

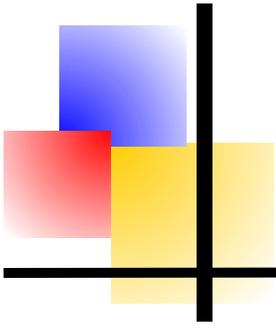
# BE PREPARED

Is your family ready for  
the unexpected ?

Catawba County Health  
Department  
3070 11th Ave Dr SE  
Hickory, NC 28602  
828-695-5800  
[www.catawbacountync.gov/phealth/](http://www.catawbacountync.gov/phealth/)



**PREPARED TO RESPOND**  
with Knowledge,  
with Accuracy, with Care



# INTRODUCTION

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**The terrorist attacks of 2001 raised our awareness of the need to be prepared for any event that could threaten the health and well-being of the citizens of Catawba County.**

**While there is no way to predict what will happen, or what your personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones.**

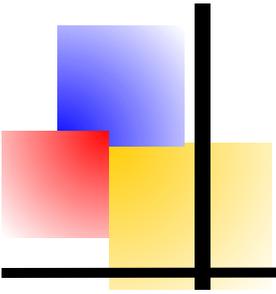
**The purpose of this booklet is to help you prepare. The sections—**Learn More**, **Make a Kit**, and **Make a Plan**—provide step-by-step guidelines to follow.**

**All information is from the U.S. Department of Homeland Security ([www.Ready.gov](http://www.Ready.gov)).**

## **Questions?**

**Catawba County Health Department**  
**3070 11th Ave Dr SE, Hickory, NC 28602**  
**Monday—Friday, 8:00 am—5:00 pm**  
**828-695-5800**





# BIOTERRORISM

Terrorists are working to obtain biological, chemical, nuclear, and radiological weapons, and the threat of an attack is very real. All Americans should begin a process of learning about potential threats so we are better prepared to react during an attack.

## RELIABLE INFORMATION

Depend on accurate sources of information:

**Catawba County Health Department**  
828-695-5800  
[www.catawbacountync.gov/phealth/](http://www.catawbacountync.gov/phealth/)

**Centers for Disease Control and Prevention (CDC)**  
1-888-246-2675 — English  
1-888-246-2857 — Espanol  
1-866-874-2646 — TTY  
[www.bt.cdc.gov](http://www.bt.cdc.gov)

**Office of Homeland Security**  
1-800-237-3239  
1-800-464-6161 — TTY  
[www.Ready.gov](http://www.Ready.gov)

**NC Office of Homeland Security**  
1-919-733-2126  
[www.ncgov.com](http://www.ncgov.com)

**American Red Cross**  
828-322-4151  
[www.redcross.org](http://www.redcross.org)

**Federal Emergency Management Agency (FEMA)**  
1-202-566-1600  
[www.fema.gov](http://www.fema.gov)

## GLOSSARY

**Anthrax:** A *non-contagious* potentially fatal disease caused by breathing, eating or absorbing through cuts in the skin bacteria known as *Bacillus anthracis*.

**Biological Attack:** The deliberate release of germs or other biological substances that can make you sick.

**Chemical Attack:** The deliberate release of a toxic gas, liquid or solid that can poison people and the environment.

**Dirty Bomb:** The use of common explosives to spread radioactive materials over a targeted area—not a nuclear blast. Also known as a *Radiation Threat*.

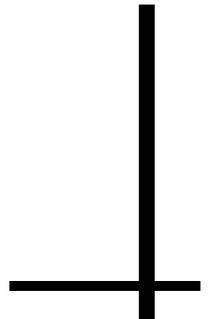
**Evacuation:** The process of leaving a potentially dangerous area.

**Nuclear Blast:** 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.

**“Shelter-in-Place”:** The process of staying where you are and taking shelter, rather than trying to evacuate.

**Smallpox Virus:** A serious, contagious, and sometimes fatal infectious disease. There is no specific treatment and the only prevention is vaccination. Raised bumps appear on the face and body of an infected person.

Learn More



# SUPPLY CHECKLISTS

Basics of survival: **water, food, and clean air** are essential, but some of the following items may make a time of crisis more comfortable.

## BASIC SUPPLIES

Flashlight  
 Extra batteries  
 Battery powered radio  
 Plastic garbage bags, ties  
 Toilet paper  
 First aid kit  
 First aid book  
 Map of area  
 Whistle  
 Moist towelettes  
 Medications  
 Prescriptions  
 Sleeping bag or warm blanket per person

## CLOTHING

**Complete change of warm clothing per person**  
**Jacket or coat**  
**Long pants**  
**Long sleeve shirt**  
**Sturdy shoes**  
**Hat**  
**Gloves**

## TOOLS

Mess kits or paper cups, plates and plastic utensils  
 Non-electric can opener  
 Utility knife  
 Pliers  
 Shut-off wrench  
 Small ABC fire extinguisher  
 Compass  
 Matches in waterproof container  
 Paper towels  
 Aluminum foil  
 Plastic storage containers  
 Signal flare  
 Paper, pencil

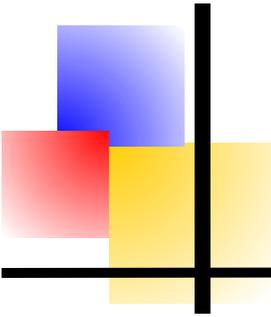
## SANITATION

Toilet paper  
 Moist towelettes  
 Feminine supplies  
 Personal hygiene items  
 Plastic garbage bags, ties (for personal sanitation uses)  
 Plastic bucket with tight lid  
 Disinfectant  
 Household bleach\*  
 \* ***Dilute 9 parts water to one part bleach to use as a disinfectant. In an emergency, purify water with 16 drops of regular bleach per gallon of water***

## OTHER

**Insurance policies**  
**Identification**  
**Bank account records**  
**Cash or traveler's checks, change**  
**Tube tent**

Make A Kit



# FIRST AID SUPPLIES

In an emergency someone in your family may suffer an injury. With these basic supplies you will be prepared to treat minor injuries. Remember—most injuries are not life threatening.

## THINGS YOU SHOULD HAVE

## THINGS IT MAY BE GOOD TO HAVE

Two pairs of sterile gloves

Sterile dressings to stop bleeding

Cleansing agent/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

Prescription medications you take every day such as insulin, heart medicine, or asthma inhalers.

Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Cell phone

Scissors

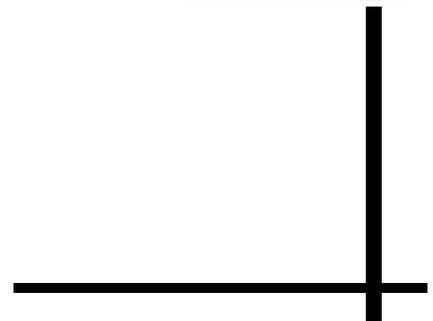
Tweezers

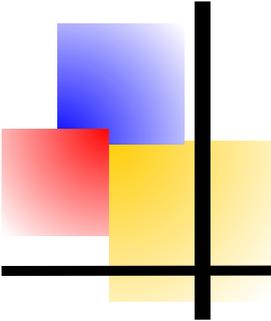
Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- \* Potassium Iodide
- \* Aspirin or non-aspirin pain reliever
- \* Anti-diarrhea medication
- \* Antacid (for upset stomach)
- \* Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
- \* Laxative
- \* Activated charcoal (use if advised by the Poison Control Center)

Make a Kit





## BARRIERS

Potential terrorist attacks could send microscopic “junk” into the air. Fine debris or germs released into the air could make you sick if inhaled or absorbed into the skin. Creating a barrier between yourself and any contamination could help in an emergency.

### NOSE AND MOUTH PROTECTION

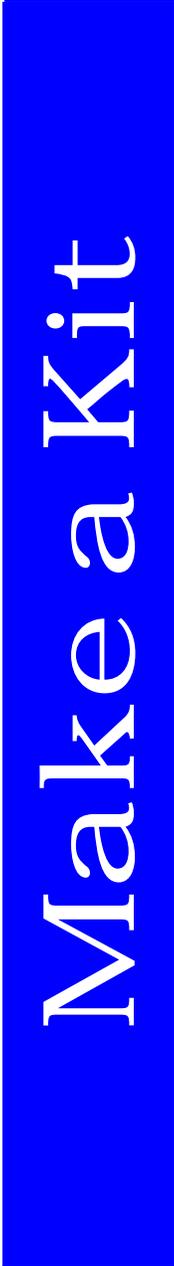
It is important to have face masks or dense-weave cotton material, that snugly covers your nose and mouth and is specially fit for each member of the family. Do whatever you can to make the best fit possible for children. You may need to improvise with what you have on hand to protect your nose, mouth, eyes, and cuts in your skin. It is very important that most of the air you breathe comes through the mask or cloth, not around it. A variety of face masks are available in hardware stores. **Something over your nose and mouth in an emergency is better than nothing.**

### OTHER BARRIER SUPPLIES

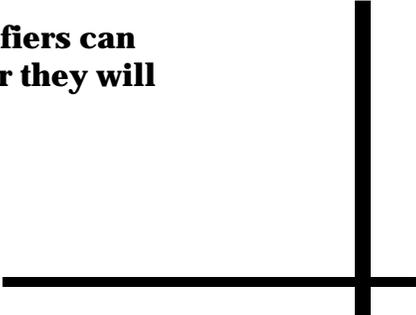
Heavyweight plastic garbage bags or plastic sheeting, duct tape, scissors  
HEPA (High Efficiency Particulate Air Filtration) Filter Fans  
Portable Air Purifier with a HEPA filter

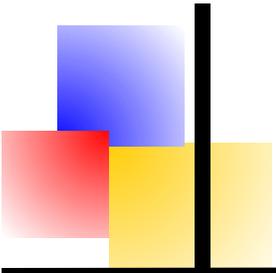
There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as “**shelter-in-place**”, is a matter of survival. You can use garbage bags or plastic sheeting, and duct tape to tape up windows, doors, and air vents if you need to seal off a room from outside contamination. Always **assess the situation** and listen to the recommendation of local authorities.

No seal is perfect and some leakage is likely. Fans and air purifiers can help to remove contaminants that may leak into a room however they will not stop chemical gases.



Make a Kit





## SPECIAL NEEDS ITEMS

Remember the special needs of your family members. Infants, the elderly and persons with disabilities need the same planning as everyone else, and sometimes a little more, to be prepared for a terrorist attack.

### BABY

Formula  
Diapers  
Bottles  
Powdered milk  
Medications  
Moist towelettes  
Diaper rash ointment

### ADULTS

Prescription medications such as heart and high blood pressure medication, insulin  
Denture needs  
Contact lenses and supplies  
Extra eye glasses

*For additional information on supplies, contact the **American Red Cross and Federal Emergency Management Agency***

### SENIORS

Plan how to evacuate or signal for help

Plan emergency procedures with home health care agencies or workers as necessary

Tell others where you keep your emergency supplies

Teach others how to operate necessary equipment

Label equipment like wheelchairs, canes, or walkers

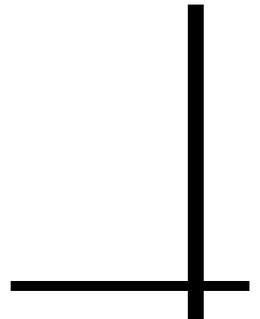
Extra eyeglasses

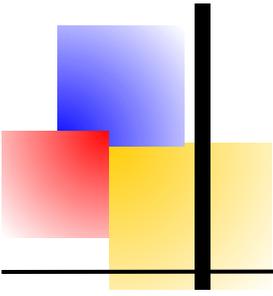
Extra batteries for hearing aids, wheelchairs, or other special equipment

In your supply kit keep lists of:

- \* prescription medications including dosages
- \* allergies
- \* style and serial numbers of medical devices such as pacemakers
- \* copies of medical insurance and Medicare cards
- \* doctors and emergency contacts

Make a Kit





# SPECIAL NEEDS ITEMS

(CONTINUED)

## PEOPLE WITH DISABILITIES

Additional supplies for people with Disabilities:

**Create a support network to help in an emergency—tell these people where you keep your emergency supplies**

**Give one member of your support network a key to your house or apartment.**

**Register with the Emergency Management Office**

**Wear medical alert tags or bracelets to identify your disability**

**If you require dialysis or other life sustaining treatment know the location and availability of more than one facility**

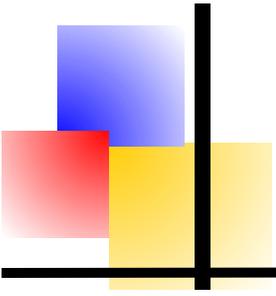
**Show others how to operate your wheelchair if applicable**

**Know the size and weight of your wheelchair and whether or not it is collapsible in case it has to be transported.**

- **Prescription medicines, list of medications including dosage**
- **List of any allergies**
- **Extra eyeglasses and hearing-aid batteries (if applicable)**
- **Extra wheelchair batteries, oxygen (if applicable)**
- **List of style and serial number of any medical devices**
- **Medical insurance and Medicare card**
- **List of doctors, relatives or friends who should be notified if you are hurt.**

**MAKE A KIT**





# SPECIAL NEEDS ITEMS

(CONTINUED)

## PEOPLE WITH DISABILITIES

**Create a support network to help in an emergency—tell these people where you keep your emergency supplies**

**Give one member of your support network a key to your house or apartment.**

**Register with the Emergency Management Office**

**Wear medical alert tags or bracelets to identify your disability**

**If you require dialysis or other life sustaining treatment know the location and availability of more than one facility**

**Show others how to operate your wheelchair if applicable**

**Know the size and weight of your wheelchair and whether or not it is collapsible in case it has to be transported.**

Additional supplies may include:

**Prescription medicines, list of medications including dosage**

**List of any allergies**

**Extra eyeglasses and hearing-aid batteries (if applicable)**

**Extra wheelchair batteries, oxygen (if applicable)**

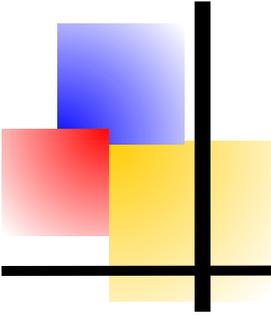
**List of style and serial number of any medical devices**

**Medical insurance and Medicare card**

**List of doctors, relatives or friends who should be notified if you are hurt.**

**Make a Kit**





## DECIDING TO STAY OR GO

You may have to make a decision to stay put or get away depending on the circumstances. Plan for both possibilities. Use common sense and available information to determine if there is immediate danger.

### STAYING PUT

Use available information to assess the situation.

Look for large amounts of debris in the air

Listen to local authorities for reports of severe air contamination

To “**Shelter-in-Place**”:

- \* Bring family and pets **inside**
- \* **Lock** doors, **close** windows, air vents, and fireplace dampers
- \* **Turn off** fans, air conditioning, and forced air heating systems
- \* **Take your emergency supply kit** unless you think it may be contaminated
- \* **Go into an interior room** with few windows, if possible
- \* **Seal** all windows, doors, and air vents with plastic and duct tape. You may need to **improvise to seal gaps**.
- \* Continue to **monitor reports** on TV, radio, internet for instructions

### GETTING AWAY

Plan how you will assemble your family and anticipate where you will go.

Choose several destinations in different direction.

Create an “**Evacuation Plan**”

- \* **Plan places** where your family will meet—inside and outside of the neighborhood
- \* Keep a **half tank of gas** in your car at all times
- \* Become familiar with **alternate** routes and other means of transportation
- \* If you **do not have a car**, plan how you will leave if you have to
- \* **Take your emergency supply kit** unless you think it may be contaminated
- \* **Lock** the door behind you
- \* Take your **pets** and their food with you

**If time allows:**

- \* Contact your “out-of-state” contact person and inform them of your plans
- \* If necessary, shut off water, gas, and electricity
- \* Leave a note telling others when you left and where you were going

Make a Plan

# AT WORK AND SCHOOL

Ask about plans at the places where your family spends the most time: work, school and other places you frequent. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead, and communicate with others .

## NEIGHBORHOODS AND APARTMENT BUILDINGS

**Talk to your neighbors** about how you can **work together** during an emergency

**Find out if anyone has specialized equipment** like a power generator, or expertise such as medical knowledge, that might help in a crisis.

Decide who will **check on elderly or disabled neighbors**

**Make back-up plans** for children in case you can't get home in an emergency.

Sharing plans and **communicating in advance** is a good strategy.

## SCHOOLS AND DAYCARES

If you are a parent, or guardian of an elderly or disabled adult, make sure schools and day-care providers have emergency response plans.

- \* Ask how they will **communicate** with families during a crisis.
- \* Ask if they **store** adequate food, water and other basic supplies
- \* Find out if they are **prepared** to "shelter-in-place" if need be, and where they plan to go if they must get away.

*For more information on developing emergency preparedness plans for Schools, visit the US Department of Education at:  
[www.ed.gov/emergencyplan](http://www.ed.gov/emergencyplan)*

## EMPLOYERS

If you are an employer, make sure your workplace has a building evacuation plan that is regularly practiced.

Take a critical look at your **heating, ventilation and air conditioning system** to determine if it is secure or if it could feasibly be upgraded to better filter potential contaminants, and be sure you know how to turn it off if you need to.

Think about what to do if your employees **can't go home**.

Make sure you have appropriate **supplies** on hand.

Make a Plan