

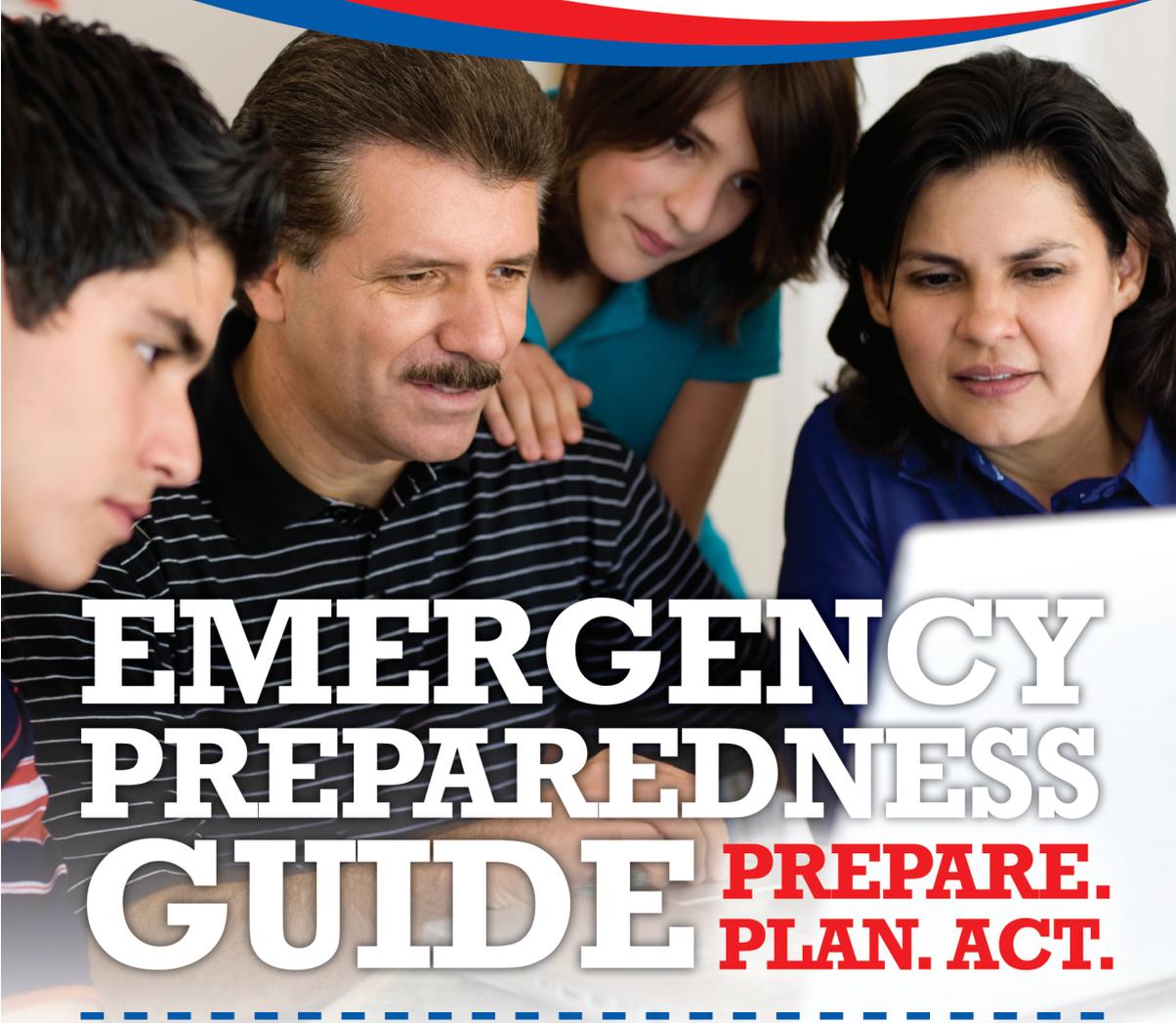
www.ReadySouthTexas.gov

Tex, the "Shelter-in-Place" Turtle, is here to help you learn how to be prepared in an emergency situation. Visit Tex on the web for games and activities at:



means:
Stay calm.
Stay put.
Stay safe.

"Shelter-in-Place"



EMERGENCY PREPAREDNESS GUIDE

PREPARE. PLAN. ACT.





Are you ready? We live in a world filled with different types of threats, but you can get prepared and stay informed!

Ready South Texas is your one-stop emergency preparedness headquarters to help your family, business, neighborhood, church, and community prepare for or respond to any type of emergency.

Some of the things you can do to prepare for the unexpected include assembling an emergency kit and developing a family communications plan. These are important preparedness activities that you and your family can do together. Also, staying informed of the hazards in your area, both natural and man-made emergencies, will give you the knowledge you need to respond in a safe way. With a little planning now, you can be ready for any emergency that may affect your area.

Please take a few minutes to review this emergency preparedness guide and share the information with your family and friends. Furthermore, visit the helpful links listed in this guide to find useful tips, information, and programs/services available to you before, during, or after an emergency. **Be safe, be prepared, and be Ready South Texas!**



Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-Town Contact Name: _____
 Email: _____
 Telephone Number: _____
 Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Family Member 1:	Family Member 2:	Family Member 3:	Family Member 4:	Family Member 5:	Family Member 6:
Name:					
Date of Birth:					
Important Medical Information:					

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:
Address:	Address:
Phone Number:	Phone Number:
Evacuation Location:	Evacuation Location:
Address:	Address:
Phone Number:	Phone Number:
Evacuation Location:	Evacuation Location:
Address:	Address:
Phone Number:	Phone Number:
Evacuation Location:	Evacuation Location:
Address:	Address:
Phone Number:	Phone Number:
Evacuation Location:	Evacuation Location:

Important Information	Name	Telephone #	Policy #
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

San Antonio: San Antonio Fire Department Public Information Office at (210) 206-8530. Or call 311.
Bexar County: Bexar County Office of Emergency Management at (210) 335-0300.
Texas Dept. of State Health Services (DSHS): <http://www.dshs.state.tx.us/>
San Antonio Metro Health District: <http://www.sanantonio.gov/health/>
Center for Disease Control and Prevention (CDC) & Influenza Pandemic Info: <http://www.cdc.gov/> or <http://www.flu.gov/> or call 1 (800) CDC-INFO (4636).
National Weather Service & National Hurricane Center: <http://www.weather.gov/> or <http://www.nhc.noaa.gov/>
San Antonio Office of Emergency Management: <http://www.sanantonio.gov/emergency/>

Call 9-1-1 for emergencies. However, if possible, refrain from using telephones except for true emergencies in order to keep phone lines open for emergency operations associated with an event.

INFLUENZA PANDEMIC

An influenza (flu) pandemic is a worldwide outbreak of flu disease that occurs when a new type of influenza virus appears that people have not been exposed to before (or have not been exposed to in a long time). The pandemic virus can cause serious illness because people do not have immunity to the new virus. Pandemics are different from seasonal outbreaks of influenza that we see every year. Seasonal influenza is caused by influenza virus types to which people have already been exposed. Its impact on society is less severe than a pandemic, and influenza vaccines (flu shots and nasal-spray vaccine) are available to help prevent widespread illness from seasonal flu.

Influenza pandemics are different from many of the other major public health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last 6-8 weeks separated by months. The number of health care workers and first responders able to work may be reduced. Public health officials will not know how severe a pandemic will be until it begins.

Stay Healthy

These steps may help prevent the spread of respiratory illnesses such as the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze—throw the tissue away immediately after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based (60-95%) hand cleaner.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If you get the flu, stay home from work, school, and social gatherings. In this way you will help prevent others from catching your illness.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.

Vaccination & Antivirals

Vaccines are used to protect people from contracting a virus once a particular threat is identified. After an individual has been infected by a virus, a vaccine generally cannot help to combat it. Because viruses change over time, a specific pandemic influenza vaccine cannot be produced until a pandemic influenza virus emerges and is identified. Once a pandemic influenza virus has been identified, it will likely take 4-6 months to develop, test, and begin producing a vaccine.

A number of antiviral drugs are approved by the U.S. Food and Drug Administration to treat and prevent seasonal influenza. Some of these antiviral medications may be effective in treating pandemic influenza. These drugs may help prevent infection in people at risk and shorten the duration of symptoms in those infected with pandemic influenza. However, it is unlikely that antiviral medications alone would effectively contain the spread of pandemic influenza. The federal government is stockpiling antiviral medications that would most likely be used in the early stages of an influenza pandemic and working to develop new antiviral medications. These drugs are available by prescription only.

Stay Informed

Knowing the facts is the best preparation. Identify sources you can count on for reliable information. If a pandemic occurs, having accurate and reliable information will be critical. Reliable, accurate, and timely information is available at www.pandemicflu.gov.



THE ESSENTIALS

When preparing for a possible emergency situation, it's best to think first about the basics – water and food. Store these items in easy to carry containers with lids and handles so they are ready to go when you are. Important items include:

Water

- One gallon of water per person, per day.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep at least a three-day supply of water per person.

Food

- Store at least a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.

- Choose foods your family will eat:

- Ready-to-eat canned foods
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

Given the different types of attacks that could occur, there is not one solution for masking. For instance, simple cloth face masks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases. Still, something over your nose and mouth in an emergency is better than nothing. Limiting how much "junk" gets into your body may impact whether or not you get sick or develop disease.

Based on how small a particle they can filter in an industrial masks readily available in hardware stores that are rated fit possible for children. There are also a variety of face cloth, not around it. Do whatever you can to make the best most of the air you breathe comes through the mask or including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that skin. Anything that fits snugly over your nose and mouth, hand to protect your nose, mouth, eyes and cuts in your children. Be prepared to improvise with what you have on Do whatever you can to make the best fit possible for member of the family, are the best options for protection. Face masks or dense-weave cotton material that snugly covers your nose and mouth and is specifically fit for each member of the family, are the best options for protection.

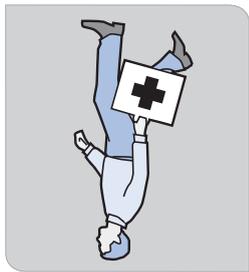
Many potential terrorist attacks could send tiny microscopic "junk" into the air. For example, an explosion may release very fine debris that can cause lung damage. A biological attack may release germs that can make you sick if inhaled or absorbed through open cuts. Many of these agents can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination.

Nose and Mouth Protection

CLEAN AIR

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings to stop bleeding.

Things You Should Have:



During any emergency, a family member may be cut, burned or suffer other injuries. Basic first aid and emergency supplies are essential resources to help yourself and your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection, and assist in decontamination.

FIRST AID KIT

- 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 (Read more: Biological Threat)
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

Other Items to Consider:

- Cell Phone
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-Prescription Drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

Some people, particularly those with severe allergies and asthma, use HEPA filters in masks, portable air purifiers as well as in larger home or industrial models to continuously filter the air.

Consider a portable air purifier, with a HEPA filter, to help remove contaminants from the room where you are sheltering. These highly efficient filters have small sieves that can capture very tiny particles, including some biological agents. Once trapped within a HEPA filter contaminants cannot get into your body and make you sick. While these filters are excellent at filtering dander, dust, molds, smoke, biological agents and other contaminants, they will not stop chemical gases.

Once you have sealed a room with plastic sheeting and duct tape you may have created a better barrier between you and any contaminants that may be outside. However, no seal is perfect and some leakage is likely. In addition to which, you may find yourself in a space that is already contaminated to some degree.

Air Filtration) Filter Fans HEPA (High Efficiency Particulate

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 these things to tape up windows, doors and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts. Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you can use these things to tape up windows, doors and air vents if you need to seal off a room.

Other Barriers

- Heavyweight plastic garbage bags or plastic sheeting
- Duct tape
- Scissors

DECIDING TO STAY OR GO

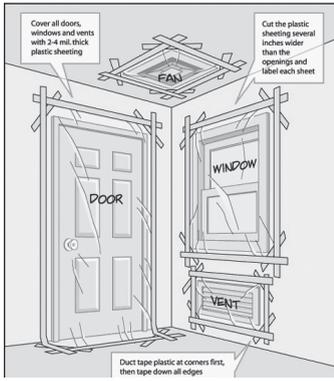
Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor TV or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately.

Staying Put

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. There are other circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "sealing the room," is a matter of survival. Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action. The process used to seal the room is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. It is a type of sheltering in place that requires preplanning.

To "Shelter-in-place and Seal the Room"

- Bring your 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 have reason to believe it has been contaminated.
- Go into an interior room with few windows, if possible.
- Seal all windows, doors and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination. Local authorities may not immediately be able to provide information on what is happening and what you should do.



Getting Away

There may be conditions under which you will decide to get away, or there may be situations when you are ordered to leave. Plan how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency.

Create an Evacuation Plan:

- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- If you have a car, keep a half tank of gas in it at all times in case you need to evacuate.
- Become familiar with alternate routes and other means of transportation out of your area.
- If you do not have a car, plan how you will leave if you have to.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Lock the door behind you.
- Take your pets with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.

If Time Allows:

- Call or email the "out-of-state" contact in your family communications plan. Tell them where you are going.
- If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
- Leave a note telling others when you left and where you are going. Check with neighbors who may need a ride.

Learn How and When to Turn Off Utilities:

If there is damage to your home or you are instructed to turn off your utilities:

- Locate the electric, gas and water shut-off valves.
- Keep necessary tools near gas and water shut-off valves.
- Teach family members how to turn off utilities. If you turn the gas off, a professional must turn it back on. Do not attempt to do this yourself.

Plan for Your Pets:

Pets should not be left behind, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency. Turn to Pet Checklist for more details on pet preparedness.

SUPPLY CHECKLIST

Emergency Supplies

Water, food, and clean air are essential items necessary for survival. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies for a Basic Kit:

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Radio and NOAA weather radio with a tonealert feature (include extra batteries)
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Dustmask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Can opener for canned food
- Plastic sheeting and duct tape to shelter-in-place
- Infant formula and diapers (if needed)
- Garbage bags and plastic ties for personal sanitation

Clothing and Bedding:

During the cold weather months in South Texas, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes.

One complete change of warm clothing and shoes per person, including:

- A jacket or coat and gloves
- Long pants, long sleeve shirt, sturdy shoes and a hat
- A sleeping bag or warm blanket for each person

Other Items to Consider Adding to Your Supply Kit:

- Emergency reference material such as a first aid book or a print out of this information
- Mess kits, cups, plates and plastic utensils
- Matches in a waterproof container
- Cash or traveler's checks, change
- Paper towels
- Rain gear
- Fire Extinguisher
- Tent, compass, signal flare
- Paper, pencil
- Medicine dropper, feminine & personal hygiene items
- Disinfectant, household bleach



For more information contact the Assistant Regional CERT Coordinator at 210-206-8762.

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

Community Emergency Response Teams (CERT)

LEARN HOW TO KEEP YOUR COMMUNITY SAFE BY VISITING
www.readyouthtexas.gov

Keep copies of important family records such as insurance policies, identification and bank account records in a waterproof, portable container.

Important family documents:

- In many emergency situations, your neighbors may be your first responders. Build a support network of at least three people in your area to assist you during an emergency. Do not depend on one person.
- Show your network where your medical equipment is located and how to use it.
- Give at least one member of your support network a key to gain entry into your residence during an emergency situation.

Create a support network

REMINDER

After a disaster, walk pets on a leash until they become reoriented to their home. Familiar scents and landmarks may be altered and pets could be easily lost. Downed power lines and other debris could pose a threat.

- A Pet Supply Kit Should Include:**
- 3-5 day supply of food and water- include a can opener
 - Bowl for food and water
 - Current photo of you and your pet, include a physical description with any distinct markings
 - Medications and current vaccination records
 - Leash, harness, or muzzle; collar with current ID tag
 - Carrier large enough for your dog or cat to comfortably sleep in
 - Blankets or towels for bedding and warmth
 - Treats and toys for comfort
 - Plastic bags for waste disposal
 - Cat litter and container to be used as a litter box
 - First aid kit for pets

Leaving a pet behind can result in injury, loss, or death. Always take your pet with you! Before a disaster, identify a safe location to bring your pet to such as a pet friendly hotel, a kennel, or a friend's home. In the event that you cannot make it back to your house, arrange for a friend or neighbor to care for your pet.

PET CHECKLIST

GENERAL FLOOD TIPS

- If a flood is likely in your area, you should:**
- Be aware that flash flooding can occur, 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. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.
 - Emergency shelters may be provided in your area. Locations and public shelters will be announced by the first responder community through local media.

- If you must prepare to evacuate, you should:**
- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper level floor.
 - Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you must leave your home, remember these evacuation tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

After a flood, you should:

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters. Water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Be aware of areas where flood water may have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of buildings surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

SAN ANTONIO FLOOD EMERGENCY (SAFE) SYSTEM

Texas leads the nation with the most flood-related damages and flood-related deaths. The City of San Antonio has implemented the San Antonio Flood Emergency (SAFE) System to help the community with overall flood preparedness and how to identify flood related hazards. SAFE's mission is to educate the community, through proactive public outreach, on the appropriate actions to take prior to, during, and after flooding emergencies.

Involving the community by educating them of the risks involved has improved the community's ability to react more cautiously to flood related disasters. SAFE has numerous components which include: a user-friendly website, interactive maps, the San Antonio Notification system, and SAFE Routes. Each component is designed aide the community with the necessary tools needed to better prepare them for a severe weather or flooding event.

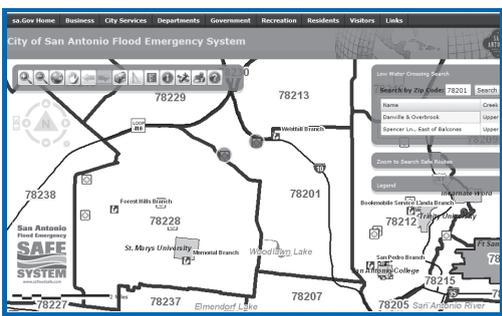
SAFE Alternate Routes

If you come across a road that has been flooded, "Turn Around, Don't Drown. ®" Do not attempt to cross. SAFE Routes have been established in key Low Water Crossing locations throughout the City of San Antonio so that the community can easily find Alternate Routes away from flooded roads. If you live along a SAFE Route you can download and print specific SAFE Routes and place them in your vehicles glove compartment for future use.



SAFE Route signs

For detailed information on Low Water Crossings and determining if you live in or near a flood plain, navigate to this interactive mapping application. www.safloodsafe.com



SAFE Interactive Map (low water crossing/zip code search)

Web Portal: www.safloodsafe.com

The user-friendly website provides valuable information such as weather forecasts, interactive maps to include low water crossings and flood zones; there is also a download section on the website where you will find printable SAFE Routes, SAFE System brochures, and a Family Emergency Plan.

What else will you find on www.safloodsafe.com? Links to real-time traffic, street closures, river gauges, and NEXRAD Radar are all available through SAFE.



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.

For Baby:

- Formula
- Medications
- Powdered milk
- Moist towelettes
- Bottles
- Diaper rash ointment
- Diapers

For Adults:

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

- Denture needs
- Extra eye glasses
- Contact lenses and supplies

For Seniors and/or People with Disabilities:

- Plan how you will evacuate before an emergency occurs. Pre-register with 211 for transportation assistance.
- Discuss your emergency procedures with a home health care provider.
- Program "ICE" (In Case of Emergency) in your cell phone. List the telephone number(s) of friend/ relative to be contacted in an emergency.
- Write down your medications, including dosages, and allergies. Place your information and current medications in a waterproof bag and take with you in an emergency.

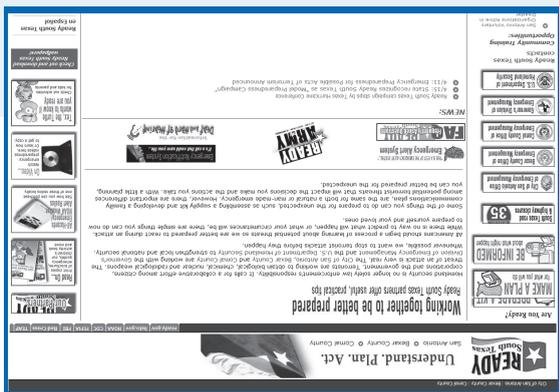
- Include copies of important papers such as medical insurance and medicare cards in your kit.
- Wear a medical alert tag or bracelet to help identify your disability.
- Take advantage of your local pharmacy's computer tracking system by filling out a medication profile.
- Contact your city or county emergency management office. Many local offices keep a list of people with disabilities so that they can be located quickly during an emergency.
- Create a plan for an alternative source of power if you use electricity to operate medical equipment.
- Contact your power and water company about your needs for life-support devices before an emergency occurs. Many companies have a "priority reconnection service" list.
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of services from more than one facility.

Other Things to Consider:

- Be aware of oxygen safety practices: avoid areas where gas leaks or flames may be present.
- Always use battery powered flashlights or lanterns rather than gas lights or candles when oxygen is in use.
- Keep extra supplies available such as oxygen, cane, hearing aid batteries, wheelchair batteries, and manual wheelchair.
- Keep a scooter or wheelchair patch kit available; consider extra inner tubes and other repair supplies. Include heavy gloves for wheeling over glass and debris.
- Keep a list in your kit of the style and serial numbers of medical devices such as pacemakers.
- Pad and pen/pencil for communicating and for instructions.
- Power converter for communicating with a laptop computer.
- Keep an emergency supply kit for your pet.
- Service animals may become confused, frightened, or disoriented during an emergency. Keep them confined or securely leashed.

GET INFORMATION ONLINE

Learn how to keep your community safe by visiting www.ReadySouthTexas.gov



This activity book educates children and their parents or guardians about important things they can do to prepare for an unexpected emergency such as creating a family communications plan, preparing a child's comfort kit and sheltering in place. The book includes puzzles and games that are not only fun, but they also teach children simple lessons about emergency preparedness.

Emergency Preparedness Activity Book



GET READY WITH TEX

The All Hazard Emergency/NOAA Weather Alert Radio is your official source for civil emergency alerts and weather warnings 24 hours a day, seven days a week as conditions warrant. These alerts may come directly from your local emergency management office or from the National Weather Service. And through the use of SAME technology, you can program your radio to only receive all-hazard alerts for the county in which you live. The all-hazards capability of these radios allows local emergency officials to utilize National Weather Service Radio to broadcast specific instructions in the event of a non-weather related emergency, such as an act of terrorism or a hazardous chemical release. The use of SAME technology allows the National Weather Service to activate the Emergency Alert System (EAS) which allows an emergency message to be disseminated to a specific area. You also can program your radio to receive the latest weather information from the National Weather Service such as flash flood alerts and tornado warnings in addition to seven-day forecasts for South Texas. These radios are equipped with an alarm tone feature that will alert you, even if you are asleep, to give you information and instructions during civil emergencies, severe weather events or other life-threatening situations.

All Hazard Emergency/NOAA Weather Alert Radio

It is recommended to have supplies for a minimum of three days, but having enough supplies to maintain a kit for a longer period of time is better.

3. An Emergency Supply Kit

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Pick a family member or friend to serve as your family's out-of-area contact. In an emergency, you can call your out-of-area contact and tell them you are safe and where you are going.

2. An Out-Of-Area Contact

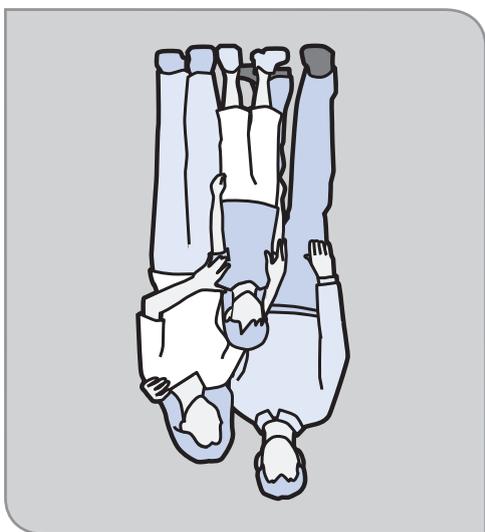
Pick a location within walking distance of your home where your family members can meet in case you get separated or have to evacuate. For example, pick a local park or playground.

1. A Meeting Place

A plan should have three important things:

You should plan in advance what you will do in an emergency. Be prepared to assess the situation and use common sense to make good decisions for you and your loved ones. Think about the places where your family spends time - school, work and other places you frequent. Ask about their emergency plans. Find out how they will communicate with families during an emergency. If they do not have an emergency plan, consider helping develop one.

MAKE A PLAN



CREATING A FAMILY PLAN

EMERGENCY COMMUNICATIONS

Emergency Alert System (EAS)

The Emergency Alert System (EAS) is another alert tool that can rapidly disseminate emergency information to the general public. It can be initiated by local, state and federal officials. A national EAS alert may be activated during a national crisis, by the President of the United States. A local EAS alert may be activated in response to local events such as severe weather, floods, industrial accidents, civil disorders, or any event that poses a danger to life or property. The Amber Alert is part of the EAS system and is initiated by law enforcement. The EAS utilizes radio and television broadcasters to relay emergency information to citizens. These messages interrupt programming on local television and radio stations and provide viewers and listeners with warnings and instructions on how to react in the event of an emergency.

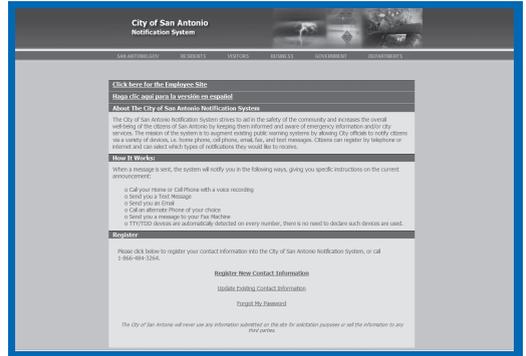
Emergency Notification System

The Emergency Notification System (ENS) is another mass notification service available to emergency management officials. During an emergency or disaster, it enables emergency management officials to contact hundreds or thousands of affected individuals in a specific area within minutes because of its high-calling capacity and the accuracy of its geographic information system mapping and database. The ENS can be activated by designated emergency management officials of a city, county or other jurisdiction. An ENS message, which includes a warning and instructions for residents, is created and sent immediately to phone numbers in the area of an emergency. When citizens in the area receive the call, a recording will give them important directions that may include evacuation, shelter-in-place, or other instructions

SA Notification System

The City of San Antonio Notification System strives to aid in the safety of the community and increases the overall well-being of the citizens of San Antonio by keeping them informed and aware of emergency information and/or city services.

If you would like to be notified for weather related events as well as other emergency related information please register at <http://www.sanantonio.gov/saNS/index.html>

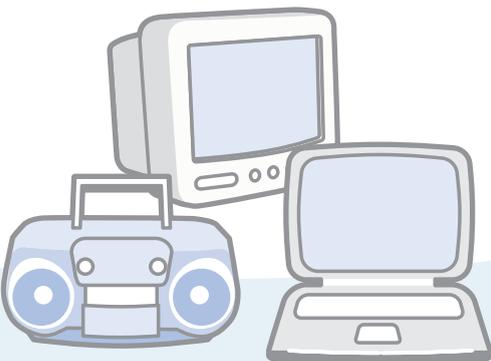


Emergency Information

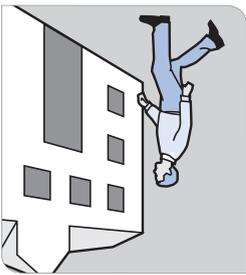
Find out what kind of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. Common methods include emergency broadcasts via radio, NOAA weather radio, and TV. You might hear a siren, get a telephone call, or emergency workers may go door-to-door.

Emergency plans

You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.



Like individuals and families, schools, daycare providers, workplaces, neighborhoods, and apartment buildings should all have site-specific emergency plans. Ask about plans at the places where your family spends the most time: work, school and other places you frequent. If none exist, consider volunteering to help develop one. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead, and communicate with others in advance.



Neighborhoods and

Apartment Buildings

A community working together during an emergency makes sense.

- 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 Daycare

If you are a parent, or guardian of an elderly or disabled adult, make sure schools and daycare 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 U.S. Department of Education at www.ed.gov/emergencyplan.

EXPLOSIONS

An improvised explosive device (IED) is a "homemade" bomb. IEDs can come in any shape or size, ranging from a small pipe bomb to a large sophisticated device. IEDs can be worn, carried, delivered in a vehicle, concealed at a location, thrown, or delivered in a package.

What are the Effects of an IED?

The extent of damage caused by an IED depends on its size, construction, and placement, and whether it incorporates a high explosive or propellant. Vehicle bombs, also known as vehicle-borne IEDs (VBIEDs), can carry significantly more explosive material, and therefore do considerable more damage.

Secondary Hazards from IEDs

The explosion of a bomb could possibly cause secondary explosions if they occur near gasoline, natural gas, or other flammable materials. Secondary hazards resulting from explosions may include fire, toxic smoke, a disruption of electricity, ruptured natural gas lines and water mains, and debris thrown outward by the shockwave. IED explosions can disrupt traffic control in the area of the blast and possible traffic accidents involving people fleeing from the area.

What to Do to Protect Yourself?

The primary way to protect yourself and others from an IED attack is to be alert to your surroundings. One of the most effective tools to protect people from injuries caused by IEDs is to be alert and report anything that is out of the ordinary. Examples include bags or boxes left unattended in unusual places, unusual smells, and suspicious behaviors such as someone dressed in a heavy coat during a hot Texas summer.

If You See Something Suspicious

- People who are most familiar with a given environment are in the best position to determine whether or not something is suspicious. Use these guidelines:
- Trust your instincts; if something feels wrong, don't ignore it – Report it!
 - Do not assume that someone else has already reported it. Carefully back away the the suspicious item.

Injuries Common to Explosions Include:

- Overpressure damage caused to the lungs, ears, abdomen, and other pressure-sensitive bodily organs. Blast lung injury, a condition caused by the extreme pressure of an explosion, is the leading cause of illness and death for initial survivors of an explosion.
 - Fragmentation injuries caused by fragments of a bomb or the shrapnel from flying debris that penetrates the body.
 - Impact injuries caused when a blast throws a victim into another object; possibly causing fractures, amputations, and trauma to the back, head or neck.
 - Thermal injuries caused by burns to the skin, mouth, sinus, and lungs in victims in close proximity to the blast. Other injuries can include exposure to toxic substances, crushing injuries, and aggravation of pre-existing health conditions (asthma, congestive heart failure, etc.).
- Immediate Health Effects**
- IED explosions can create a high-pressure shockwave that violently propels debris and lifts people off the ground. Potential types and injuries will depend on: the number of people near the blast, the environment where the explosion occurs; the size of the blast; any possible shielding between the victims and the blast; fires, or structural damages caused by the explosion; and whether the explosion occurs in a closed space or an open area.

RADIATION THREAT

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)," is the use of common explosives to spread radioactive materials over a targeted area. This event is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit exposure. It is important to avoid breathing radiological dust that may be released in the air.

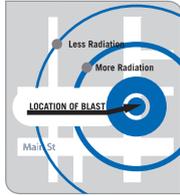
If there is a radiation threat or "dirty bomb"

1. If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged. If you are already inside check to see if your building has been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.
2. If you are inside and there is an explosion near where you are or you are warned of a radiation release inside, cover nose and mouth and go outside immediately. Look for a building or other shelter that has not been damaged and quickly get inside. Once you are inside, close windows and doors; turn off air conditioners, heaters or other ventilation systems.
3. If you think you have been exposed to radiation, take off your clothes and wash as soon as possible.
4. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
5. Remember: To limit the amount of radiation you are exposed to, think about shielding, distance and time.

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However, there are important differences among natural disasters that will impact the decisions you make and the actions you take.

Some natural disasters are easily predicted, others happen without warning. Planning what to do in advance is an important part of being prepared.



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. During a nuclear incident, it is important to avoid radioactive material, if possible. While experts may predict at this time that a nuclear attack is less likely than other types, terrorism by its nature is unpredictable.

If There is Advanced Warning of an Attack:

Take cover immediately, as far below ground as possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

If There is No Warning:

- Quickly assess the situation.
- Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
- If you take shelter go as far below ground as possible, close windows and doors, turn off air conditioners, heaters or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- To limit the amount of radiation you are exposed to, think about shielding, distance and time.



- 1) **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.



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



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

Use available information to assess the situation. If there is a significant radiation threat, health care authorities may or may not advise you to take potassium iodide. Potassium iodide is the same stuff added to your table salt to make it iodized. It may or may not protect your thyroid gland, which is particularly vulnerable, from radioactive iodine exposure. Plan to speak with your health care provider in advance about what makes sense for your family.

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.

In a Moving Vehicle



- 1) If there is an explosion or other factor that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake.



- 2) If the emergency could impact the physical stability of the roadway, avoid overpasses, bridges, power lines, signs and other hazards.

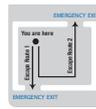


- 3) If a power line falls on your car you are at risk of electrical shock, stay inside until a trained person removes the wire.



- 4) Listen to the radio for information and instructions as they become available.

In a High-Rise Building



- 1) Note where the closest emergency exit is.
- 2) Be sure you know another way out in case your first choice is blocked.



- 3) Take cover against a desk or table if things are falling.



- 4) Move away from file cabinets, bookshelves or other things that might fall.



- 5) Face away from windows and glass.
- 6) Move away from exterior walls.



- 7) Determine if you should stay put, "shelter-in-place" or get away.
- 8) Listen for and follow instructions.



- 9) Take your emergency supply kit, unless there is reason to believe it has been contaminated.



- 10) Do not use elevators.



- 11) Stay to the right while going down stairwells to allow emergency workers to come up.

Disaster preparedness is no longer the sole concern of earthquake prone Californians or those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account 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.

If There is a Biological Threat:

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast, or some other signal used in your community. You might get a telephone call or emergency response workers may come to your door.

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? Who should get them?
- Where should you seek emergency medical care if you become sick?

If You Become Aware of an Unusual and Suspicious Substance Nearby:



1. Quickly get away.



2. Protect yourself. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.



3. Wash with soap and water.
4. Contact authorities.



5. Watch TV, listen to the radio, or check the Internet for official news and information including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick.



6. If you become sick seek emergency medical attention.

Chemical Threat

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

Possible Signs of Chemical Threat:

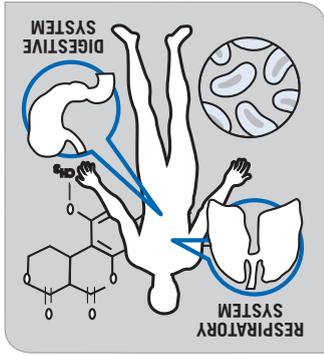
- Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.
- Many sick or dead birds, fish or small animals are also cause for suspicion.

If you see signs of chemical attack:

1. Quickly try to define the impacted area or where the chemical is coming from, if possible.
2. Take immediate action to get away.
3. If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
4. If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and "shelter-in-place."
5. If you are outside, quickly determine fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

If You Think You Have Been Exposed to a Chemical:

- If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may 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.



If You are Potentially Exposed:

- Follow instructions of doctors and other public health officials.
- If the disease is contagious expect to receive medical evaluation and treatment. You may be advised to stay away from others or even deliberately quarantined.
- For non-contagious diseases, expect to receive medical evaluation and treatment.

During a Declared Biological Emergency:

- If a family member becomes sick, it is important to be suspicious.
- Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- Take into consideration whether you are in an area that authorities believe is in danger.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.