

CONTENTS

Disclaimer	ii
Dedication & Acknowledgements	iii
Introduction	iv
Disaster Facts & Figures	1
General Facts & Figures on Disasters	2
Facts & Figures by Type of Disaster	3

Section 1 - Family Emergency Plan, Kits & Shelter

Family Emergency Plan Checklist	8
Learn About Risks & Existing Plans	8
Tips on Making <u>YOUR</u> Family Plan	8
Tips for Elderly & Disabled Family Members	10
Tips for Pets or Livestock / Large Animals	11
Family Emergency Plan	12
Disaster Supplies Kit	14
Water	14
Food	15
First Aid Kits	15
Tools and Emergency Supplies	17
Sanitation	19
Clothing and Bedding	19
Special Items (for Infants, Elderly & Disabled, Pets)	20
Car Kit	21
Classroom / Locker / Office Kit	22
Suggestions and Reminders About Kits	23
Think About Shelter	24

Section 2 – Disaster Preparedness & Prevention

What to Do <u>BEFORE</u> a Disaster Strikes (Mitigation Tips)	26
What is Mitigation?	26
FEMA’s Mitigation Directorate	26
Mitigation Tips to Help Prevent Damage & Loss	27
Air Quality Mitigation	27
Earthquake Mitigation	27
Fire Mitigation	28
Flood Mitigation (<i>2nd most common</i>)	28
Lightning Mitigation	29
Power Loss Mitigation	29
Wildfire Mitigation	30
Wind Mitigation (<i>most common</i>)	31

Winter Storm & Extreme Cold Mitigation	33
Mitigation Tips Summary	34
Agencies and Groups Involved with Preparedness & Response	36
What are <u>YOU</u> gonna do about ...	
Avalanches, Landslides & Mudflows	37
Avalanches	37
Landslides and Mudflows	39
Civil Disturbances or Civil Unrest	42
Earthquake	43
Evacuation	47
Extreme Heat	50
Fires & Wildfires	52
Fires	52
Wildfires	55
Flood	57
Hailstorms	60
Hazardous Materials	62
Hazardous Materials Disaster	62
Household Chemical Emergency	65
Hurricanes, Cyclones & Typhoons	66
Nuclear Power Plant Emergency	72
Terrorism	77
Before <u>ANY</u> Type of Terrorist Attack	79
About the National Terrorism Advisory System	80
About Cyber Attacks	81
Before a Cyber Attack	83
About Chemical Agents	83
Basic Categories	83
BZ	85
Chlorine	85
Cyanide	86
Sarin	87
Sulfur Mustard / Mustard Gas	88
VX	90
Before / During / After a Chemical Attack	91
For More Information about Chemical Agents	93
About Biological Agents	94
Basic Groups	94
Anthrax	95
Botulism	96
Plague	96
Ricin	97

Smallpox	98
Tularemia	100
Viral Hemorrhagic Fevers (VHFs)	101
Before / During / After a Biological Attack	102
For More Information about Biological Agents	104
About Radiological Threat or Device	104
RDD (Dirty Bomb)	104
Bomb Threat	105
Suspicious Package	105
Before a Radiological Threat or Event	106
During / After a Radiological Event or Explosion	106
For More Information about Radiological Emergencies ..	108
About Nuclear Threat or Device	109
What Happens When a Nuke Explodes?	109
Most Dangerous Part of Attack? (Radiation)	112
How do I Protect Myself and My Family? (Shelters)	115
Before / During / After a Nuclear Attack	119
For More Information about National Security	125
Thunderstorms	127
Tornado	129
Tsunami	132
Volcanic Eruption	135
Winter Storms & Extreme Cold	138
Tips on Recovering from a Disaster	142
Emotional Recovery Tips – Handling Emotions	142
Some Normal Reactions to Disasters	142
Tips for Adults & Kids	142
General Recovery Tips – AFTER a Disaster	144
Returning to a Damaged Home	144
Getting Help: Disaster Assistance	146
Mitigation (Reducing the Impact for the Next Time)	148
Tips on Shelter Living During or After an Emergency	150
Tips on Using Household Foods	151
Tips on Water Purification	152
Tips on Sanitation of Human Waste	153
Tips on Helping Others in Their Time of Need	154
Dealing with Death or Mass Casualties	155
<u>Section 3 - Information & Tips on Basic First Aid</u>	157
What are <u>YOU</u> gonna do about... an EMERGENCY?	158
Tips on the ABCs ... Airway, Breathing & Circulation	158
Tips on Making <u>YOUR</u> “Emergency Action” Plan	159
Tips on Calling 9-1-1 for an Ambulance	160

Tips on Reducing the Spread of Germs or Diseases	161
Tips on Good Samaritan Laws	161
What are <u>YOU</u> gonna do about ...	
Bites & Stings	162
Animal & Human Bites	162
Insect Bites & Stings	162
Bites & Stings (in general)	162
West Nile Virus	164
Sea Critter (Marine Life) Stings	165
Snake Bites	166
Spider Bites, Scorpion Stings & Ticks	167
Bleeding	169
Controlling Bleeding	169
Internal Bleeding	170
Nosebleeds	170
Slashed or Severed Body Parts/Amputation	170
Breathing Problems	171
Asthma Attack	171
Rescue Breathing (Not Breathing)	171
Broken or Fractured Bones	173
Tips on Splinting	173
Burns	174
Burns from Fire or Hot Liquids	174
Chemical Burns	175
Electrical Burns	175
Sunburn	176
Choking	177
Adults & Children	177
Infants	178
Cold-Related Illnesses	179
Frostbite	179
Hypothermia	180
Convulsions & Seizures	181
CPR – See Heart Problems	188
Dizziness & Fainting	182
Drowning	183
Ear Injuries	184
Eye Injuries	185
Head, Neck or Spine Injuries	187
Heart Problems	188
Heart Attack	188
Cardiac Arrest (Giving CPR)	189

Heat-Related Illnesses	193
Heat Exhaustion	193
Heat Stroke	193
Infection	195
Infectious Diseases	196
Influenza (flu)	196
Avian flu (bird flu)	197
Swine flu	197
C. diff (Clostridium difficile or C. difficile)	197
Staph (staphylococcus aureus & MRSA)	198
Reduce the Spread of Infectious Diseases	199
For More Information about Infectious Diseases	199
Poisoning	200
Poison - Absorbed through the Skin	200
Poison - Inhaled by Breathing	201
Poison - Poisonous Plants	201
Poison - Swallowed	205
Shock	206
Stroke	207
Tooth Injuries	208

Section 4 - Emergency Contact Names & Numbers 209

About the Red Cross (American, Canadian, Mexican & Intl)	210
About the Salvation Army (American, Canadian, Mexican & Intl)	211
About the Federal Emergency Management Agency (FEMA)	212
FEMA Partners	212
Local Emergency Management Agencies	212
State and Territory Emergency Management Agencies	212
National Emergency Management Organizations	216
Federal-level Partners	216
Partnerships with the Private Sector	217
National Response Framework	217
About Public Safety Canada	218
PS Agencies	218
PS Mandate	218
PS Programs	218
Emergency Preparedness in Canada	219
Critical Infrastructure Protection	219
Financial Assistance Programs	219
Training and Education	220
Public Information	220
Partners	220
Provincial & Territorial Emergency Management Orgs	220

For More Information about Public Safety Canada	221
APPENDIX A - Citizen Corps / CERT (Volunteer Programs)	222
What is Citizen Corps?	222
Citizen Corps Programs & Partners	222
Community Emergency Response Teams (CERT)	222
Fire Corps	222
Medical Reserve Corps (MRC)	222
Neighborhood Watch	223
Volunteers in Police Service (VIPS)	223
Affiliate Programs & Organizations	223
More About CERT	224
For More Information about Citizen Corps & CERT	224
APPENDIX B - Business Continuity (Plan for the Unexpected)	225
What is Business Continuity?	225
Tips on Developing Your Business Plan	225
Tips on Protecting Your Business	229
Additional Business Continuity Resources	232
APPENDIX C - School Safety Resources (Tools for Schools)	234
End Notes	236
Resources	236
Additional Resources & Web Sites	244
Index	245

Copyright © 1999-2011 by W. L. (Bill) and Janet Liebsch. All rights reserved. Unauthorized reproduction in any manner (electronic, photocopying, recording or otherwise) is prohibited without the prior written permission of the authors (but we're easy ~ please call!)

Published by Fedhealth • www.itsadisaster.net
Prepress by Jeremy Wesanen
Printed by CDS Publications • www.cdspubs.com

5th Edition: August 2009 (Revised November 2011)
ISBN 978-1-930131-25-5

Library of Congress Catalog Card Number: 2006938576

To order additional copies and to learn about fundraising programs and free customization, please visit
www.itsadisaster.net

ABOUT THE AUTHORS

Bill and Janet Liebsch are the founders of FedHealth, a publishing and marketing company formed to help the public focus on preparedness and health-related issues. They are dedicated to developing and marketing programs that primarily benefit First Responders, schools, and volunteers. FedHealth books and eBooks are continually updated on preparedness and safety-related topics.

DISCLAIMER

The authors of this Manual are not licensed physicians, and the enclosed suggestions should not replace the advice of trained medical staff and officials. This information is not intended as a substitute for a first aid course, but reviews basic first aid measures that could be used when professional medical assistance is delayed or temporarily unavailable due to a major disaster or crisis. All data compiled here is for informational purposes only and neither the authors nor Fedhealth can accept responsibility for any injury, loss or damage arising from the use of this information. During a time of crisis, citizens should heed the advice of local officials over the data contained in this book.