

PERSONAL PREPAREDNESS FOR A TERRORIST ATTACK



The threat of a terrorist incident is higher than ever before, where no state or individual is immune. September 11 has confirmed the importance that preparation for terrorism should be built on systems of thinking and planning ahead. The responsibility to meet such attacks lies with all of us. This brochure is intended to raise awareness of British Columbia residents of the need to plan for potential incidents and enhance their capacity to effectively manage potential risks to their environments. Emergency preparedness is a shared responsibility.

PRIOR TO AN ATTACK

Prepare for the possibility of a terrorist incident in your area, stay informed. Adapt, as appropriate, the same techniques used to prepare for tornadoes, fires, and other emergencies. Be prepared and observe your environment. Terrorists most often strike with little or no warning. Use caution when you travel. Locate stairways and emergency exits and develop plans for evacuating buildings, subways, and crowded public areas. Develop a Family Emergency Plan. Assemble and maintain an Emergency Supply Kit.

EXAMPLES OF COMMON TERRORIST TARGETS

- Airports
- Government buildings
- Hospitals
- Tourist attractions
- Transit systems
- Military bases
- Diplomatic missions
- Arenas, stadiums
- Educational institutions
- Communications networks
- Utilities, power plants

IN THE EVENT OF AN ATTACK

Explosion:

Remain calm. If objects begin to fall, take cover under a desk or sturdy table. Exit the building as quickly as possible.

If trapped in debris tap on a pipe or wall so that rescuers can hear **where you are**. If possible, use a flashlight or whistle to signal rescuers regarding your location. Cover your mouth with a handkerchief or clothing. Stay in your area so that you don't kick up dust.

Fire:

Stay low to the floor at all times and exit the building as quickly as possible. Use a wet cloth to cover your nose and mouth. Use the back of your hand to feel closed doors. If the door is not hot, brace yourself against the door and open it slowly. Do not open the door if it is hot. Seek another escape route. Use appropriate fire exits and stairs, not elevators.

Radiation:

Highest-risk areas are those in which buildings are likely to be destroyed by a blast or fire, or where a person would be in the open for the first two weeks.

Shielding: Place the most heavy, dense materials available between you and the source of the radiation.

Distance: The more distance between you and the source of the radiation, the less radiation you will receive.

Time: Most radioactivity loses its strength fairly quickly. Limiting the time spent near the source of radiation reduces the amount of radiation exposure you will receive.

COMMON EMERGENCY PROTECTIVE ACTIONS

Shelter-in-Place or Evacuation:

Shelter-in-place means to stay indoors. If shelter-in-place is recommended, move all people and pets inside. Local officials will provide instructions on necessary actions. These can include:

- Closing all windows and doors.
- Ensuring your emergency supply kit is with you.
- Turning off air-conditioning, ventilation systems.
- Closing all fireplace dampers.
- Taping around doors, windows, exhaust fans, or vents.

- Wetting towels and placing them at all cracks under doors.
- Staying away from windows.
- Staying indoors and listening to emergency broadcasts on the radio and TV until you are told to evacuate.

Evacuation means to leave the area of actual or potential hazard. If an evacuation is ordered, follow the instructions of local officials regarding evacuation routes and the location of shelters. Take your emergency supply kit with you. Close car windows and air vents and turn off heater or air conditioner.

FAMILY EMERGENCY PLAN

Learn what possible emergency events could take place and discuss the dangers with family members. Take steps to prepare your family for disaster such as:

- Posting emergency phone numbers
- Selecting out-of-area family contacts
- Assembling emergency supply kits for each member of your household
- Having a family meeting to discuss what each member would do, and how you would connect if separated
- Keeping important records in a safe place
- Practicing your Family Emergency Plan so that everyone will remember what to do when a disaster does occur.

EMERGENCY SUPPLY KIT

- Battery-powered radio, (intrinsically-safe sparkles) flashlights, batteries
- Whistle
- First aid kit and manual
- Extra set of keys
- Extra pair of glasses
- Copies of documents (medical cards, passport, bank account numbers, insurance policies, birth and marriage certificates and names, addresses and telephone numbers of doctors)
- Water (4 litres per person per day)
- Food (canned, no-cook, packaged snacks)
- Vitamins
- Manual can opener
- Cash and credit cards
- Change of clothing, rain gear and sturdy shoes
- Blankets or sleeping bags
- Fire extinguisher
- Large plastic bags for trash, waste, water protection

- Toilet paper and paper towels
- Personal items
- Cell phone and charger

PET PREPAREDNESS

Preparing ahead of time and acting quickly are the best ways to keep your animals out of danger. They depend on you to be prepared in the event of a disaster situation. Check with your veterinarian for specific information on disaster preparedness. Your pet emergency kit should include a bowl, water, food, pet medication, travel cage or kennel, leash, blanket for bedding, plastic bags and paper towels for disposing of waste, immunization records, pet medical history, and a favorite toy.

ADDITIONAL INFORMATION

Additional safety and preparedness information is available on the Provincial Emergency Program Web site: <http://www.pep.bc.ca/>.

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