



Keeping your family
safe during disaster



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Emergency preparedness has been a key function of the Southern Nevada Health District since its inception in 1962. The health district works with local, state and federal partners preparing for natural and man-made emergencies that could impact the community.

Improving preparedness is not just a job for professionals. Private citizens, like you, need to become better prepared to respond appropriately in an emergency.

The Southern Nevada Health District has assembled this guide as a reference and educational tool that includes:

- Steps for making a family plan for disasters and emergencies, including advice about people with special needs, children and pets
- Steps for making a disaster supply kit
- Facts about natural and man-made threats
- Resource and contact information

We recommend you read this guide thoroughly and complete the pull-out section in the back with your personal information. Then store it in a convenient location so you can refer to it in the event of an actual emergency.

Keep in mind preparedness strategies are refined and updated continually. For current information, visit the websites noted in the back of this guide.

With a little planning and common sense, you can be better prepared for the unexpected.

Creating Your Family Emergency Plan

EVALUATE

Identify and discuss what kinds of disasters are most likely to occur and how they will affect your family and property.



PREPARE AND PLAN

Communication

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.

- Designate an emergency contact. It may be easier to make a long-distance phone call than to call across town in an emergency. An out-of-state contact may be in a better position to communicate among separated family members.
- Plan to have at least two means of communicating (e.g., email, phone, cell phone, two-way radios).
- Teach children how and when to call 9-1-1 for emergency help.
- Post emergency telephone numbers by phones.

Safety

- Pick two places for your family to meet in an emergency. For example:
 - Right outside your home in case of a sudden emergency, like a fire.

Make a Plan

- Outside your neighborhood, in case you can't return home. Make sure everyone knows the address and phone number of the meeting place.
- Teach family members how to use ABC type fire extinguishers, and show them where they are kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Assemble an emergency supply kit. (*See Page 13.*)
- Review your homeowner's insurance policy.
- Take first aid, CPR and disaster preparedness classes.
- Determine the best escape routes from your home. Find at least two ways out of each room.
- Find areas in your home where you and your family can shelter-in-place. (*See below.*)

Stay up-to-date

- Quiz your kids every six months.
- Conduct fire and emergency evacuation drills.
- Test and recharge your fire extinguisher(s) per manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.

PLANNING TO "SHELTER-IN-PLACE"

If an emergency involving a chemical or radiological release occurs, the safest course of action for the public may be to "shelter-in-place." This term may cause confusion and it is helpful to know the basic steps.

How to shelter-in-place

- Shut and lock all windows and doors.
- Turn off all air handling equipment (heating, air conditioning).
- Go to a pre-determined room or rooms.
- Seal any windows and/or vents with sheets of plastic and duct tape.
- Seal the door(s) with duct tape.
- Turn on a TV or battery-operated radio and listen for further instructions.
- When the “all clear” is announced, open windows and doors, turn on ventilation systems and go outside until the building’s air is exchanged with the now clean outdoor air.

If you must shelter-in-place in a business or office setting, there are additional steps to consider:

- Employees cannot be required to shelter-in-place. It is important to develop a plan with employee input to maximize cooperation with the shelter plan. Poll employees to determine who will be willing to shelter-in-place and who will leave.
- Develop an accountability system. Know who is in your building and where they are located. Advise visitors of a decision to shelter-in-place if the procedure is implemented.
- Assign duties to specific employees and designate back-ups.
- Exercise your shelter-in-place plan with drills. Include employees in an evaluation of the drill. Incorporate lessons learned into your shelter-in-place plan.

Make a Plan

PLANNING FOR EVACUATION

Before

- Map locations of local shelters and safe locations out of the area. (*See Appendix for Red Cross contacts.*)
- Be familiar with alternate driving routes.
- If you have children in schools, become familiar with the school's emergency plan and where students evacuate.
- Be familiar with your workplace evacuation plan.
- Keep a half tank of gas in your vehicle at all times. Never store gasoline in your home, vehicle or shed.
- Prepare for any special considerations. (*Noted in the Special Needs section.*)

During

- Monitor the news for instructions about evacuation.
- If told to evacuate, do so quickly.
- Bring your emergency supply kit.
- Lock the door of your home. Leave a note in a sealed envelope marked "emergency information" in an obvious location. Include when you left, where you are going and contact numbers.

If time allows:

- Inform your emergency contact of your plans.
- If instructed, shut off water, gas and electricity.
- Check with neighbors who may need assistance.

SPECIAL NEEDS

Children

Children depend on daily routines: they wake up, go to school and play with friends. When emergencies interrupt the routine, children may become anxious.

In a disaster, children look to adults for help. How adults react during emergencies clues them on how to act. They see the fear in adults as proof of real danger.

Be aware that during emergencies, children mostly fear:

- The event will happen again
- Someone will be injured or killed
- They will be separated from the family or left alone

To reduce a child's fear and anxiety:

- Keep the family together. Bring them with you while you look for housing and assistance. Children will worry that their parents won't return.
- Calmly explain the situation. Get down to their eye level and tell them what you know and what might happen next. For example, "Tonight, we will all stay together in the shelter."
- Encourage children to talk about the disaster and ask as many questions as they want. Encourage them to describe their feelings and listen to them. If possible, include the entire family in the discussion.
- Include children in recovery activities. Give them chores to feel part of the process and to reinforce that everything will be all right.

Make a Plan

Disabled, handicapped or elderly family members

Advance preparation for disabled, handicapped or elderly family members should include how and where to evacuate. Identify special needs shelters equipped with medical staff and specialized equipment in an emergency. (See Appendix for Red Cross and Clark County Office of Emergency Management information.) Become familiar with shelter policies regarding the number of people allowed to accompany a family member with special needs.

Pets

If you must evacuate, do not leave your animals behind. Evacuate them to a prearranged location if they cannot stay with you. Remember, many disaster shelters cannot accept pets. Service animals that assist disabled people are the only animals allowed in many shelters. It may be difficult to find shelter for your pets in an emergency, so plan ahead.



- Contact motels outside your immediate area to check policies on accepting pets. Ask if “no pet” policies are waived in emergencies.
- Inquire with boarding facilities and veterinarians about sheltering animals in an emergency.
- Ask friends or relatives outside the area whether they could shelter your animals.
- Ask local animal shelters if they provide emergency shelter for pets in a disaster. They may be overburdened already so this should be a last resort.

- Keep a list of “pet friendly” places, including 24-hour phone numbers, in your kit.

Large animals

Owners of large animals, such as horses or cattle, should prepare an animal emergency plan according to specific needs. Talk to your veterinarian or animal handler.

After a disaster, local officials and relief workers are not always able to reach everyone immediately. In a minor emergency, help could arrive within hours. However, in a large-scale disaster, it may take days for help to arrive.

During or after an emergency, you won't have time to search for supplies. Use the following guidelines to assemble an emergency supply kit.

WATER

Store water in plastic containers, like two-liter soft-drink bottles. Avoid containers that decompose or break.

General water storage guidelines:

- Store one gallon per person per day (two quarts for drinking, two quarts for food preparation/sanitation).
- Keep a three-day supply of water for each person in your household.

FOOD

Store a three-day supply of non-perishable foods that require little or no water to prepare. If you must heat food, pack Sterno (a portable cooking fuel canister).

Include a selection of these foods:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)



Make a Kit

- Peanut butter, jelly, crackers, granola bars, trail mix, and other high-energy foods
- Vacuum-packed tuna, etc.
- Vitamins
- Baby food and formula
- Food for those requiring special diets
- Comfort and stress foods
- Sugar, salt, pepper and other staples

FIRST AID KIT

Assemble a first aid kit for your home and one for each car. Include the following items:

- Sterile adhesive bandages in assorted sizes, triangular bandages, 2- and 3-inch sterile roller bandages
- 2- and 4-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Scissors and tweezers
- Moistened towelettes
- Antiseptic
- Thermometer
- Medicine dropper
- Tongue depressors
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Latex gloves
- Sunscreen

Include the following medications:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication

- Antacid
- Laxative
- Activated charcoal*
- Prescriptive medicines (two-week supply), including insulin and needles, if applicable

**Use only if advised by the Poison Control Center*

TOOLS AND EMERGENCY SUPPLIES

- Mess kits or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Extra set of car and house keys
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Small tent
- Pliers
- Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper and pencil
- Needles and thread
- Shut-off wrench to turn off gas and water valves
- Whistle

Make a Kit

- Plastic sheeting for doors, windows and vents
- Map of the area for locating shelters

Sanitation supplies and toiletries

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags and ties for sanitation uses
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Diapers
- Denture needs
- Hearing aid batteries
- Contact lenses and supplies or extra eye glasses

CLOTHING AND BEDDING

Pack one complete change of clothing and shoes for each person. Rethink your clothing supplies periodically to account for growing children and other family changes. The following items are suggested:

- Long pants and long-sleeved shirt
- Sturdy shoes, hat and gloves
- A jacket or coat
- Thermal underwear
- Sunglasses
- Blanket or sleeping bag for each person



Important family documents

- Will, insurance policies, contracts, deeds, stocks
- Passports, social security cards, immunization records
- Bank and credit card account numbers
- Inventory of valuable household goods, important phone numbers
- Family records (birth, marriage, death certificates)

SPECIAL CONSIDERATIONS

Children

Prepare a mini kit for your children to supplement the main kit. Include items to help your children feel safe, stay comfortable and occupy their time:

- Several favorite books
- Crayons and paper
- Several favorite small toys and/or stuffed animals
- Board games and/or puzzles
- A favorite blanket or pillow
- Family and pet pictures

Disabled, handicapped or elderly family members

Supplies to consider:

- Two-week supply of medications and disposable dressings, nasal cannulas, catheters, etc.
- Electrical backup for medical equipment
- For respirators and other electric-dependent medical equipment, check with your physician or supplier concerning emergency plans

Make a Kit

- Copies of prescriptions for medical equipment, supplies and medication
- Wheelchair or walker, crutches or canes

Pets

Prepare a mini kit for your pets, including:

- Medications and medical records
- Sturdy leashes, harnesses, and/or carriers
- Current photos of your pets in case they get lost
- Food, potable water, bowls, cat litter/pan
- Information on feeding schedules, medical conditions, behavior problems and veterinarian
- Pet beds and toys, if easily transportable

AFTER ASSEMBLING YOUR KIT

- Store the kit in a convenient place known to all responsible family members.
- Keep a smaller version of the kit in your car.
- Keep items in airtight plastic bags or containers.
- Change stored water and food every six months.
- Re-evaluate your kit and family needs yearly.
- Replace batteries, update clothes, etc., as needed.
- Consult your physician or pharmacist about storing prescription medications.

Place items in an easy-to-carry container, such as a covered trash container, backpack or duffel bag.

Natural Hazards

FLOODS

Flash floods usually result from intense storms dropping large amounts of rain within a brief period and may occur with little or no warning.



Before

Familiarize yourself and your family with these terms:

- Flash flood watch—Flash flooding is possible. Be prepared to move to higher ground.
- Flash flood warning—Flash flooding is occurring. Seek higher ground on foot immediately.
- Familiarize yourself with local flood hazards. Plan for alternative routes in the event of a flood.

During

- If instructed, turn off utilities at the main switches or valves. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- Do not wade through moving water or allow children to play in floodwaters. Just six inches of moving water can sweep a person off his or her feet.
- Do not drive into flooded areas. One foot of moving water can move cars off the road.
- If floodwaters rise around your car, abandon the car and move to higher ground, if you can do it safely.
- Stay away from power lines.

Natural Hazards

After

- Avoid floodwater as it may be contaminated.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.

FIRES

Fire spreads quickly leaving no time to gather valuables or make a phone call. In just two minutes a fire can become life threatening. In five minutes, a home can be engulfed in flames.

Heat and smoke from fire can be more dangerous than the flames. Inhaling the hot air can sear your lungs, and the fire's poisonous gases can make you disoriented.

During

- Use water or a fire extinguisher to put out small fires. If you are unsure if you can control it, evacuate and call the fire department from a nearby phone.
- Never use water on an electrical fire.
- Smother oil and grease fires in the kitchen with baking soda or salt, or cover with a lid if it is burning in a pan.
- If escaping through a closed door, use the back of your hand to feel the top of the door, the doorknob and the crack between the door and the frame. Never use your palm or fingers to test for heat since burning those areas could impair your ability to escape.
- If you must exit through smoke, crawl low under the smoke to your exit.
- Close doors behind you as you escape to delay the spread of the fire.

After

- Give first aid where needed. Cool and cover burns to reduce chance of further injury or infection.
- Do not enter the fire-damaged buildings without permission from authorities.
- If you shut off the main gas line, allow a gas company representative to turn it on again.

POWER OUTAGES

A sudden loss of power that lasts for more than two hours can pose potential problems in your home.

During

- Turn off lights and electrical appliances except for the refrigerator and freezer. Turn off light switches, buttons on lamps or appliances. Do leave one lamp on so you will know when power is restored.
- Never use gas or charcoal barbecues inside.
- If the traffic lights go out, treat all intersections as four-way stops.
- Minimize driving to conserve fuel.
- Stay away from downed power lines and sagging trees with broken limbs.
- Don't get wet if you have no way of getting dry.
- Operate electric garage doors by hand.

After

- Wait 15 minutes after power is restored before turning on appliances. Remember, gas heaters, thermostats, furnace fans and blowers run on electricity.

Natural Hazards

EXTREME HEAT

Temperatures that hover 10 degrees or more above the average high temperature and last for several weeks are defined as extreme heat.

Heat disorders occur because a person has been overexposed to heat, has over exercised or has been exposed to stagnant atmospheric conditions and poor air quality.

During

- Stay indoors. If air conditioning is not available, stay on the lowest floor out of the sunshine.
- Drink plenty of water regularly. People with medical conditions should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose fitting, lightweight and light-colored clothes; cover as much skin as possible.
- Wear a wide-brimmed hat.
- Avoid too much sunshine and use sunscreen with a high SPF rating.
- Avoid extreme temperature changes. A cool shower immediately after coming in from the heat can result in hypothermia.
- Reduce, eliminate or reschedule strenuous activities. Get plenty of rest to allow your natural “cooling system” to work.

EARTHQUAKES

Earthquakes strike suddenly, violently and without warning. Advanced planning can reduce the dangers of serious injury or death. Most earthquake-related casualties result not from ground movement but from collapsing walls, flying glass and falling objects.

Before

Fix any hazards in your home:

- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Store breakable items, weed killers, pesticides and flammable products in low, closed cabinets with latches.
- Hang heavy items away from where people sit or sleep.
- Brace overhead light fixtures.
- Repair defective electrical wiring and leaky gas connections to eliminate fire risks.
- Strap the water heater to the wall and bolt it to the floor.
- Repair deep cracks in ceilings or foundations. Get expert advice for signs of structural defects.
- Identify safe places indoors and outdoors for everyone in your home:
 - Under sturdy furniture (heavy desk or table).
 - Against an inside wall.
 - Away from glass, mirrors and furniture that could fall over.
 - In the open, away from buildings, trees, utility lines and overpasses.

During

- Drop to the ground; take cover under sturdy furniture; and hold on until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, outside doors and walls, and anything that could fall.

Natural Hazards

- If in bed, hold on and protect your head with a pillow.
- If under a heavy light fixture, move to the nearest safe place.
- Use a doorway for shelter only if it's nearby and is a strongly supported, load-bearing doorway.
- Stay inside until the shaking stops.
- Be aware that the electricity may go out or the sprinkler systems/fire alarms may turn on.
- If outdoors, move away from buildings, streetlights and utility wires. Stay there until the shaking stops.
- If in a moving vehicle, stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

After

- Proceed cautiously once the shaking has stopped. Avoid roads, bridges or ramps that might have been damaged.
- DO NOT use elevators.
- If trapped under debris, do not light a match, move about or kick up dust. Cover your mouth with a piece of cloth. Tap on a pipe or wall so rescuers can locate you. Use a whistle if available. Shout only as a last resort.
- Expect aftershocks, which are secondary shockwaves usually less violent than the main quake. Listen to a battery-operated radio or television for emergency information.
- Use the telephone only for emergency calls.

Natural Hazards

- Open cabinets cautiously as objects may fall off shelves.
- Stay away from damaged areas, and return home only when authorities say it is safe. Immediately clean up spilled medicines, bleaches or flammable liquids. Leave the area if you smell gas or fumes.
- Inspect chimneys for damage.
- Inspect utilities. Don't use damaged utilities; call for service immediately.

Manmade Hazards

BIOLOGICAL AGENTS

Biological agents are bacteria, viruses or toxins that can cause deadly diseases in people, livestock and crops.

It is important to know only a small number of biological agents are viable as terrorist weapons. Most potential agents cannot survive outside of narrow temperature ranges, and are too rare or difficult to grow.

If officials detect a biological threat, they will provide the public with information and guidance based on the specific circumstances of the attack.

Potential agents include:

Anthrax

Anthrax is a serious disease caused by a bacteria called *Bacillus anthracis*. Three types of anthrax include skin (cutaneous), lungs (inhalation) and digestive (gastrointestinal).

- Anthrax mostly occurs in animals, but humans become infected with anthrax when exposed to infected animals, their tissue, or spores of the bacteria released into the air.
- Antibiotics can be prescribed to treat anthrax. To be effective, treatment should start early.

Botulism

Botulism is a muscle-paralyzing disease caused by a toxin made by a bacterium called *Clostridium botulinum*, which is found in soil. There are naturally-occurring forms of botulism:

- Food-borne botulism occurs when a person ingests pre-formed toxin that leads to illness



Man-made Hazards

within a few hours to days. The most common source is home-canned foods.

- Infant botulism occurs in a small number of susceptible infants each year who harbor *C. botulinum* in their intestinal tract.
- Wound botulism occurs when wounds are infected with *C. botulinum* that secretes the toxin.

Botulism could be engineered as an aerosol weapon used to contaminate food products.

Supportive hospital care is required to treat botulism. A botulism antitoxin is effective in reducing the severity of symptoms if administered early in the course of the disease.

Plague

Plague is a disease caused by *Yersinia pestis*, a bacterium found in rodents and their fleas. Plague can be spread from person to person, and can result in a high number of fatalities.

- Plague has three forms or stages: bubonic (concentrated in the lymph nodes), septicemic (in the bloodstream) and pneumonic (in the respiratory system).
- Plague could be engineered into an aerosol for use as a bioterrorist weapon. However, the bacteria cannot survive long in the open air.
- Plague can lead to high fatalities; however, it is treatable with antibiotics.

Ricin

Ricin, a toxin made from castor beans, can be in the form of a powder, mist, pellet or dissolved in water or acid. Ricin poisoning can be caused by inhaling, ingesting or injecting the toxin.

The poison works by preventing the body's cells from making the protein they need. Without the protein, cells die and eventually the whole body can shut down. No antidote exists for ricin, however, supportive medical care may minimize the effects. If death does not occur within three to five days, the victim usually recovers.

Smallpox

Smallpox is a serious, contagious, and sometimes fatal disease caused by the variola virus. The illness is characterized by a fever and a distinctive progressive skin rash.

Smallpox was eradicated after a worldwide vaccination program. However, now there is heightened concern aerosolized smallpox could be used as a bioterrorist agent.

Smallpox is spread through contact with an infected person or contaminated objects. There is no specific treatment for smallpox; however, a vaccination can provide protection if given within three days of exposure.

Tularemia

Tularemia is a potentially serious illness that occurs naturally. It is caused by the bacterium *Francisella tularensis*, which is found in rodents, wild rabbits and hares. People can get tularemia several different ways:

- Being bitten by an infected insect
- Handling infected animal carcasses
- Eating or drinking contaminated food or water
- Breathing in the bacteria

Tularemia could be made into an aerosolized form for intentional inhalation exposure.

Man-made Hazards

People who have been exposed to the tularemia bacteria should be treated as soon as possible. The disease can be fatal if it is not treated with the right antibiotics.

Viral hemorrhagic fevers

Viral hemorrhagic fevers refer to a group of illnesses caused by several distinct families of viruses. In general, the term “viral hemorrhagic fever” is used to describe a severe multisystem syndrome. These symptoms are often accompanied by hemorrhage (bleeding). While some types of these viruses can cause relatively mild illnesses, many cause severe, life-threatening disease.

Viral hemorrhagic fevers have been identified by the federal government as a potential bioweapon, due to the fact they were previously weaponized by the former Soviet Union. However, sophisticated skills and equipment are required to manipulate these viruses.

NUCLEAR & RADIATION EMERGENCIES

Because of recent terrorist events, people may be concerned about the possibility of an attack involving radioactive materials. While unlikely, everyone should be aware of radiological threats and how to deal with them.

“Dirty bombs” or radiological dispersal devices (RDD) combine conventional explosives, such as dynamite, with radioactive materials. These devices are not nuclear weapons and would not create a nuclear explosion. Radiation spread in this manner is likely to be quickly dispersed into the air and reduced to relatively low concentrations.

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.

In the event of a nuclear blast

- Seek adequate shelter in a large structure or basement; stay away from the outside walls and top floors of the building or house.
- Wait for official evacuation instructions.

During a radiation emergency

- Quickly assess the situation.
- Consider if you can vacate the area or if you should seek shelter to limit your exposure to radiation.
- 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. Watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- Limit your radiation exposure by using shielding, distance and time.
 - Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed by the shield, and you will be exposed to less.
 - Distance: The farther away you are from the blast and the fallout, the lower your exposure.

Man-made Hazards

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

After

- Remove clothes as soon as possible, place them in a plastic bag and seal it. Removing clothing will remove most of the contamination caused by external exposure to radioactive materials.
- Shower with warm water and soap.
- Keep a battery-powered radio with you, and listen for official information. Follow instructions and bear in mind that local instructions should take precedence: officials on the ground will know the local situation best.
- Seek medical attention only for life-threatening emergencies.

CHEMICAL AGENTS

Chemical agents are poisonous vapors, aerosols, liquids or solids that have toxic effects on people, animals and plants.

During

Listen to your radio for instructions from authorities such as whether to remain inside or evacuate.

If you are instructed to remain in your home:

- Turn off ventilation, including furnaces, air conditioners, vents and fans.
- Seek shelter in an internal room, preferably one without windows. If advised to do so, seal the room with duct tape and plastic sheeting.
- Remain in the protected area where toxic vapors are reduced or eliminated. (See page 6 for more information.)

If you are caught in an unprotected area, you should:

- Attempt to get up-wind of the contaminated area.
- Attempt to find shelter as quickly as possible.

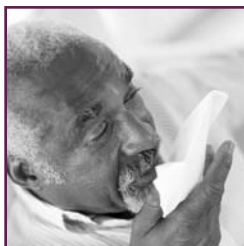
After

After a chemical attack, identify any symptoms of exposure including blurred vision, eye irritation, difficulty breathing and nausea. Use caution when helping those who have been exposed. After exposure:

- Remove all clothing and other items in contact with the body, and put into a plastic bag if possible.
- Decontaminate hands with soap and water.
- Remove eye glasses or contact lenses.
- Flush eyes with lots of water.
- Wash face and hair with soap and water, and then thoroughly rinse with water.
- Wash other contaminated body areas. Blot with a cloth soaked in soap and water and rinse with clear water.
- Change into uncontaminated clothes.
- If possible, seek medical attention immediately.

Prevention & Care

A disease outbreak or a flu pandemic has the potential to significantly impact your health as well as cause disruptions to services provided by hospitals and other health care facilities, banks, stores, restaurants, government offices, transportation services and post offices.



It is important to think about and plan for the challenges you and your family might face, especially if the outbreak or pandemic is severe and lasts for a long period of time. Learn what plans are in place in your children's schools, at your workplace and in your community.

Follow the practices recommended below in order to stay healthy and help prevent the spread of disease.

PRACTICE GOOD HEALTH HABITS

- Wash your hands often with soap and water, especially after you cough or sneeze.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Cough or sneeze into your sleeve or use a tissue.
- Eat right and drink plenty of fluids.
- Get enough sleep.
- Exercise regularly.
- Get an annual flu shot.

Prevention & Care

- Get a pneumonia shot to prevent a secondary infection, especially if you are over age 65.
- Ensure that your family's immunizations are current.

IF YOU ARE SICK

- Stay home from school, work or other social gatherings to prevent the spread of illnesses.
- Drink plenty of fluids.
- Get plenty of rest.
- Talk to your doctor about appropriate treatment options and remember, antibiotics are not effective with viral infections, such as influenza.

Advisory System

NATIONAL TERRORISM ADVISORY SYSTEM (NTAS)

In 2011, the U.S. Department of Homeland Security (DHS) updated its advisory system, which replaces the color-coded Homeland Security Advisory System. The new system will more effectively communicate information about terrorist threats by providing timely, detailed information to the public, government agencies, first responders, airports and other transportation hub and the private sector.

Based on the activity and levels of concern, the Department of Homeland Security will issue NTAS alerts with a clear statement indicating an **imminent threat** or an **elevated threat**. The alerts will provide:

- a concise summary of the potential threat, including:
 - nature of the threat
 - geographic region
 - mode of transportation
 - critical infrastructure potentially affected
- information about actions being taken to ensure public safety
- recommended steps that people can take to prevent, mitigate or respond to the threat

Alerts will be based on the nature of the threat, and will contain a “sunset” provision that indicates a specific date when the alert expires. A new or updated alert may be issued if the information or threat changes.

Advisory System

Alert Announcements

Alerts will be issued through state, local and tribal partners, the news media and directly to the public via the following channels:

- DHS NTAS webpage, where you can read the blog or sign up for email alerts and RSS feeds
- Twitter
- Facebook
- Transit hubs
- Airports
- Government buildings

Appendix

NATIONAL SITES

American Red Cross

www.redcross.org

Centers for Disease Control and Prevention

www.cdc.gov

Citizen Corps

www.citizencorps.gov

Department of Energy

www.energy.gov

Department of Health and Human Services

www.hhs.gov

Department of Justice

www.justice.gov

Disaster Help

www.disasterhelp.gov

Environmental Protection Agency

www.epa.gov

Federal Emergency Management Agency

www.fema.gov

Food and Drug Administration

www.fda.gov

Humane Society of the United States

www.hsus.org/disaster

Institute for Business and Home Safety

www.ibhs.org

National Weather Service

www.nws.noaa.gov

U.S. Department of Agriculture

www.usda.gov

U.S. Fire Administration

www.usfa.fema.gov

Appendix

U.S. Geological Survey
www.usgs.gov

U.S. Nuclear Regulatory Commission
www.nrc.gov

U.S. Department of Homeland Security
www.ready.gov

LOCAL AND STATE SITES

American Red Cross, Southern Nevada Chapter
www.redcrosslasvegas.org

City of Henderson Emergency Management
<http://cityofhenderson.com>

City of Las Vegas
www.lvalert.com/

City of North Las Vegas
www.ci.north-las-vegas.nv.us

Clark County Office of Emergency Management
<http://www.accessclarkcounty.com>

Clark County Regional Flood Control District
www.ccrfcd.org

Las Vegas Office of Emergency Management
www.lasvegasnevada.gov

Mesquite Fire and Rescue Department
www.mesquitenv.com

Nevada Homeland Security
<http://homelandsecurity.nv.gov>

Southern Nevada Health District
www.SouthernNevadaHealthDistrict.org

State of Nevada Emergency Management
<http://dem.state.nv.us>

Emergency Contact Numbers

Write down important local numbers, including non-emergency numbers for police, fire and local FBI field office. Include disaster relief services, such as shelters and food banks, and their phone numbers and addresses. (See the *Appendix* for services offered by Clark County.)

Important Local Non-emergency Phone Numbers

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 state contact name _____

Telephone number _____

Email _____

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

Name _____

Date of birth _____

Social security number _____

Medical insurance information _____

Doctor name and number _____

Name _____

Date of birth _____

Social security number _____

Medical insurance information _____

Doctor name and number _____

Other medical information _____

Name _____

Date of birth _____

Social security number _____

Medical insurance information _____

Doctor name and number _____

Name _____

Date of birth _____

Social security number _____

Medical insurance information _____

Doctor name and number _____

Name _____

Date of birth _____

Social security number _____

Medical insurance information _____

Doctor name and number _____

Complete the following based on the places your family spends the most time.

Home address _____

Phone number _____

Neighborhood meeting place _____

Work address _____

Phone number _____

Evacuation location _____

Work address _____

Phone number _____

Evacuation location _____

School address _____

Phone number _____

Evacuation location _____

Daycare address _____

Phone number _____

Evacuation location _____

Other place(s) you frequent _____

Phone number _____

Evacuation location _____

Other place(s) you frequent _____

Phone number _____

Evacuation location _____

Other Important Information

Pharmacy _____

Homeowners/rental insurance _____

Vehicle insurance _____

Veterinarian/kennel _____

