



*From the Yuba City Fire Department...*

# **Family Disaster Planning Earthquake, Carbon Monoxide, Disease Outbreak, Radiation, Bioterrorism, Building Collapse**

*The Yuba City Fire Department and Fire Analyst III William Fuller have provided the core of this Family Disaster Preparedness Guide. The 13 county health departments of OES Region III are grateful to the Yuba City Fire Department and Fire Analyst William Fuller for the reproduction of their work to be shared by all Californians. You can view the original guide developed specifically for Yuba City at [http://www.yubacity.net/documents/Disaster\\_Preparedness\\_Guide.pdf](http://www.yubacity.net/documents/Disaster_Preparedness_Guide.pdf)*

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# Earthquakes

## Earthquake safety do's and don'ts

### If you are indoors:

- Duck or drop down to the floor.
- Take cover under a sturdy desk, table or other furniture.
- Hold on to it and be prepared to move with it.
- Hold the position until the ground stops shaking and it is safe to move.
- Stay clear of windows, fireplaces, woodstoves, and heavy furniture or appliances that may fall over.
- Stay inside to avoid being injured by falling glass or building parts.
- If you are in a crowded area, take cover where you are.
- Stay calm and encourage others to do likewise.

### If you are outside:

- Get into the open, away from buildings and power lines.

### If you are driving:

- Stop if it is safe, but stay inside your car.
- Stay away from bridges, overpasses and tunnels.
- Move your car as far out of the normal traffic pattern as possible.
- If possible, avoid stopping under trees, light posts, power lines, or signs.

### If you are in a mountainous area, or near unstable slopes or cliffs:

- Be alert for falling rock and other debris that could be loosened by the earthquake.

### If you are at the beach:

- Move quickly to higher ground or several hundred yards inland.

For more information on earthquake safety visit these sites:

<http://www.uaf.edu/seagrant/earthquake/index.html>

[http://www.redcross.org/services/prepare/0,1082,0\\_241\\_,00.html](http://www.redcross.org/services/prepare/0,1082,0_241_,00.html)

<http://quake.usgs.gov/>



A.Duck B.Cover C.Hold

### Note:

- Earthquakes may disrupt utilities. Be prepared to deal with ruptured water and gas lines. Know how to turn off natural gas and water to your home.
- Be prepared for aftershocks which often follow an earthquake.

# Carbon Monoxide Poisoning

Dangerous levels of carbon monoxide – a colorless and odorless gas - can be produced from improperly vented furnaces, plugged or cracked chimneys, water heaters, fireplaces, stoves and tail pipes. Barbecues used indoors to provide heat for a home are dangerous to the health and safety of the home's inhabitants. Symptoms of carbon monoxide poisoning are insidious and can come on rapidly or slowly depending on the concentration of carbon monoxide exposure. With no odor or color to the gas, the victim may present with lethargy, confusion while becoming increasingly sleepy. Many victims report flu-like symptoms and may include headache, confusion, agitation, dizziness, fatigue and vomiting. Even though carbon monoxide cuts off your body's ability to carry oxygen to your body tissues by attaching to the oxygen carrying component of your blood (hemoglobin) the victim usually does not have a clue. Normally, someone who is suffocating from lack of oxygen would be grey to bluish in color. Not so with carbon monoxide poisoning. Carbon monoxide gives the victim a cherry red skin appearance, which can often disarm concern. When in doubt, remove the victim from his suspected exposure source and seek medical attention. A simple hospital blood gas test can identify carbon monoxide poisoning. For information on carbon monoxide poisoning click on these URL links:

<http://www.emedicine.com/ped/topic315.htm>

<http://www.cdc.gov/co/default.htm>

## If You Suspect Carbon Monoxide Poisoning

- **Call 9-1-1.**
- **Open windows.**
- **Get the victim to fresh air immediately.**
- **Call your local utility.**

# Disease Outbreaks & Biological Events:



There are treatments for many diseases and biological agents. Every county in California has a plan for responding to potential situations involving disease outbreaks and biological events in cooperation with City, County, Regional, State and Federal agencies.

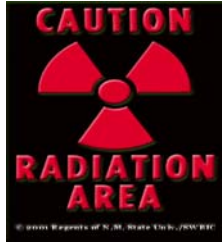
The local health department in your jurisdiction may distribute medicine or a vaccine to those who are at risk. This course of action will be decided based on the specific health hazard. To distribute treatment or vaccines, the City or County Health Department may open Points of Dispensing (POD) locations where treatment will be provided.

In the event that PODs are activated, the location and times of the PODs would be disseminated to the public via print and broadcast media outlets.

If you have any specific questions, contact your local health department.



Photos courtesy of San Francisco County Public Health



## Radiation Exposure

Small amounts of radiation are considered safe. In the unlikely event that your environment became exposed to unsafe levels of radiation, due to a terrorist attack using a “dirty bomb”, there are steps you can take to reduce your exposure.

- If you are outside, get inside.
- Remove all clothing and wash thoroughly.
- If there’s an event indoors, try to get out of the building without passing through the contaminated area.
- If you cannot escape, it may be better to move as far away from the event as possible and shelter in place. In the unlikely event of radiation exposure from a nuclear power plant, your local Health Department may distribute Potassium Iodine (known as KI). Potassium Iodine has been shown to prevent damage to your thyroid gland only if you are exposed to radioactive iodine. It will not help you in other radioactive environments. Only one dosage should be taken every 24 hours.

### **General Guidelines to Minimize Your Exposure to Radiation:**

***Time:*** Radioactive materials become less radioactive over time. Stay inside until authorities alert you the threat has passed.

***Distance:*** The greater the distance between you and the source of the radiation the better. Authorities may call for an evacuation of people from areas close to the release.

***Shielding:*** Put as much heavy, dense material between you and the source of the radiation as possible. Authorities may advise you to stay indoors or underground for this reason. Close and seal your windows and turn off any ventilation.



# Hazardous Materials Or Chemical Spills call 9-1-1

**W**e use hazardous materials in our homes and businesses every day. Small spills occasionally occur, but these incidents generally cause the public little difficulty other than traffic delays. In the event of a major spill authorities will instruct you on the best course of action; however you should heed the precautions listed below.

- Stay upwind of the material if possible.
- Seek medical attention as soon as possible if needed.
- If there's an event indoors, try to get out of the building without passing through the contaminated area. Otherwise, it may be better to move as far away from the event as possible and shelter in place. If exposed, remove outer layer of clothes, separate yourself from them, and wash yourself.
- In some circumstances, after being exposed to hazardous materials, it may be necessary to be "decontaminated." Specially trained emergency personnel will perform decontamination procedures, which may include the removal of personal items and thorough cleansing of the body. They will provide for medical attention if necessary.
- For chemical spills or accidental poisoning at home, consult the Poison Control Center nearest you. If you are using a cell phone or landline call: 800-876-4766 (California Poison Control System).
- You may also contact the National Poison Control Center Network at 800-222-1222.
- If a life threatening situation is identified: Call 9-1-1

# Building Collapse or Explosion

**Building collapse or explosion can be the result of structural damage or sabotage. Either way, the rules below apply.**



## **If You Are In A Building Collapse Or Explosion:**

- Whenever you are in an unfamiliar building, make a mental note of where the exits, particularly the stairwells are.
- Get out as quickly and calmly as possible.
- If you can't get out of the building, get under a sturdy table or desk.

## **If You Clean Up Debris:**

- Wear gloves and sturdy shoes.
- Sort debris by type (wood, appliance, etc.).
- Do not touch debris that has utility wires in it.
- Do not move debris that is too large or too heavy.
- Ask for help from neighbors, friends, and recovery workers.

# Thoughts on Terrorism: Suspicious packages, mail, bomb threats...

**UNITED STATES POSTAL SERVICE**

**SUSPICIOUS MAIL ALERT**

If you receive a suspicious letter or package:

No return address  
Restrictive Markings

**PERSONAL!**

CHIEF EXECUTIVE OFFICER  
222 N. HARVIE ST.  
PHILADELPHIA, PA 20965

Possibly mailed from a foreign country  
Excessive postage

Misspelled words  
Addressed to title only  
Incorrect title  
Bodily typed or written

Lopsided or uneven

Strange odor

Rigid or bulky

Excessive tape or string

City stains, discolorations, or crystallization on wrapper

DO NOT X-RAY TAPE ENCLOSED

Operations Manager  
3022 D St  
Annapolis, MD

**1** Handle with care. Don't shake or bump. **2** Isolate it immediately. **3** Don't open, smell, touch or taste. **4** Treat it as suspect. Call local law enforcement authorities

**If a parcel is open and/or a threat is identified . . .**

**For a Bomb:**  
Evacuate Immediately  
Call Police  
Contact Postal Inspectors  
Call Local Fire Department/HAZMAT Unit

**For Radiological:**  
Limit Exposure - Don't Handle  
Evacuate Area  
Shield Yourself From Object  
Call Police  
Contact Postal Inspectors  
Call Local Fire Department/HAZMAT Unit

**For Biological or Chemical:**  
Isolate - Don't Handle  
Evacuate Immediate Area  
Wash Your Hands With Soap and Warm Water  
Call Police  
Contact Postal Inspectors  
Call Local Fire Department/HAZMAT Unit

A terrorist's primary objective is to create fear. You can fight back armed with accurate information and basic emergency preparedness. Keep in mind that accidents can sometimes appear to be terrorist events and vice versa. Your response should be similar in either case.

## Know The Facts, Think Critically And Be Responsible:

- Confirm reports using a variety of reliable sources of information, such as the government or media.
- Do not spread rumors.
- Do not accept packages from strangers and do not leave luggage or bags unattended in public areas such as the airport.

## A Parcel or Letter May Be Considered Suspicious When It Has More Than One of the Following Characteristics:

- Handwritten or poorly typed address.
- Incorrect titles, titles with no name or misspellings of common words.
- Excessive postage.
- Addressed to someone no longer with your organization or not addressed to a specific person.
- Strange return address or no return address.
- Marked with restrictions, such as "Personal," "Confidential" or "Do not X-ray."
- Powdery substance on the outside.
- Unusual weight given its size, lopsided, or oddly shaped.
- Unusual amount of tape on it packages with odors, discolorations or oily stains.



### **If You Receive A Suspicious Package Or Envelope:**

#### **PUT IT DOWN – preferably on a stable surface.**

- Cover it with an airtight container like a trash can or plastic bag.
- Call 9-1-1 and alert your building’s security officials.
- Alert others to the presence of the package and evacuate the area.
- Wash your hands with soap and water if you have handled the package.
- Make a list of the people who were in the room or area where the suspicious package was recognized, and give it to authorities.
- Do not stray far from the area if you believe you have been exposed.

#### **If You Receive A Bomb Threat:**

- Ask the caller as many of the following questions as possible:
- When is the bomb going to explode?
- Where is the bomb right now?
- What does the bomb look like?
- What kind of bomb is it?
- Where are you calling from?
- Why did you place the bomb?
- Keep the caller on the line for as long as possible and try to write down or record the conversation.
- Write down the exact time and length of call.
- Listen carefully to the caller’s voice and background noise.
- After you hang up, call 9-1-1 *immediately*.
- Currently, every health department in the State of California has a 24/7 BT Hotline.

***If You Have Information About Potential Terrorism, Call 9-1-1.***