make sure that you make plans for your pets. Make sure they have proper ID tags. Many shelters do not accept pets. Find out before a disaster which local hotels and motels allow pets and where pet boarding facilities are located. Assemble an emergency preparedness kit for your pet including food and water.



There are many non-governmental and volunteer organizations that are working to help Americans get prepared for emergencies. These organizations work together with government agencies to make sure that Americans **MAKE A PLAN, GET A KIT, STAY INFORMED.**



ABOVE Firefighters contain a forest fire in Los Alamos, NM (source: Andrea Booher/FEMA News Photo). BELOW After the 1994 Northridge Earthquake in California, volunteer organizations assist quake victims (source: FEMA News Photo). ABOVE RIGHT A CERT volunteer gets trained at the FEMA National Training Center (source: Jocelyn Augustino/FEMA News Photo).



The American Red Cross

The American Red Cross (ARC) is an independent body that is funded by voluntary contributions from states and national societies. Although the ARC is not a governmental agency, it received a Congressional charter in 1900 establishing the organization as the nation's official relief agency for civilians and military personnel and making it in some respects accountable to—although not funded by—Congress.

Through its headquarters in Washington, D.C. and its 1,000 local chapters across America, the Red Cross is dedicated to helping families and communities prepare for disasters. The Red Cross Preparedness and Disaster Response website, www.prepare.org, which presses American citizens to “pledge to prepare,” provides preparedness tips, recommendations for an emergency kit, and emergency procedures. This information can also be obtained at local chapter offices, where local courses and programs are held for the community.

To get more information about the American Red Cross, to find your local chapter, to volunteer or get trained, visit www.redcross.org.

Citizen Corps

Citizen Corps is the Department of Homeland Security's nationwide grass roots movement aimed to involve all Americans in making communities and the nation safer, stronger, and better prepared for all

hazards, including terrorism. Citizen Corps believes that all Americans have a role in hometown security and it provides local opportunities for citizens to help prepare for, respond to and recover from terrorism and disasters of all kinds.

Citizen participation is coordinated by over 1200 county, local, and tribal Citizen Corps Councils, which bring together the expertise of emergency responders with the energy and spirit of volunteers, the private sector and other community members. These Councils build on community strengths to develop a local strategy to increase awareness and participation through public education and outreach - including the Department on Homeland Security's Ready campaign (www.ready.gov); classes in first aid, CPR, fire safety, emergency response, search and rescue, terrorism awareness; and volunteer programs to support local first responders.

Citizen Corps programs include Community Emergency Response Team (CERT) training, Medical Reserve Corps, Neighborhood Watch, Volunteers in Police Service (VIPS), affiliate programs that offer additional resources and materials, and other organizations and activities that promote the mission. For more information and to find the local Council nearest you, visit www.citizencorps.gov.

DUST MASK

YOU SHOULD HAVE SOMETHING TO COVER YOUR NOSE AND MOUTH TO LIMIT HARMFUL SUBSTANCES THAT ENTER YOUR LUNGS IN CASE OF A FIRE, EXPLOSION, OR BIOLOGICAL INCIDENT. AN “N-95” DUST MASK, AVAILABLE IN HARDWARE STORES, WORKS WELL. CHILDREN OR MEN WITH BEARDS MAY NOT BE ABLE TO USE A MASK BECAUSE IT WILL NOT FIT SNUGLY. THESE PEOPLE SHOULD USE A DENSE WEAVE COTTON FABRIC LIKE A T-SHIRT. NO MATTER WHAT YOU DO, IT IS IMPORTANT THAT MOST OF THE AIR THAT YOU BREATHE COMES THROUGH THE MASK, NOT AROUND IT.



MAKE A PLAN. GET A KIT. BE INFORMED.

NEWSPAPER ACTIVITY

Not just for emergencies

A N95 rating for a dust mask is a government rating based on the size of particle that is filtered using the mask. Look through your paper and find articles about people whose profession requires them to use one of these masks everyday. What type of contaminate are they protecting themselves against?

| BE INFORMED |

EARTHQUAKES

An earthquake is a sudden shaking of the earth caused by the breaking and shifting of rock beneath its surface. Earthquakes can cause buildings and bridges to collapse, cause power lines to fall, as well as set off fires, explosions and landslides. Earthquakes can also cause huge ocean waves, called tsunamis. In the event of an earthquake, you should stay inside until the shaking stops and it is safe to go outside. Most injuries during an earthquake occur when people are hit by falling objects when entering and exiting buildings. **WHILE INSIDE, DROP, COVER, AND HOLD ON!** Take cover under a sturdy desk, table or bench. If you are outside, stay there and move away from buildings, streetlights and utility wires. If you are in a crowded public location, stay where you are—do not rush for the doorways. Take cover and grab something to shield your head and face.

FIRE

Use water to put out small fires. Do not try to put out a fire that is getting out of control. Never use water on an electrical fire. Smother oil and grease fires with baking soda or salt. If your clothes catch on fire, **STOP, DROP AND ROLL** until the fire is extinguished. Running only makes the fire burn faster. If you must open a door in order to escape a fire, use the back of your hand to test the top of the door, the crack between the frame and the door and the doorknob. Close doors behind you as you leave in order to delay the spread of the fire. If there is smoke, crawl along the floor, since poisonous gases and smoke rise.

BIOLOGICAL EMERGENCY

A biological incident could occur when there is an accidental or deliberate release of germs or other biological substances that can cause illness. A biological substance must be inhaled, enter through a cut in the skin or be eaten to make you sick. Not all biological agents, such as anthrax, cause contagious diseases. A biological incident will probably not be immediately obvious but if you suspect that there has been a biological incident, you'll want to **COVER YOUR NOSE AND MOUTH, YOURS EYES AND ANY CUTS IN YOUR SKIN**. Cover your nose and mouth with either a N95 dust mask (see page 5) or a cotton T-shirt and seek advice from emergency officials.

CHEMICAL EMERGENCY

A chemical incident could occur when a toxic gas, liquid or solid is accidentally or deliberately released into the environment. Some chemical agents can have an immediate effect; others can take several hours. You may know that there has been a chemical incident if there are many dead or sick animals or birds on the ground or if people around you become sick very quickly. If you think you've been exposed to a dangerous chemical, you should take immediate action to **GET FRESH AIR** either by leaving the affected area or by breaking a window to get clean air. If you are told to "shelter-in-place" because of a chemical incident, you should consider sheltering on the highest floor possible because chemicals tend to be heavier than air and lay low to the ground.

EXPLOSIONS

No matter what the cause of an explosion, **COVER YOUR NOSE AND MOUTH** with a N95 dust mask or a cotton fabric and seek immediate advice from emergency officials. If you are in a building that has been impacted, **EVACUATE IF IT IS SAFE TO DO SO**. If you are not in an affected building, seek advice from local officials.

While some disasters affect the entire country, particularly man-made emergencies, many disasters only affect certain regions. This map is color-coded to show you disaster patterns around the United States. The information below explaining each emergency provides basic response guidelines; you should go to ready.gov for more complete information.

FLOODS

All floods are not alike. Some develop slowly, sometimes over a period of days. Flash floods can develop quickly, sometimes in just a few minutes, without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries a deadly cargo of rocks, mud and other debris and can sweep away most things in its path.

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. Even small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that appear harmless in dry weather can flood.

If there is any possibility of a flash flood, **MOVE IMMEDIATELY TO HIGHER GROUND**. Do not wait for instructions to move. Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly.

In all other cases, follow evacuation orders. Do not walk through moving water. Six inches of moving water can knock you off your feet.

TORNADOES

A tornado appears as a rotating, funnel-shaped cloud that extends to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. In the event of a tornado watch, listen to newscasts. Be alert for approaching storms and watch for tornado danger signs, such as dark, often greenish skies; large hail; a large, dark, low-lying cloud; and a loud roar, similar to a freight train. If you are in your house during a tornado, take shelter in a storm cellar or basement. If underground shelter is not available, **SEEK SHELTER** in an interior room or hallway on the lowest floor. **STAY AWAY FROM WINDOWS, DOORS AND OUTSIDE WALLS**. Get out of vehicles, trailers and mobile homes immediately and go to the lowest floor of a sturdy nearby building or storm shelter. If caught outside, lie in a nearby ditch or depression and cover your head with your hands. Be aware of a potential flooding. Do not try to outrun a tornado.

LANDSLIDES

Landslides occur in all US states and territories when masses of rock, earth, or debris move down a slope. They are activated by storms, earthquakes, volcanic eruptions, fires and by human modification of land. Learn to recognize landslide warning signs such as bulging ground at the base of a slope or faint rumbling sounds that increase in volume as landslide nears. In the event of a landslide in your area, **QUICKLY MOVE AWAY FROM DEBRIS FLOW** to relatively flat-lying areas or areas at the top of or along ridges set back from the tops of slopes.

HURRICANES

A hurricane is a type of tropical cyclone, the generic term for a low pressure system that generally forms in the tropics. Hurricanes can produce widespread torrential rains. Floods are a deadly and destructive result. Excessive rain can also trigger landslides or mud slides, especially in mountainous regions.

Listen to local weather reports, if a hurricane "warning" is issued for your area, the storm could reach your community in 24 to 36 hours. Take steps at the first warning of a hurricane. Make sure that your family's supply kit is up-to-date and that you have a three-day supply of everything that you need if you have to shelter-in-place. Also, prepare for a possible evacuation. Make sure your family's car is full of fuel and you have an evacuation route planned. Listen to news reports for official evacuation instructions from local authorities. If you are told to evacuate, take your kit with you to the shelter.

If you are not required to or cannot evacuate, stay indoors during the hurricane and away from windows and glass doors. Keep curtains and blinds closed. Do not be fooled if there is a lull, it could be the eye of the storm and winds will pick up again.

IN STRONG WINDS, FOLLOW THESE RULES:

- Take refuge in a small interior room, closet or hallway
- Close all interior doors. Secure and brace external doors
- Lie on the floor under a table or another sturdy object

NUCLEAR & RADIOLOGICAL EMERGENCIES

A nuclear or radiological incident is highly unlikely. A nuclear incident could be a blast from a nuclear device which would produce an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. A radiological attack could occur with the use of a "dirty bomb" which is a combination of conventional explosives and radioactive materials. During a nuclear or radiological incident, **COVERING YOUR NOSE AND MOUTH AS QUICKLY AS POSSIBLE** with a N95 dust mask or a multi-layered cotton fabric will help to limit radioactive material from entering the lungs.

To limit the amount of radiation you are exposed, to think about shielding, distance and time: **SHIELDING** If you have a thick shield, such as a concrete wall, between you and the radioactive material, you will be exposed to less of the radioactive material. **DISTANCE** The farther away you are from the blast and the fallout the lower your exposure. **TIME** Minimize the time you spend exposed.

PREPAREDNESS TIP: For preparedness information for people with disabilities, contact the National Organization of Disabled People. The NOD website, www.nod.org/emergency, is a great source of information.

TEST YOUR READINESS

The America Preparedness Indicator is a quiz developed by the experts on the America Prepared Campaign Advisory Board. Test your preparedness knowledge. Answers on pages 15-16.

1 Three of the following ARE crucial to preparedness, but one is NOT. Which one is not?

- a. Creating a family plan
- b. Stockpiling antibiotics
- c. Becoming knowledgeable about types of potential emergencies and responses
- d. Making an emergency preparedness kit

2 Three of the following SHOULD be included in a family communications plan, but one SHOULD NOT. Which one?

- a. A list of important phone numbers, including doctors and emergency services
- b. An out-of-town contact that all family members can call
- c. A provision for each person in the family to be at a specific land line telephone at a specific time
- d. Knowledge of the emergency plan in place at your school

3 True or False: If a disease could become an epidemic, then it is always contagious.

- a. True
- b. False

4 True or False: You are in the vicinity of an explosion. It is a good idea to cover your nose and mouth with a cotton T-shirt or dust mask as soon as possible.

- a. True
- b. False

5 Which of the following is an accurate description of a "dirty bomb"?

- a. A miniature nuclear device
- b. An explosive device that disseminates chemicals
- c. An explosive device that releases a biological agent
- d. An explosive device that spreads radioactive materials over a targeted area

6 Three of the following ARE true of a biological attack, but one is NOT. Which of the following is NOT true of a biological attack?

- a. A biological attack may not be immediately obvious
- b. A biological attack is the deliberate release of germs or other biological substances that can make you sick
- c. A biological agent can make you sick by being inhaled, by being eaten or through contact with the

- skin or mucous membranes
- d. All biological attacks create contagious diseases

7 If you are outside and see people getting very sick very quickly and hear that there has been a chemical incident—which of the following is the FIRST thing you should do?

- a. Leave the area as fast as possible
- b. Stop, look wherever you can to find a dust mask or cotton fabric to cover your mouth and nose, and then run away as fast as possible
- c. Run into the basement of the closest building and seal all the doors and windows
- d. Put a cotton fabric or dust mask over your nose and mouth and wait for emergency personnel to arrive so that you don't spread the contaminate

8 True or False: A "dirty bomb" is an explosive device that is always especially dangerous, because, even if it contains a small amount of radioactive material, it will kill everyone within a five mile area of the explosion, while making the buildings in that area

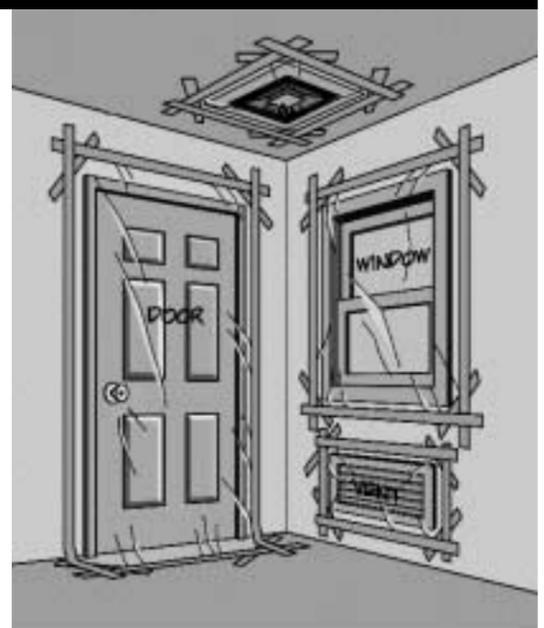


Sirens are used in communities throughout the country. Most often, they are used during chemical emergencies to notify people that they should shelter-in-place, but they can be used for any emergency (source: Springfield-Green County Office of Emergency Management).

SHELTER-IN-PLACE

In the event of an emergency, you may be instructed by authorities to "shelter-in-place" for a short period of time. To properly shelter, take your emergency preparedness kit and go to an interior room with as few windows and doors as possible. Seal the windows and door frames with duct tape and plastic sheeting. Listen to your radio for emergency information. For a complete description of "sheltering-in-place," go to WWW.READY.GOV.

(source: www.ready.gov)



PREPAREDNESS TIP: Check expiration dates of your emergency preparedness materials regularly, especially on items such as food, water, batteries and prescription medication.



HAVE A RADIO IN YOUR EMERGENCY PREPAREDNESS KIT TO GET RELIABLE INFORMATION IN THE EVENT OF AN EMERGENCY. DEPENDING ON THE EMERGENCY, YOU MIGHT LOSE POWER SO YOU SHOULD HAVE A BATTERY OPERATED RADIO AND YOU SHOULD STORE EXTRA BATTERIES. IF YOU PUT THE BATTERIES IN THE RADIO, THEY WILL RUN DOWN QUICKLY SO YOU SHOULD STORE THEM NEAR THE RADIO. A CRANK-POWERED RADIO IS ALSO A GREAT OPTION.

NEWSPAPER ACTIVITY

Create your own current events quiz

Go through your newspaper and find a story on

- a scientific breakthrough
- a major natural disaster
- a new law

Read the article carefully and then create a mini-quiz. Give it to a family member or friend to test his or her knowledge of the facts presented in the article.

so radioactive that the area will be uninhabitable for years to come.

- a. True
- b. False

9 THREE of the following ARE ways to find or create water that is safe for drinking. Which ONE is NOT?

- a. Boiling water for 3-5 minutes
- b. Adding 16 drops of bleach to each gallon of water
- c. Draining water from your radiator
- d. Draining water from the hot water heater, if the hot water heater has not been damaged

10 THREE of the following statements about sheltering during an emergency are true. Which ONE is NOT?

- a. You may be required to create your own shelter in your home
- b. Shelters are bound by law to accept household pets as long as those pets are not a disturbance
- c. When evacuating to a community shelter, you should bring your disaster supply kit
- d. You may be instructed to shelter-in-place during a chemical incident even if you are in the area of the chemical release

11 In the event of a hurricane or an explosion you may become trapped under debris. If this happens, THREE of the following ARE good ways to alert rescuers of your presence and ONE should only be used as a last resort. Which ONE of the following should be used only as a LAST RESORT?

- a. Tap on a pipe or wall
- b. Blow a whistle
- c. Shout
- d. Use a flashlight

12 You should shelter as high up in a building as possible for some emergencies and as low as possible, such as in a basement or a cellar, for others. Should you shelter HIGH or LOW during a BIOLOGICAL incident?

- a. HIGH
- b. LOW

13 Should you shelter HIGH or LOW during a CHEMICAL incident?

- a. HIGH
- b. LOW

14 Should you shelter HIGH or LOW during a RADIOLOGICAL incident?

- a. HIGH
- b. LOW

15 Name the official government website that offers the most comprehensive information about how citizens can best be prepared for a terrorist attack.

16 Have you prepared a family communications plan that includes a meeting place away from your home, work and school, a family contact person outside of your area, a list of phone numbers for each family member?

- a. Yes
- b. No

17 Do you have a readily accessible emergency kit that includes all of the following in one place: supplies of food and water, a first aid kit, a battery powered radio, a flashlight and extra batteries and any items

such as prescription medications that are essential to your family?

- a. Yes
- b. No



San Juan, Puerto Rico. Members of the Metro-Dade Task Force carry a survivor out of the rubble after a gas mainline exploded in the Humberto Vidal Building (source: Roman Bas/FEMA News Photo).

PREPAREDNESS TIP: In a chemical emergency, if you are told to “shelter-in-place” it is best to shelter on the highest floor possible because chemicals tend to be heavier than air and will lay low to the ground.

AMERICA PREPARES

Kanawha Valley Regional Transportation Authority and the Kanawha Putnam Emergency Planning Committee collaborated to put shelter-in-place messages on a community bus to educate the public about emergency procedures (source: KPEPC).



Communities across the country are working to make sure that their residents are ready for natural and man-made emergencies. Below, you will find information on how four different communities are helping their citizens get ready. In Kanawha, West Virginia and Contra Costa County, California, community groups are working to help residents prepare for **chemical emergencies**. Throughout Calabasas, California and the state of Oregon, citizens are taught how to prepare for an **earthquake**.

the other for children. They have been so successful that KPEPC has distributed them to communities across the United States to enhance their own preparation efforts.

CONTRA COSTA COUNTY, CA Chemical Emergencies

Contra Costa County Community Awareness and Emergency Response (CAER) Group, Inc. is a non-profit organization of public emergency response agencies, local government officials and facilities and businesses that use, store, handle, produce or transport hazardous materials. A high density corridor of chemical plants runs through Contra Costa. The CAER promotes a “shelter, shut, listen” approach to chemical emergencies and has initiated a number of programs to relay this message.

The Community Warning System (CWS) used by CAER incorporates sirens, which have been placed throughout the industrial strip of the county. They are intended to be used in the event of a chemical accident, to notify the community when it is necessary to “shelter, shut & listen.” In addition, CWS provides pagers, which operate via the radio network (independent of the phone system) for emergency response personnel, so that a coordinated deployment of emergency responders can be sent to needy areas during disasters.

Recently, CWS began using National Weather Service radios in order to receive alerts of hazardous material incidents.

New technology called Specific Area Message Encoding (SAME) enables these radios to be programmed to receive high alerts for specific locations within the county. CAER provides weather

radios for public and private schools, child care centers, hospitals, senior citizen facilities, and nursing care facilities in the county’s industrial corridor. While the safety sirens in this zone provide an outdoor alert that instructs people to go indoors and shelter-in-place, the weather radios can provide indoor alert tones and voice messages that can be received inside a facility. These radios are also known as Emergency Alert Receivers (EARs) and can be used for all kinds of emergencies.

2 COMMUNITIES PREPARE FOR CHEMICAL EMERGENCIES

KANAWHA VALLEY, WV Chemical Emergencies

Known as the “chemical capital of the world,” Kanawha Valley, West Virginia is a good example of business and community groups working together to make sure that local citizens are ready. Many chemical companies maintain plants in the region and since the passage of the Clean Air Act of 1990, the chemical companies located in the area have created special plans to prepare for an emergency. The Kanawha Putnam Emergency Planning Committee (KPEPC), which was founded in 1995, brings together state and local officials, broadcast and print media, law enforcement, civil defense, firefighting, and medical professionals, as well as local environmental and community groups, and chemical companies. The board members work to increase public knowledge of chemical emergency procedures and raise awareness of the importance of such preparations.

Among its key initiatives, the KPEPC has been working to develop methods to notify the public in the case of an emergency. Among them are the Emergency Alert System, which operates using television and

radio, a system of outdoor sirens, telephone alert systems, public address speakers, and a cable intercept system. According to Larry Zuspan, KPEPC administrator, the KPEPC is also working on alternatives including a “telephone ringdown system,” which would be used in a situation where people have to be evacuated.

The KPEPC distributes information to local residents so they know that they should Make A Plan, Get a Kit, and Be Informed. Preparedness information is included in the local telephone book, and volunteers frequently go out into the community to teach residents the basics of being prepared. The KPEPC also coordinated with the Kanawha Regional Transportation Authority in June 1997 to decorate a bus with shelter-in-place instructions. The bus now travels throughout the valley to advertise the procedure. The Committee also distributes two shelter-in-place videos that it has produced—one designed for companies,

Among the key initiatives of the Kanawha Emergency Planning Committee was to put emergency information in the local telephone book and to decorate a local public bus with emergency preparedness information.



Disasters are devastating to the natural and man-made environment. FEMA provides federal aid and assistance to those who have been affected by all types of disasters (source: NOAA News Photo).



2 COMMUNITIES PREPARE FOR EARTHQUAKES

CALABASAS, CA Earthquakes

Since the Northridge Quake struck Southern California on January 17, 1994, killing dozens of people and leaving thousands injured, there have been major advances in emergency preparation in the affected counties. The quake was the costliest natural disaster in American history, causing property losses amounting to \$40 billion.

In the city of Calabasas, located in northern Los Angeles County, local volunteers started the Calabasas Emergency Response Program (CERP). In 1995, following the Northridge Quake, residents initiated a program to help injured city residents in disasters. Bresky, who worked as an obstetrician for 30 years, devised the plan



involving five medical “caches”—which are storage sheds filled with medical supplies and instruments for health-care workers.

Bresky found his inspiration in the MASH units (mobile hospital units) in which he had worked during the Vietnam War. He contacted the Calabasas City Council and presented his idea, asking them for funding. The Council promised him half of the money if he and other CERP members could raise the rest. Quickly, the group collected the necessary sum, and the five caches were built. These caches, located throughout the community, each have approximately 20 volunteers, who are mostly retired doctors and nurses. Impressed by this program, the Federal Emergency Management Agency (see page 4) gave CERP an additional \$10,000 to add more supplies to their facilities. Throughout the 1990s the program received significant public attention. But after 9/11 the number of CERP volunteers swelled.

In addition to the efforts of CERP volunteers, the Calabasas government constantly promotes emergency awareness. It has designated April as Earthquake Preparedness Month, which organizer Tom Wheeler describes as “events with local police and law enforcement officials coming together with volunteers” to distribute materials on both earthquake and general emergency preparedness. Calabasas also participates in a FEMA program called PROJECT IMPACT: BUILDING DISASTER RESISTANT COMMUNITIES. Started in 1997, Project Impact is a nationwide effort to help vulnerable communities reduce the risk of disasters. Partners in Impact include the Calabasas government, other governments in the

surrounding Las Virgenes/Malibu area, FEMA, the California Governor’s Office of Emergency Services (OES), local citizens, and business leaders who all work with each other to prevent disaster damages.

Through its participation and sponsorship of these programs, Calabasas is one of the most prepared cities in the United States. Efforts to anticipate and mitigate the effects of the earthquakes have expanded into programs that will aid Calabasas in any disaster.

OREGON Earthquakes and Tsunamis

In April 2003, Oregon, took a unique approach to earthquake preparedness. Located near the shifting plates of the Cascadia subduction zone, Oregon and regions in northern California, Washington, and British Columbia, Canada are faced with the constant threat of an earthquake as high as 9.0 on the Richter scale. Experts say that such a quake occurs every 300 to 600 years, and since the last one occurred in January 1700, a new one could occur at any time. In order to make sure that residents are ready, and to test their emergency management plans and communication systems, Oregon officials decided to stage a fake earthquake. According to Mark Darienzo, Oregon Earthquake and Tsunami Program coordinator, the state had just opened a new Emergency Command Center (ECC), which they were eager to test. The result of their planning was QuakeX 2003, which took place on two different days and involved over 75 agencies in Oregon. The test included “recovery” and “rebuilding” stages,

BELOW LEFT At one of their training sessions, Calabasas Emergency Response Program (CERP) volunteers watch a couch burning in order to learn how fire behaves (source: City of Calabasas, CA). BELOW Tsunami Hazard Zone sign (source: Oregon State Office of Emergency Management).



with state and local officials teaming up to put together emergency response plans.

The exercise was supplemented by a citizen preparedness campaign, called “What’s Shaking, Oregon.” The campaign urges people to focus on five main activities:

- Practicing the “drop, cover, and hold” drill, as well as a tsunami evacuation drill.
- Getting a kit and making a communications plan.
- Securing non-structural items in buildings, such as bookshelves, computers, and water heaters.
- Securing buildings by bolting them to their foundations.
- Purchasing earthquake insurance.

Another part of the “What’s Shaking Oregon” campaign involved a state-sponsored preparedness contest, wherein participants entered by conducting earthquake (and in some cases, tsunami) drills. Participants, who were mostly state agencies and schools, could win either first aid kits or 72-hour emergency kits that had been donated by two private companies and the American Red Cross. ●

NEWSPAPER ACTIVITY

Prepared communities in the United States

Which of the prepared communities in this supplement is closest to your home and which one is furthest away? Which one of the initiatives that they implemented would work in your community and which ones would not? Find an article in your paper about a local organization that started a new program or made improvements to an existing one. Write a note thanking them for their service to the community.



BATTERIES

YOU SHOULD HAVE ENOUGH SUPPLIES IN YOUR EMERGENCY PREPAREDNESS KIT TO SURVIVE FOR THREE DAYS ON YOUR OWN. YOU SHOULD STORE EXTRA BATTERIES FOR YOUR FLASHLIGHT AND RADIO IN YOUR KIT SO YOU CAN USE THEM THROUGHOUT THAT TIME.



PREPAREDNESS TIP: If the power goes out, fill a sterilized bathtub with water. To sterilize your bathtub, wash it with a bleach solution of nine parts water to one part bleach. The water that you collect can be used for sanitation.

ANSWERS

Think you know your stuff? Here are the answers to the quiz on page 10.

1. The answer is b. Stockpiling antibiotics is not recommended because it is impossible to predict the exact nature of the next biological incident and there is not one antibiotic that effectively treats all sicknesses. In addition, inappropriate use of antibiotics can potentially lead to dangerous side effects and exacerbate the problem of antibiotic resistant strains of many organisms.

2. The answer is c. The provision for each family member to be at a specific land line at a specific time may not be possible or useful under many conditions. Family members may have to evacuate entirely from their community or land line communication may be disrupted by power failure. A family communication plan should be flexible enough to accommodate the unforeseen conditions resulting from an emergency. Knowledge of your school plan is essential. It may be easier to reach an out-of-town contact than a number within your own city if local phone lines are flooded. A list of important numbers is common sense for day-to-day life. Finally, a central meeting spot is a fallback option for the family that cannot reach each other by phone.

3. The answer is false. Anthrax, Botulism and Salmonella are all examples of biological agents that could create a non-contagious (i.e. non-communicable from infected person to healthy person) epidemic.

4. The answer is true. In an explosion of an unknown cause, a dust mask or T-shirt would help to avoid exposure to particles such as asbestos or radioactive dust. Exposure to radioactive particles may not always be lethal (x-rays are not generally lethal), but they can cause cancer; therefore, it is best to limit exposure to your respiratory system.

5. The answer is d. The term "dirty bomb" is used to denote an explosive device that is designed to spread radioactive materials over a targeted area.

6. The answer is d. As discussed in question 3, there are several biological agents (such as Anthrax) that are not contagious.

7. The answer is a. A dust mask or cotton T-shirt tied tightly over the nose and mouth helps to filter particles of a certain size from entering the lungs, but they offer little protection from chemicals. Chemicals are so fast-acting that exposed individuals should avoid taking any steps that will delay their evacuation from the area. You should not shelter in a basement because chemicals tend to lie low to the ground. The FIRST thing you should do in this scenario is get out of the area immediately. Since you may have been exposed to the chemical, you need to decontaminate by showering with soap and water as soon as possible. Then, you might consider sheltering, after

you decontaminate, on a high floor to prevent further exposure. If it was clear that the chemical was blowing toward you, after leaving the immediate area, escaping into a building (and closing the doors and windows and shutting off the ventilation system) might be the best choice.

8. The answer is false. A "dirty bomb" can needlessly increase fear and panic if too much is assumed based on its frightening name. People may be injured by the initial blast as they would with any bomb. A "dirty bomb" is designed to disperse radioactive dust, thereby increasing the fear and panic that will result from monitors on the scene showing increased level of radiation. That dust may contaminate the surrounding area and cause radiological sickness in some of the people who were not killed by initial blast. But, the area may be only contaminated for a short period of time depending on the amount of radiological material used, and although some of those who were exposed to the blast and/or radioactive material may be subject to an increased risk of cancer over the course of their lifetime, not all of the individuals struck

MORE ANSWERS



WATER IS ESSENTIAL TO LIFE. IN THE EVENT OF AN EMERGENCY, YOU MAY NEED WATER TO DRINK, FOR SANITATION AND FOR DECONTAMINATION, SO KEEP AS MUCH WATER AS YOU CAN IN YOUR HOME. THE DEPARTMENT OF HOMELAND SECURITY RECOMMENDS ONE GALLON PER PERSON PER DAY AND YOU SHOULD HAVE SUPPLIES FOR THREE DAYS. MAKE SURE YOUR KIT IS NOT TOO HEAVY THOUGH; ONLY KEEP AS MUCH WATER AS YOU CAN CARRY IN YOUR KIT.

NEWSPAPER ACTIVITY

Tell your newspaper about your ideas

Look on the masthead of your paper. Write a letter to the Editorial and News Editors about what your school is doing to be prepared. Do you have regular fire drills? Are you participating in the Ready Deputy contest? (See page 14) Also, write about what else your school can do to be ready. Do you have any ideas for more things that could be done in your school? You never know, your letter might even be published.

PREPAREDNESS TIP: One of the best ways to make sure you know your stuff is to teach others. Many local groups including Citizen Corps and the American Red Cross are looking for volunteers to help their communities get ready (see page 5 for more information). **GET TRAINED AND VOLUNTEER!**

by radiation sickness will get cancer and even fewer will be killed.

9. The answer is c. Radiators are NEVER a safe source of drinking water. Boiling is the safest method of treating water. Boiling water at a rolling boil kills harmful bacteria and parasites. You can also use regular household liquid bleach that contains no soap or scent to treat water. Add 16 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.

10. The answer is b. With the exception of service animals (such as guide dogs), pets are not typically permitted in emergency shelters for health reasons. If you have pets, you need to make special arrangements for them. Find out before a disaster which local hotels and motels allow pets and where pet boarding facilities are located. Be sure to include some outside your local area in case local facilities have closed. Most boarding facilities require veterinarian records to prove vaccinations are current. Be sure your pet has proper identification tags securely fastened to the collar. You should keep a current photo of your pet in your emergency preparedness kit. Make sure you have a secure pet carrier or leash for your pet; they may need to be restrained during tense situations. Assemble a disaster kit for your pet with all the things that it

would need to survive with you for three days including food, water and medicines.

11. The answer is c. If you are trapped in debris, shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust. In fact, you should cover your nose and mouth with anything you have on hand. A dense-weave cotton material can act as a good filter. Try to breathe through the material. Avoid unnecessary movement so that you don't kick up dust. If possible, use a flashlight to signal your location to rescuers. Tap on a pipe or wall so that rescuers can hear where you are, or use a whistle.

12. The answer is a. In a biological incident, the biological substance will settle on the ground, so you should shelter on the highest floor possible. However, as a rule of thumb, the best room for sheltering-in-place is the room that is most convenient for your family to get to quickly and seal that is large enough to provide appropriate air for several hours.

13. The answer is a. In a chemical incident, contaminants are typically distributed in an aerosol that is heavier than air near the release of the chemical. As such it will settle to the ground. Therefore, you should shelter on the highest floor possible. However, as a rule of thumb, the best room for sheltering-in-place is the room that is most convenient for your family to get to quickly and seal that is large

enough to provide appropriate air for several hours.

14. The answer is b. In a radiological or nuclear incident, the more shielding (material such as a thick wall) and distance (the space between you and the contaminate) you can take advantage of after such an attack, the less exposure you will face. The additional distance provided by being below ground offers an increased level of protection. However, as a rule of thumb, the best room for sheltering-in-place is the room that is most convenient for your family to get to quickly and seal that is large enough to provide appropriate air for several hours.

15. The answer is the Department of Homeland Security's www.ready.gov.

16. The answer is yes. A family communications plan should be a flexible plan that lists many different ways of communicating. It should include your school's phone number and an out-of-state contact, in case local phone lines are flooded. For more information and an easy-to-use family communications plan template, visit www.ready.gov.

17. The answer is yes. You should have a kit of important items that you may need if you had to leave your house or shelter in your house in the event of an emergency. The basics of that kit are food, water, a first aid kit, a radio and flashlight; however, a full listing is available on www.ready.gov.

Community Emergency Response Teams (CERT) are trained volunteers that help the community respond to disasters. You can become a CERT member by contacting your local Citizen Corps Council. Help your community be prepared!



Calabasas CERT workers (source: City of Calabasas, CA).

OPPOSITE PAGE A young boy joins volunteers filling sandbags in their efforts to stop Midwest floods (source: FEMA News Photo).



CANNED FOOD

YOU SHOULD STORE ENOUGH FOOD IN YOUR KIT FOR THREE DAYS. THE MINIMUM NUMBER OF CALORIES THAT AN INDIVIDUAL NEEDS IS 800 CALORIES PER DAY. THE FOOD IN YOUR KIT SHOULD BE NON-PERISHABLE. IF YOU STORE CANNED FOOD IN YOUR KIT, YOU SHOULD MAKE SURE THAT YOU HAVE A CAN OPENER. MEAL REPLACEMENT BARS AND GRANOLA BARS ARE A GOOD OPTION BECAUSE THEY ARE EASILY STORED.

NEWSPAPER ACTIVITY

Disasters: Which ones affect you and your region?

Look at the disasters map on pages 8 and 9. Different disasters affect different parts of the United States. Find your region and list the disasters that affect your area. What are other parts of the world that are affected by the same disasters? How do they prepare? What are some disasters that affect other parts of the world that are not mentioned here?

LEAVE BLANK