

# *Family Emergency Preparedness*



*Crismon Creek Homeowner's Association*

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***PREPARE BECAUSE YOU CARE***

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# Purpose of this Booklet

The purpose of this booklet is to provide families in the Crismon Creek community emergency preparedness information. It provides information about what is expected in the event there is a declared emergency or event in our community. In addition this booklet provides fundamental information necessary to properly plan and prepare for such an event. Instructions for basic needs

for water, food and sanitation are covered in the event of a public health emergency. Additional information regarding biological and chemical terrorism threats is presented. Finally, various website resources are listed for additional materials and information to aid in the planning and preparation process.

A quote is presented in a white rounded rectangle with a thick black border, which is itself set within a larger, olive-green rounded rectangle. The text is in a bold, red, serif font.

***"...the objective of preparation is to keep bad situations from becoming worse."***

## Disaster Preparedness

Finding out what can happen in your area is the first step. It's important to discuss this with your family and to develop, review and practice a disaster plan together.

## Emergency Preparation

Your health and the health of your family members are too important to be caught unprepared in a major emergency. Here are a few simple things you can do now to plan and prepare yourself and your family for an unexpected emergency, including a terrorist attack. In the event of an emergency, you will be advised to either evacuate or shelter in place.

## Evacuation

If local authorities ask you to leave your home, they have good reason to make this request. Listen to your radio or TV and follow the instructions of emergency officials and keep these tips in mind:

- Wear long-sleeved shirts, long pants and sturdy shoes.
- Take your disaster supplies kit.
- Take your pets if you have time.
- Lock your home.
- Know how to shut off your residence's electricity, gas and water supplies at main switches and valves.
- Use travel routes specified by authorities - don't use shortcuts.
- Make sure you have plenty of fuel for your transportation vehicle.
- Stay away from downed power lines.
- Contact your family contact to tell them where you are going, only if you have time.

## Shelter in Place

If local authorities ask you to shelter in place, they mean for you to remain inside your home, school or office and protect yourself there. Close and lock all windows and exterior doors, close fireplace dampers. Get your disaster supplies kit and make sure the radio is working. Go to an interior room without windows (in the case of a chemical threat, an above-ground location is preferable). Keep listening to your radio or TV until you are told all is safe or you are told to evacuate.

## Stay Informed

In an emergency, listen to your radio or watch TV for news and instructions. During a disaster citizens will be instructed to tune into the radio and/or television. The City of Mesa has access to the local cable system in Mesa. Mesa is able to interrupt local cable broadcast's to deliver an emergency alert, as needed.

- Mesa - Channel 11
- Local Radio Stations
- CENS (Citizens Emergency Notification System) also referred to as reverse 9-1-1. Directions will be on a recorded message at the time of an emergency.

# Make a Plan

**Create an emergency communications plan** - choose an out-of-town contact your family will call or e-mail to check on each other if a disaster occurs.

- Your contact should live far enough away that they would be unlikely to be directly affected by the same event and they should know they are the contact person.
- Your contact can help you get in touch with any family members you cannot reach.
- Make sure all family members know the phone number of your contact.

**Establish a meeting place** - Decide on a place to meet if you are separated from your family. Having a predetermined meeting place away from your home will save time and reduce confusion if your home is affected or the area evacuated.

- If your family isn't together when an emergency happens, watch TV or listen to the radio to find out whether you should go home, evacuate to another location, or stay where you are.
- Pick a meeting place in advance that is away from your home in case it's not safe to meet at home.
- Pick a back up meeting place in case you can't get to the first choice.
- If an emergency occurs when your children are in school or childcare, it may be safer for them to stay there temporarily.
- Be sure to include pets in your plans since pets are not permitted in shelters and some hotels will not accept them. Ask friends or relatives outside your area whether they can shelter your pets in an emergency.

**Know emergency plans** - Complete a Family Emergency Planning Card. Use this card as a guide as you develop your family's emergency plan and make a copy for each household member.

## ***Sample Family Emergency Planning Card***

<b>Family Emergency Contact Information</b>	
<b>Contact information for each family member</b>	
Work Number:	
School Number:	
Childcare Provider Number:	
Cell Phone Number(s):	
<b>Out-of-State Emergency Contact Information</b>	
<i>An out-of-state contact can help you stay in touch with other family members if you are separated during an emergency.</i>	
Name:	
Phone Number 1:	
Phone Number 2:	
<b>Emergency Meeting Place</b>	
<i>Choose one location outside your neighborhood and an alternate.</i>	
Address 1:	Address 2:

**Check on the school emergency plan of any school-age children you may have.** - You need to know if they will they keep children at school until a parent or designated adult can pick them up or send them home on their own.

- Be sure that the school has updated information about how to reach parents and responsible caregivers to arrange for pickup.
- Ask what type of authorization the school may require to release a child to someone you designate, if you are not able to pick up your child.
- Make sure school age children know their home address and phone number.

During times of emergency the school telephones may be overwhelmed with calls.

For more information on putting together a disaster plan, request a copy of the brochure titled *Your Family Disaster Plan (A4466)* [http://www.redcross.org/services/disaster/0,1082,0\\_601\\_00.html](http://www.redcross.org/services/disaster/0,1082,0_601_00.html) from your local

American Red Cross chapter. You may also want to request a copy of *Before Disaster Strikes . . . How to Make Sure You're Financially Prepared* (A5075) [http://www.redcross.org/services/disaster/0,1082,0\\_605\\_00.html](http://www.redcross.org/services/disaster/0,1082,0_605_00.html) for specific information on what you can do now to protect your assets.

### **Is Your Pet Ready for a Disaster or Emergency?**

Each pet needs a carrier or leash and collar with identification and current vaccinations! Leashes and carriers help you to evacuate your pet safely along with you. Collars and identification tags help to reunite people and pets if you become separated. Current vaccines (like rabies vaccines) help keep animals and people healthy (**AND ARE REQUIRED**) when they need to be sheltered.

**Are You Ready?** Take the Humane Society of the United States' Quiz!

[http://www.hsus.org/hsus\\_field/hsus\\_disaster\\_center/disaster\\_preparedness\\_quiz.html](http://www.hsus.org/hsus_field/hsus_disaster_center/disaster_preparedness_quiz.html)

## **Make a Kit**

If you need to evacuate your home or are asked to "shelter in place", having essential supplies will make you and your family more comfortable. Put supplies in an easy-to-carry container. Include any special items needed for infants, elderly, or disabled family members, first aid supplies, medications, a change of clothing, sleeping bag or bedroll, battery powered radio or TV, flashlight, extra batteries, sanitation supplies, food and bottled water. It's also a good idea to include some cash and copies of important family documents. Some sources for recommended emergency supplies are:

- The Red Cross Sample Kit website:  
[http://www.redcross.org/services/disaster/0,1082,0\\_3\\_00.html](http://www.redcross.org/services/disaster/0,1082,0_3_00.html)
- The LDS Provident Living – Emergency Preparation website:  
<http://www.providentliving.org/content/display/0,11666,5653-1-2808-1,00.html>

**Prepare an emergency kit** - it should contain everything you and your family may need for at least 3 days (72 hours). If you are forced to leave your home or if you cannot leave your home, your kit will provide essential needs to help protect your family's health and your own. Assemble as much of your kit as possible in a large, easy to

carry container or bag. Remember to replace any items that go bad over time, such as food and batteries.

- Food for each person (non-perishable, no cooking needed).
- Water for each person - 1 gallon per person per day.
- Infant formula if you have a baby.
- Change of clothing for each person.
- Blankets or a sleeping bag for each person.
- First aid kit (adhesive tape, antiseptic ointment, bandages, cold pack, rolled gauze, scissors and tweezers, etc).
- Hygiene items (towelettes, hand sanitizer, tooth paste and tooth brush, bleach, etc).
- Battery-operated radio.
- Flashlight.
- Batteries for radio and flashlight.
- Small tools (utility knife, pliers, can opener, pliers).
- Duct tape, plastic sheeting and scissors.
- Fire extinguisher.
- Copies of important documents in a water proof container (birth certificates, licenses, passports, shot records).
- A list of medical conditions, prescriptions and allergies for all household members and at least a 3-day supply of all medications.
- Supplies and equipment for household members with special needs.
- Include some favorite toys, games, songs, or books so that your family will be able to have some degree of normalcy if a time of emergency comes.
- Pet supplies; food, water, leashes, carriers and shot records.



# Safety Precautions after a Disaster

## *Why is safety a concern after a disaster?*

After a disaster, damage to property may cause unusual and additional safety hazards. Many disaster-related injuries and deaths occur due to injuries resulting from clean up in the *aftermath* of a disaster.

## *What can I do to reduce my chances of injury after a disaster?*

### General Safety Tips

- Wear sturdy shoes when entering a building or walking through debris after a disaster.
- Carry a flashlight when entering dark buildings.
- Do not enter a building if the foundation has shifted or has been weakened.
- Do not demolish a building or house without professional help. Crews from the Public Works Department or licensed contractors can help you.
- Buildings must be declared safe before they can be entered.

### Heating Equipment Safety

- If you smell gas, open all windows and doors. Do not use matches, candles, lighters, or turn on the stove. Sparks can ignite the gas and cause a fire or an explosion. Call the gas company from a neighbor's house.
- If you suspect there is damage to the heating equipment, do not use it until a qualified service representative has checked it.

### Electrical Equipment Safety

- WARNING:** Never use wet electrical appliances. They may cause an electric shock, overheat, or start a fire.
- Do not touch any exposed cable or electrical wire.

### Safe Storage of Garbage

- Store garbage away from food and water.
- Have a spare container with a tight fitting lid to store garbage in case regular pick-up is not available.
- Report all unusual waste (animal carcasses, asbestos, and so on) to the City of Mesa Residential Solid Waste Utility at 480-

644-2688 (City of Mesa) or the Maricopa County Solid Waste Division at 602-506-4006 (Maricopa County).

### **Safety Tips for Children**

- Do not allow children to wade or play in contaminated water or sand.
- Do not leave cleaning buckets with even small amounts of liquids unattended. Toddlers are "top heavy" and if they topple into a bucket, it may not tip over and they could drown.

### ***What should I do if an injury occurs?***

- Clean puncture wounds or cuts with soap and water. You may need to see your health care provider for a tetanus shot or antibiotics.
- In case of serious injury, go to an emergency room or call 911.

# Public Health Emergencies

In the event of a large-scale communicable disease outbreak or bioterrorism event there are three key areas that will be fundamental to your and your family's safety and well-being. These key areas are having a potable water supply, a non-contaminated food supply and sanitation. What you can do to be prepared for these events is to gain the skills and knowledge to adapt and improvise solutions to provide for a potable water supply, a safe food supply, and sanitation for you and your family.

- 
- **POTABLE WATER**
  - **SAFE FOOD SUPPLY**
  - **SANITATION**

## Obtaining a Potable Water Supply

### Water Storage

#### ***What are the best types of containers to use to store water?***

- Use clean plastic or glass containers such as soft drink bottles or canning jars that have tight fitting screw caps.
- Do not use milk containers - they do not seal well.
- Water containers should be disinfected before filling them with purified water the first time and disinfected again each time they are refilled.

#### ***How do I disinfect a drinking water container?***

- Containers can be purified either by using bleach as a chemical disinfectant or by boiling the container.
- Plastic containers cannot be boiled.
- Before using either method provided below to disinfect a container, wash the container thoroughly with soap and water, and rinse out the container with water.

### ***How do I use bleach to disinfect a water container?***

- Pour a solution of 1 tablespoon of liquid household bleach to a gallon of water into the container.
- Let the solution remain in the container for 10 minutes, then pour out the solution.
- Rinse the container with purified water. Pour out the rinse water.
- Fill the container again with purified water, then cap the container for later use.
- Use the stored water within six months.



**USE STORED  
WATER WITHIN  
SIX MONTHS**

### ***How do I boil a water container to disinfect it?***

- You may boil glass bottles or jars to disinfect them.
- In a large pan submerge the glass bottle or jar in water.
- Bring to a rolling boil and then boil the container for 10 minutes.
- Fill the glass bottles and jars with purified water and cap the container for later use.
- Use the stored water within six months.

### ***What if I prefer to buy my drinking water?***

- There are many waters available for purchase.
- Keep the water in its original sealed container until you plan to drink it.
- Use the water after the container is open. Do not store it further.
- Commercially canned or bottled drinks are always considered safe to drink.

## **Finding Hidden Water Supplies in an Emergency**

Hidden water supplies are unusual and emergency places to find water if your water supplies are gone. Water supplies can become damaged in an emergency which can lead to contamination of normal water supplies. Remember to treat all water of uncertain purity before using it for drinking, food preparation, washing dishes, brushing teeth or making ice.

### ***What are some hidden sources of water inside your home?***

- Water can be drained from the drain spout of a water heater. Be sure the electricity and/or gas are off before opening the drain. Drain the water into a storage container.
- Water can be drained from the pipes inside your home. Open a faucet on the top floor of your home. Next go to the faucet at the lowest point in your home. Open the faucet and drain out the water you need into a storage container.
- Water from your toilet storage, or reserve tank, can be used if no chemicals have been used in this tank. Do not use this water if it is blue in color because chemicals have been used.
- Water that has been placed in ice cube trays in the freezer can be used.

### ***What are some hidden sources of water outside your home?***


- These sources can be considered as a potential source; however, they may contain chemical or bacterial pollutants which could be hazardous to your health.
  - Rainwater
  - Rivers and Streams
  - Ponds
  - Lakes
  - Natural Springs
- Boil water from these sources for at least 10 minutes prior to drinking.

### ***What water sources should be avoided?***

Avoid water that contains solid materials, has an odor, or has a dark color.

## **How to Prepare Safe Water after a Disaster**

There are many ways to treat water. Before treating, let any suspended particles settle to the bottom, or strain them through coffee filters or layers of clean cloth. Four treatment methods follow. The first three methods - boiling, chlorination and water treatment tablets - will kill microbes but will not remove



**CAUTION:**  
**CHEMICAL**  
**POLLUTANTS WILL**  
**NOT BE REMOVED**  
**BY BOILING.**

other contaminants such as heavy metals, salts, most other chemicals and radioactive fallout. The fourth method - distillation - will remove microbes as well as most other contaminants, including radioactive fallout.

***How does water become contaminated in a disaster situation?***

- A disaster such as a flood or an earthquake may contaminate water when sewage systems are damaged or when there are breaks in the water lines.
- Contaminated water can cause many illnesses.
- It is best to have a supply of water on hand to prepare for these times; however, this fact sheet will help you if you did not plan ahead, and you need to find purified water now.

***How will I know if my water has been contaminated?***

- When it is suspected that water supplies have been contaminated with sewage, there will be a public announcement to boil the water. This is known as a "boil water order."
- If there is any chance of your water being contaminated, do not drink it or use it for food preparation or tooth brushing.

***How can I identify purified water?***

- Purified water can be prepared by anyone at home, or it can be purchased. Instructions are provided below on how to purify water at home.
- Canned beverages, such as juices, sports drinks or soda pop can be considered purified.
- Boiling water kills bacteria, viruses, and parasites that can cause illness. Treating water with chlorine bleach kills most disease causing bacteria and viruses; however it probably will not kill parasites. Boiling is a more effective water purification method than treating water with chlorine bleach.
- People who have weakened immune systems and who are in an area where the water has been contaminated should always rely on boiling as their home water purification method, or they should buy distilled bottled water or canned drinks.
- Use purified water within six months of its purification or purchase date to assure safety and obtain the best quality.

**Boiling** is the simplest method of treating water. **REMEMBER:** chemical pollutants are not removed by boiling.

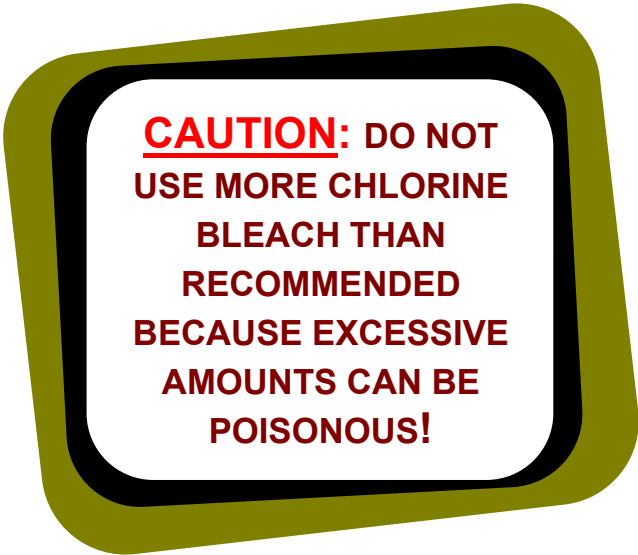
***How do I boil water to purify it?***

- Fill a large pot with water after straining the water through a coffee filter or cheesecloth to remove dirt and other particles.
- Bring water to a rolling boil for 10 minutes to kill most organisms. Let the water cool before drinking.
- Boiled water will taste better if you put oxygen back into it by pouring it back and forth between two containers.
- Pour the water into a disinfected drinking water bottle.
- Store in the refrigerator, if possible.

**Chlorination** uses liquid chlorine bleach to kill microorganisms such as bacteria.

***How do I use chlorine bleach to purify water?***

- Strain the water through a coffee filter or cheesecloth to remove dirt and other particles.
- It is easiest to use gallon size drinking water containers to calculate the correct chlorine bleach solution.
- Use regular household liquid bleach that contains no soap or scents.
- Pour a mixture of 1/8 teaspoon or 16 drops of unscented bleach per gallon of water, stir and let stand for 30 minutes.  
If the water doesn't taste and smell of chlorine, add another dose and let stand another 15 minutes. This treatment will not kill parasitic organisms.
- If the water is still cloudy after 30 minutes, you may add an additional 1/8 teaspoon or 16 drops of chlorine bleach to the gallon size container. Let the water stand another 30 minutes.



**CAUTION: DO NOT  
USE MORE CHLORINE  
BLEACH THAN  
RECOMMENDED  
BECAUSE EXCESSIVE  
AMOUNTS CAN BE  
POISONOUS!**

- If the water is still cloudy after the second treatment do not drink the water.

**Water treatment "purification" tablets** release chlorine or iodine. They are inexpensive and available at most sporting goods stores and some drugstores. Follow the package directions carefully.

**NOTE:** *people with chronic or undiagnosed liver or kidney disease may be adversely affected by iodized tablets and may experience worsened health problems as a result of ingestions. Iodized tablets are safe for healthy, physically fit adults and should be used only if you lack the supplies for boiling, chlorination or distillation.*

**Distillation** involves boiling water and collecting the vapor that condenses back to the water. The condensed vapor may include salt or other impurities.

- Fill a pot halfway with water.
- Tie a cup to the handle on the pot's lid so that the cup hangs right side up when the lid is on the pot.
- Boil for 20 minutes - the water that drips from the lid into the cup is distilled.



## Ensuring a Safe Food Supply

### Protecting Foods from Power Failures

***What should I do to protect foods if the power goes out?***

Try to keep the doors closed on your refrigerators and freezers as much as possible. This keeps the cold air inside. A full freezer can stay at freezing temperatures about 2 days; a half-full freezer about 1 day.

If you think the power will be out for several days, try to find some ice to pack inside your refrigerator. Remember to keep your raw foods separate from your ready-to-eat foods.

***What foods should I be concerned about?***

Foods are categorized into groups. They may be: 1) potentially hazardous, 2) non-hazardous, but quality (not safety) could be affected from changes in temperature, or 3) safe.



Potentially hazardous foods are the most important. These include meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked rice, cooked potatoes, cooked pasta, potato/pasta/macaroni salads, custards, puddings, and so on.

Some foods may not be hazardous but the quality may be affected by increases in temperature. These foods include salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, and so on.

Some foods are safe. These are carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauce, and so on.

***When do I save and when do I throw out food?***

Refrigerated foods should be safe as long as the power is out no more than a few hours and the refrigerator/freezer doors have been kept closed. Potentially hazardous foods should be discarded if they warm up above 41° F.

Frozen foods that remain frozen are not a risk. If potentially hazardous foods are thawed, but are still cold or have ice crystals on them, you should use them as soon as possible. If potentially hazardous foods are thawed and are warmer than 41° F, you should discard them.

***How do I know if the food is unsafe to eat?***

You cannot rely on appearance or odor. Never taste food to determine its safety.

Some foods may look and smell fine; however, if they have been warm too long, they may contain food poisoning bacteria in quantities that could make you sick.

If possible, use a thermometer to check the temperature of the foods. If potentially hazardous foods are found to be less than 41° F, then they should be considered safe.

***What happens when the power goes back on?***

Allow time for refrigerators to reach the proper temperature of less than 41° F before restocking. Restock with fresh foods, as necessary.

## **Which Foods and Medicines are Safe after a Flood Disaster**

### **Food, medicines and cosmetics**

Discard food, medicines, and cosmetics that were not in water tight containers and that were exposed to flood waters.



### **Canned food in glass jars**

Discard if completely submerged. If merely splashed, make sure seal is tight, wash off and disinfect by immersing in a solution of 3 tablespoons of liquid household bleach (such as Clorox or Purex) to a gallon of water.

- Canned foods are generally safe to eat. Disinfect as explained above.
- Jams, jellies, and so on -- Discard if sealed under paraffin.

### **Frozen foods**

Discard if thawed to above 41° F or contaminated.

### **Fruits and vegetables**

- Wash and cook thoroughly before eating.
- Discard loose-skinned fresh fruits and vegetables such as lettuce that have been exposed to flood waters.

### **Refrigerated foods**

Discard all milk, fish, meat, poultry, and eggs, if refrigeration has been off and the temperature is greater than 41° F.

### **Cleaning and disinfecting the refrigerator and the freezer**

- Thoroughly clean the interior and exterior of refrigerators and freezers with soap and clean water. Disinfect inside surfaces with a solution of 3/4 cup liquid household, chlorine bleach to one gallon of warm water.
- If odor persists, place about 3 ounces of activated charcoal (available at drugstores) in an open container in the refrigerator or freezer. Food may remain with the charcoal. After 3 to 6 hours, put the charcoal in a moderate oven to drive off the odor and to "reactivate" it. Repeat these steps as necessary. Save the charcoal - you can reuse it.

## **Providing for Sanitation**

### **How to Create an Emergency Toilet**

In extreme emergencies, sewage systems may not be functioning. During these times it may be necessary to create a temporary, emergency toilet for safely collecting and handling human waste until normal sewage systems can be restored.

When creating an emergency toilet, it is always important to:

- Locate the toilet away from food preparation or eating areas.
- Locate latrines and portable toilets at least 100 feet away from surface water bodies such as lakes, rivers, streams, and at least 100 feet downhill or away from any drinking water source (well or spring), home, apartment, or campsite.
- Provide a place next to the emergency toilet to wash hands that offers soap, running water, and paper towels.
- Keep doors and covers closed when the toilet is not in use to keep out insects and animals and to prevent injury.
- Always supervise small children when they are using the emergency toilet.

#### ***What are portable toilets?***

Portable toilets (sani-cans, port-o-lets, and so on) are self contained structures brought to a site to provide sanitary facilities. They are often used at many events where large numbers of people congregate. At present, there are no specific health regulations on

the use of portable toilets; however the following are presented as guidelines for their use:

- Portable toilets must be regularly pumped out by a licensed contractor to avoid health hazards.
- Pumping contractors are licensed by the Environmental Health Division of Public Health.

### ***What is a Latrine?***

A latrine is a hole that is dug in the ground to collect human waste. They are usually built with a seat and cover.

- Latrines are not appropriate in urban locations.
- The hole for a latrine must be at least 3 feet deep. Keep the bottom of the hole at least 1 foot above hard pan or the water table. Sites which can not be dug deep enough and still provide a 1 foot separation to a water table or hard pan are not appropriate sites for a latrine.
- After each use, throw dirt, lime, mulch, or ash in the latrine to minimize odors and to keep flies, mosquitoes, and rodents away.
- Cover the latrine between uses with plywood, or another material.

### ***How do I convert a flush toilet or make an emergency toilet from a pail?***

- Line the inside of a toilet bowl, 5 gallon pail, or another appropriately sized waste container with two heavy-duty plastic garbage bags.
- Place kitty litter, fireplace ashes, or sawdust into the bottom of the bags.
- At the end of each day, the bagged waste should be securely tied and removed to a protected location such as a garage, basement, outbuilding, and so on, until a safe disposal option is available.
- Residents may dispose of the waste in a properly functioning public sewer, or septic system, or they may bury the waste on their own property (not in urban areas).

**Note:** During a declared emergency, these bags might be able to be included with the regular garbage - only if a public announcement has been made that allows this method of disposal.

# Septic Tank System Care during Emergencies

## Power Outage Emergencies

- Reduce your water use to a minimum, especially if the system has a pump. If all the reserve storage inside the chamber is used, the waste pipes in your home can back-up. There is usually a one-day supply of emergency storage space available in the pump tank.
- Turn off the pump at the control panel.
- WARNING:** If the power outage caused the pump to malfunction, do not enter the pump chamber. Gases inside pump chambers are toxic and can be fatal. It is best to call a certified septic system installer for service or repair.
- After power is restored, switch the pump on and let it run for a maximum of 5 minutes, and then turn it off. Repeat this manual switching every 6 hours until the effluent drops to the "OFF" level and the pump turns off by itself. If only a small amount of water was used, the pump may automatically turn off during the first switching.
- CAUTION:** When repairing the pump, always turn off the power supply at the circuit breaker and unplug all power cord before handling the pump or floats.

## Flood Emergencies

- Septic tank systems that have been flooded should not be used.
- After waters have receded, check the system for broken lines or sewage surfacing.
- Correct any problems before using the system.
- After the water has receded, switch the pump on and let it run for a maximum of 5 minutes, and then turn it off. Repeat this manual switching every 6 hours until the effluent drops to the "OFF" level and the pump turns off by itself. If only a small amount of water was used, the pump may automatically turn off during the first switching.

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# Terrorism Agents and Threats

While terrorism is not new, today's terrorist threat is different from that of the past. Modern technology has enabled terrorists to plan and operate worldwide as never before. With advanced telecommunications they can coordinate their actions among dispersed cells while remaining in the shadows. Today's terrorists increasingly enjoy a force-multiplier effect by establishing links with other like-minded organizations around the globe. With Weapons of Mass Destruction (WMD), or Biological, and Chemical agent capability, they have the potential to magnify the effects of their actions many fold. The new global environments, with its resultant terrorist interconnectivity, and their weapons and/or agent capability are changing the nature of terrorism.

## Biological & Chemical Agent Information

### Biological

A biological attack is the deliberate release of biological substances that can make you sick. Some agents, like anthrax, are not contagious while others, like smallpox, can be transmitted to other people. A biological attack may not be immediately obvious. Patterns of unusual illnesses or a surge of sick people seeking medical treatment may be the first sign of an attack. If you believe there has been a suspicious release of biological substances:

- quickly get away from the area
- cover your mouth and nose with layers of fabric, such as a t-shirt or towel
- wash with soap and water
- contact local law enforcement and health authorities

The CDC has listed several agents as 'Category A' agents, meaning they pose the greatest potential public health threat: anthrax, botulism, plague, smallpox, tularemia and viral hemorrhagic fevers. For more information about these agents, visit the CDC website at <http://www.bt.cdc.gov/agent/agentlist.asp>

## Chemical

A chemical attack is the deliberate release of a toxic gas, liquid or solid to poison people and the environment. Signs of chemical attack would include many people suffering from watery eyes, choking and having trouble breathing and many sick or dead birds, fish or small animals. If you suspect a chemical attack has occurred:

- avoid the contaminated area. Either get away from the area or shelter in place - use the option that minimizes your exposure to the chemical.
- wash with soap and water immediately if you were exposed to a chemical.
- seek medical attention.
- notify local law enforcement and health authorities.

For more information about chemical attacks, visit the CDC website at <http://www.bt.cdc.gov/agent/agentlistchem.asp>

# Resources

**READY.GOV** - from the US Department of Homeland Security

<http://www.ready.gov/index.html>

LDS Provident Living – Preparing for Home Emergencies and Natural Disasters <http://www.providentliving.org/content/display/0,11666,5653-1-2808-1,00.html>

Homeland Security Advisory System - Red Cross Recommended Actions:

- Individuals:  
<http://www.redcross.org/services/disaster/beprepared/hsas/individual.pdf>
- Families:  
<http://www.redcross.org/services/disaster/beprepared/hsas/family.pdf>
- Neighborhoods:  
<http://www.redcross.org/services/disaster/beprepared/hsas/neighborhoods.pdf>
- Schools:  
<http://www.redcross.org/services/disaster/beprepared/hsas/schools.pdf>
- Businesses:  
<http://www.redcross.org/services/disaster/beprepared/hsas/business.pdf>

Arizona State Homeland Security <http://www.homelandsecurity.az.gov/>

Arizona Division of Emergency Management <http://www.dem.state.az.us/>

Arizona Department of Health Services <http://www.azdhs.gov/index.htm>

- Anthrax Fact Sheet  
<http://www.azdhs.gov/phs/edc/edrp/es/anthfaq.htm>
- Smallpox Fact Sheet  
<http://www.azdhs.gov/phs/edc/edrp/es/smallpoxf.htm>
- West Nile Fact Sheet  
<http://www.azdhs.gov/phs/oids/westnile/>

FEMA In-depth Guide to Citizen Preparedness  
<http://www.fema.gov/areyouready/>

Family Emergency Preparedness  
[http://www.dhs.gov/xcitizens/gc\\_1163610715312.shtm](http://www.dhs.gov/xcitizens/gc_1163610715312.shtm)

FEMA for Kids <http://www.fema.gov/kids/>

Department of Homeland Security <http://www.dhs.gov/dhspublic/>

### ***Family Emergency Planning Card***

<b>Family Emergency Contact Information</b>	
<b>Contact information for each family member</b>	
Work Number:	
School Number:	
Childcare Provider Number:	
Cell Phone Number(s):	
<b>Out-of-State Emergency Contact Information</b>	
<i>An out-of-state contact can help you stay in touch with other family members if you are separated during an emergency.</i>	
Name:	
Phone Number 1:	
Phone Number 2:	
<b>Emergency Meeting Place</b>	
<i>Choose one location outside your neighborhood and an alternate.</i>	
Address 1:	Address 2: