

### If There is an Explosion

- **Take shelter** against your desk or a sturdy table.
- **Exit** the building ASAP.
- **Do not** use elevators.
- **Check** for fire and other hazards.
- **Take** your emergency supply kit if time allows.

### If There is a Fire

- **Exit** the building ASAP.
- **Crawl** low if there is smoke
- Use a wet cloth, to **cover** your nose and mouth.
- Use the back of your hand to **feel** the upper, lower, and middle parts of closed doors.
- If the door **is not hot**, brace yourself against it and open slowly.
- If the door **is hot**, do not open it. Look for another way out.
- **Do not use** elevators
- If you catch fire. **Stop-drop-and-roll** to put out the fire.
- If you are at home, go to a designated **meeting place**.
- Account for your **family** members and carefully **supervise** small children.
- **Never** go back into a burning building.

### If You Are Trapped in Debris

- If possible, **use a flashlight** to signal your location to rescuers.
- **Avoid** unnecessary movement so that you don't kick up dust.
- **Cover your nose and mouth** with anything you have on hand.
- **Tap** on a **pipe or wall** so that rescuers can hear where you are. If possible, **use a whistle** to signal rescuers.
- Shout **only** as a last resort. **Shouting can cause a person to inhale dangerous amounts of dust.**

**NUCLEAR BLAST** - A nuclear blast is 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.

### If There is a Nuclear Blast

- **Take cover** immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.
- Quickly **assess the situation**.
- Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to "**shelter-in-place**."
- In order to **limit the amount of radiation you are exposed to**, think about shielding, distance and time.

**Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.

**Distance:** The farther away you are from the blast and the fallout the lower your exposure.

**Time:** Minimizing time spent exposed will also reduce your risk.

### IMPORTANT PHONE NUMBERS:

AMBULANCE 911  
FIRE DEPARTMENT 911  
POLICE DEPARTMENT 911

Parent \_\_\_\_\_

Parent \_\_\_\_\_

School \_\_\_\_\_

School \_\_\_\_\_

Day care \_\_\_\_\_

### MY INFORMATION

Home address \_\_\_\_\_

Home phone number \_\_\_\_\_

Cell Phone \_\_\_\_\_

Local Contact \_\_\_\_\_

Out of state contact \_\_\_\_\_

Meeting Spot \_\_\_\_\_

2nd Meeting Spot \_\_\_\_\_

Poison Control 1-800-876-4766

PG&E 1-800-743-5000

SCEdison 1-800-655-4555

Gas Company 1-800-427-2200

Information in brochure obtained from the following resources about making a plan, making a kit and being informed:

Santa Barbara County Public Health Dept.  
[www.sbcphd.org/bt](http://www.sbcphd.org/bt)

Dept. of Homeland Security  
[www.ready.gov](http://www.ready.gov)

The Red Cross  
[www.redcross.org](http://www.redcross.org)

Federal Emergency Management Agency  
[www.fema.gov/areyouready](http://www.fema.gov/areyouready)

This brochure is designed to help you accomplish three goals.

These goals are to:

1

**MAKE A PLAN**

2

**MAKE A KIT**

3

**BE INFORMED**

Preparing for an event makes sense. Use the enclosed information and resources to help you and your family prepare for a natural or man-made event.

**SANTA BARBARA COUNTY  
PUBLIC HEALTH DEPT.  
BIOTERRORISM UNIT**

## 1 MAKING A FAMILY PLAN

*When assembling your plan think of the worst and hope for the best. This may sound harsh but being well prepared will benefit YOU and YOUR family the most.*

*Imagine if an event were to happen right now!*

*What would you do?*

*Where is your family right now?*

*Do they know where to meet you?*

*What if the phones didn't work?*

*What if your house was destroyed?*

*What if something happened to YOU, would your family know what to do in an event?*

Learn what events are likely to happen around your home, work, and school. Prepare your family for an event by:

**-Posting emergency phone numbers**

**-Know your local and out-of-state contact**

**-Assemble Emergency Supply Kits**

**-Discuss what each family member would do during an event and where you would meet**

**-Practice the Emergency Family Plan so each member will know what to do.**

## 2 EMERGENCY SUPPLY KIT

*The supplies you assemble for this kit will help you to survive, be informed, and give you the ability to help others in an event.*

USE THE CHECKLIST BELOW

- Food - enough for each person for three days
- Water- 1 gallon per person per day
- Bleach to sterilize water (8-10 drops per gal.)
- Manual can opener
- Paper plates, knives, forks, spoons
- Soap, hand sanitizer, towels, plastic bags
- First-aid kit
- Sleeping items- pillows, sleeping bag, blankets
- Extra glasses or contacts
- Feminine products
- Extra Prescription Medications if possible
- Cash/change and credit cards
- Copies of important documents & contacts
- Paper, pen, pencils
- Battery or self-powered radio
- Flashlight and extra batteries
- Matches
- Fire Extinguisher
- Duct tape, rope, swiss army knife
- Tools-wrenches, pliers, shovel, scissors
- Whistle, signal flares, mirror for signaling

*Consider specialty items for :*

- Babies- formula, diapers, bottles, toys
- Elderly or disabled persons- medications, note pads for deaf to write on, extra oxygen cylinders.
- Pets- collar, food, leash, toys
- Entertainment- books, games, cards, toys

Also think about neighbors with these specialty needs they might be relying on you to help them out. You should contact them to see if they have plans in place for an event. If you are a person with special needs ask your neighbors for assistance.

*Use this list as a guideline for making a kit. A backpack or duffle bag will work just fine to store most of the items. Use extra items around the house to fill your kit right now! Start today to be prepared for tomorrow.*

## 3 INFORM YOURSELF

*Being prepared is crucial for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.*

**BIOLOGICAL THREAT-** *A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from other people.*

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?
- What are the signs and symptoms of the disease?
- Are medications or vaccines being distributed?
- Where should you seek emergency medical care if you become sick?

**CHEMICAL THREAT-** *A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.*

**If You See Signs of Chemical Attack:**

- Quickly try to **define the impacted area** or where the chemical is coming from, if possible.
- Take immediate action to **get away**.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
- Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place."
- If you are outside, quickly decide what is the **fastest escape** from the chemical threat. Consider if you can get out of the area, or if you should follow plans to "shelter-in-place."

**If You Think You Have Been Exposed to a Chemical:**

- If you think you may have been **exposed to a chemical, strip immediately and wash**.
- Look for a hose, fountain, or any source of **water**, and wash with **soap** if possible, being sure not to scrub the chemical into your skin.

Seek emergency **medical attention**.