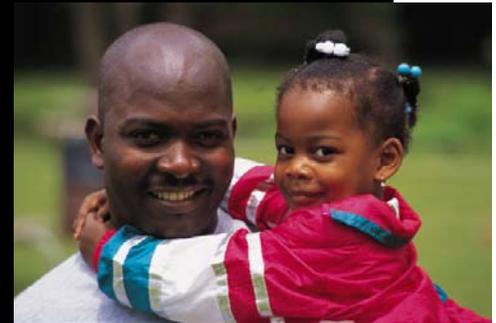


Guidelines to keep you and your family prepared for terrorist threat and disaster.

Is your family ready?

Be
Prepared



**Fort Bragg Public Safety
Business Center
Fort Bragg, NC 28307
(910) 396-4401**

IMPORTANT PHONE NUMBERS

Fort Bragg:

Army Community Service.....396-8682
 Army Emergency Relief.....396-7289
 Criminal Investigations Div(CID)...396-6429
 EOD (Bomb Disposal).....396-5801
 Family Advocacy.....396-5521
 Family Assistance Center.....396-2473
 Military Intelligence Group.....396-4809
 Public Safety Business Center:
 Fire and Emergency Services...432-6727
 MP Desk.....396-0391
 Safety Department.....396-7233
 Security and Intelligence Div396-8292
 Public Works Business Center.....396-9728
 Red Cross.....396-1231/1-877-272-7337
 USASOC Security Office.....432-6600
 Womack Army Medical Center...907-6000

Pope AFB:

Ofc of Special Investigations394-4264
 (OSI) After Hours.....394-2808
 Security Police Desk..... 394-2808

Off-Post:

Cumberland Co. Sheriff Dept....323-1500
 Fayetteville Police Dept.....433-1529
 FBI.....483-5163
 Harnett Co. Sheriff Dept.....893-9111
 Hoke Co. Sheriff Dept.....875-5111
 Hope Mills Police Dept..... 425-4103
 Moore Co. Sheriff Dept.....947-2931
 Red Cross Highlands Chapter...867-8151
 Spring Lake Police Dept.....436-0350

All Emergencies.....911

AVAILABLE ONLINE INFORMATION

- **American Red Cross** <http://www.redcross.org>
- **Cumberland County Emergency Shelters** <http://www.co.cumberland.nc.us/emgmt/emergshelt.html>
- **Div. of Emergency Management** <http://www.ncem.org/>
- **Dept. of Crime Control and Public Safety** <http://www.ncgov.com>
- **Dept. of Homeland Security** <http://www.dhs.gov>
<http://www.ready.gov>

Some of the information in this booklet was obtained from the Federal Emergency Management Agency pamphlet "Are You Ready?" and the U.S. government's publication "Be Ready."



Helping Others

The compassion and generosity of the American people were never more evident than after the September 11th terrorist attacks. People want to help. Here are some general guidelines on helping others after a crisis:

- In addition to the people you care for on a day-to-day basis, consider the needs of your neighbors and people with special needs.
- If you want to volunteer, check with local organizations like Army Community Services, or listen to local news reports for information about where volunteers are needed. Until volunteers are specifically requested, stay away from disaster areas.
- If you are needed in a disaster area, bring your own food, water and emergency supplies. This is especially important in cases where a large area has been affected and emergency items are in short supply.
- Do not drop off food, clothing or any other item to a government agency or emergency relief organization unless a particular item has been requested. Normally these organizations do not have the resources to sort through the donated items.
- You can give a check or money order to a recognized disaster relief organization. These groups are organized to process checks, purchase what is needed and get it to the people who need it most.

If your organization wants to donate emergency supplies, determine where your donation is going, how it's going to get there, who's going to unload it and how it's going to be distributed. Without sufficient planning, much needed supplies will be left unused.

Our world has changed since September 11, 2001. We are more aware of our vulnerabilities, more appreciative of our freedoms and more understanding that we have a personal responsibility for the safety of our families, our neighbors and our nation.

As with any disaster, we know that preparedness works. You can take action now that will help protect your family, reduce the impact an emergency has on your lives, and deal with the chaos if an incident occurs near us.

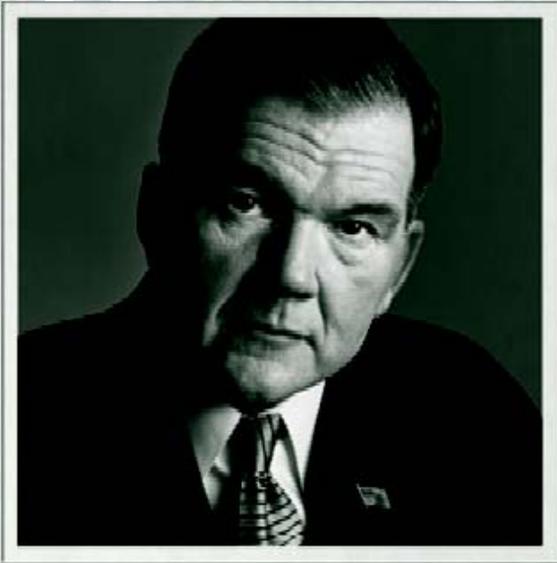
This booklet provides practical information about terrorism to help you and your family prepare, react and recover in the event you should be affected by a terrorist attack.

Everyone of us plays an important role in the fight against terrorism. We rely on each of you to be vigilant, report suspicious or unusual activity, and to be prepared in the event an incident should occur.

Each day we have soldiers standing guard to deter and detect potential terrorist and criminal activity. Our intelligence specialists continuously gather and analyze information that may also prevent an attack from occurring. And, because we know terrorism can strike at any time, our firemen and military police along with other first responders are trained and equipped to mitigate the effects of such evil acts and return the installation to normalcy as quickly as possible.

We live in a caring community with lots of resources to fight terrorism. Together we can take action now to prepare for and prevent these incidents.

DAVID E. QUANTOCK
Colonel, Military Police
Director, Public Safety Business Center



“Terrorism forces us to make a choice. We can be afraid. Or we can be ready.”

Secretary Tom Ridge

U.S. Department of Homeland Security

- Overwhelming guilt and self-doubt.
 - Fear of crowds, strangers, or being alone.
- Here are some ways to ease disaster related stress:
- Talk with someone about your feelings-anger, sorrow, and other emotions -even though it may be difficult.
 - Seek help from professional counselors who deal with post-disaster stress.
 - Don't hold yourself responsible for the disastrous event or be frustrated because you feel that you cannot help directly in the rescue work.
 - Take steps to promote your own physical and emotional healing by staying active in your daily life patterns or by adjusting them. This healthy outlook will help you and your family (e.g., healthy eating, rest, exercise, relaxation, medication).
 - Maintain a normal household and daily routine, limiting demanding responsibilities of you and your family.
 - Spend time with family and friends.
 - Participate in memorials, rituals, and use of symbols as a way to express feelings.
- Use existing support groups of family, military, friends, and church.

Helping Children Cope with Crisis

Disasters can leave children feeling frightened, confused and insecure. Whether a child has personally experienced trauma, seen the event on television or heard it discussed by adults, it is important for adults to be informed and ready to help if reactions to stress begin to

occur.

Children respond to trauma in many different ways. Some may have reactions very soon after the event: others may seem to be doing fine for weeks or months and then begin to show worrisome behavior. Knowing the signs that are common at different ages can help adults recognize problems and respond appropriately.

Reassurance is the key to helping children



through a traumatic time. Very young children need a lot of cuddling and verbal support.

Answer questions about the attack honestly, but don't dwell on frightening details or allow the subject to dominate family or classroom time indefinitely.

Encourage children of all ages to express emotions through conversation, drawing or painting, and to find a way to help others who were affected by the disaster.

Also, limit the amount of crisis-related material (television, etc.) your children are seeing or hearing. Pay careful attention to how graphic it is.

Try to maintain a normal routine and encourage children to participate in recreational activity.

Reduce your expectations temporarily about performance in school or at home, perhaps by substituting less demanding responsibilities for normal chores.



Other voluntary organizations, such as the **American Red Cross**, may also provide food, shelter and supplies, and assist in cleanup and emergency efforts.



Church groups and synagogues are often involved as well.

In addition, social service agencies from local or state governments may be available to help people in shelters or provide direct assistance.

At Fort Bragg, **Army Community Service** is an important part of the Army's program to assist soldiers and their families in time of crisis. ACS offers programs tailored to assist Army families living on and off post. In a crisis, ACS is the place to go for answers to your questions and help with concerns or other issues. ACS programs and services that are of special importance during and after a terrorist incident are:

- **Army Emergency Relief:** Offers loans or grants in emergency situations. Types of emergencies covered are: non-receipt of or loss of funds; medical, dental and hospital expenses; funeral expenses for immediate family members; emergency travel expenses; rent, food, and utilities, vehicle payment, vehicle insurance, and vehicle repair.
- **Family Assistance Center:** Central point on the installation for information during crisis/deployment. (Bldg. 1-3571)

In the most severe disasters, the federal government is called in to help individuals and families with temporary housing, counseling (for post-disaster trauma), low-interest loans and grants, and other assistance.

Mental Health and Crisis Counseling

The emotional toll that a terrorist attack can bring may sometimes be even more devastating than the financial strains of damage and loss of home, business or personal property.

Children and the elderly are special concerns in the aftermath of incidents. Even individuals who experience a disaster "second hand" through exposure to extensive media coverage can be affected.

Crisis counseling programs often include community outreach, consultation, and education. **Womack** and **Family Advocacy** provide counseling to help people cope with and recover from disaster. If you feel you need assistance, get help.

When trying to understand a terrorist attack, remember:

- No one who sees a disaster is untouched by it.
- It is normal to feel anxious about your own safety and that of your loved ones.
- Profound sadness, grief and anger are normal reactions to an abnormal event
- Acknowledging your feelings helps you recover.
- Focusing on your strengths and abilities will help you to heal.
- Accepting help from community programs and resources is healthy.
- We each have different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain. However, nothing good is accomplished by hateful language or actions.

Be aware of the signs indicating that you or someone you know needs help in coping with the stress of a disaster. Signs that adults need crisis counseling/stress management assistance may include:

- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance.
- Easily frustrated.
- Increased use of drugs/alcohol.
- Limited attention span.
- Poor work performance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like-symptoms.
- Disorientation or confusion.
- Difficulty concentrating.
- Reluctance to leave home.
- Depression, sadness.
- Feelings of hopelessness.

Table of Contents

Preparedness	1
Understanding Threat Advisory Systems	2
Homeland Security Advisory System	2
Terrorist Force Protection Conditions	3
Planning for Emergencies	4
Developing a Plan	4
Supplies	4
Stay or Go	5
Animals	6
Potential Terrorist Threats	7
Biological.....	8
Chemical	9
Nuclear.....	10
Radiological.....	10
Recovering from an Attack	13
Returning to Your Home.....	13
Coping with Disaster	14
Helping Children.....	16
Helping Others	17
Contact Information	18
Important Phone Numbers	23

National Preparedness

Terrorists are always working to obtain biological, chemical, nuclear and radiological weapons. Especially during these uncertain times, the threat of an attack is very real.

The Department of Homeland Security, throughout the federal government, and organizations across America are working hard to strengthen our Nation's security. Whenever possible, we want to stop terrorist attacks before they happen. All of us should begin learning about potential threats so we are better prepared to react during an attack.

While there is no way to predict what will happen, or what your personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit, being familiar with your local emergency response teams, and developing a family communications plan, are the same for both a natural or man-made emergency. However, there are important differences among potential terrorist threats that will impact the decisions you make and the actions you take. With a little planning and common sense, you can be better prepared for the unexpected.

Local Preparedness

Being prepared to cope with an emergency, whether acts of nature, accident, or man-made, entails effective planning before the incident occurs.

The Fort Bragg first responders have done this and continue to do so daily. They have plans in place and are equipped to handle any emergency and provide effective support to the Fort Bragg soldiers, their families and civilian employees, no matter where or when disaster strikes.

There are several agencies on Fort Bragg that are prepared to respond to any emergency and provide assistance to those that are in need. These agencies include the fire department, military police, Womack Emergency Medical Service, Explosive Ordnance Detachment, and various army chemical units. Each of these organizations have highly trained and qualified professionals available 24/7.

Fort Bragg Fire Department is equipped with detectors, monitoring devices and specialized decontamination equipment used to mitigate chemical, biological and radioactive emergencies. In addition, Pope Air Force Base Fire Department and Fayetteville Fire Department are readily available to provide mutual aid assistance as needed. Fayetteville Fire Department is also home to one of North Carolina's Regional Response Teams for Hazardous Material Incidents.

Call 911 to report any emergency, including, but not limited to, fires, traffic accidents, emergency medical calls, suspicious packages/letters, law enforcement situations, and suspected chemical, biological or radiation emergencies. The 911 dispatcher will direct your call accordingly. Do not hesitate to call. Your call will be handled professionally and professionals from the appropriate agency will respond quickly.

Preparing makes sense. The plans you have made to handle natural disasters will, with a few additions, be effective and assist you in the event of man-made disasters. Being prepared and ready to act will lessen stress and increase effectiveness during these uncertain times.

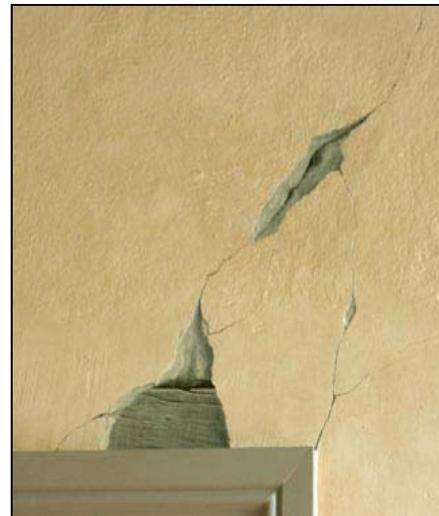
If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call PWBC or your local gas company from a neighbor's residence. If you shut off the gas supply, you will need a professional to turn it back on.

Check the electrical system where visible and accessible. If you see sparks, broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If, however, you are wet, standing in water or unsure of your safety, do not touch anything electrical. Rather, leave the building and call for help.

Check appliances. If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also have the electrical system checked by an electrician before turning the power back on.

Open cabinets carefully. Be aware of objects that may fall.

Clean up spilled medicines, drugs, flammable liquids, and other potentially hazardous materials. Throw out fresh food, cosmetics, and medicines.



When returning home, check for signs of structural damage. Cracked plaster, such as this, could be an indicator that your residence is unsafe. When in doubt, leave and seek a professional evaluation.

If you turned gas, water and electricity off at the main valves and switch before you evacuated:

- Do not turn the gas back on. Your gas company or PWBC will turn it back on for you and you will receive other instructions.
- Turn the water back on at the main valve only after you know the water system is working and water is not contaminated.
- Turn electricity back on at the main switch only after you know the wiring is undamaged in your home and the community electrical system is functioning.
- Check to see that the sewage lines are intact before using sanitary facilities.
- Check with local authorities before using any water; it could be contaminated. Officials at the Public Works Business Center will let you know if on-post water is safe. If you get your water from a well, pump it out and have the water tested by authorities before drinking.
- Clean and disinfect everything wet.

If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

Watch out for animals, especially poisonous snakes. Use a stick to poke through debris.

Call your insurance agent. Take pictures of damages. Keep good records of repair and cleaning costs.

Getting Disaster Assistance

Throughout the recovery period, it's important to monitor local radio or television reports and other media sources for information about where to get emergency housing, food, first aid, clothing and financial assistance. Your chain of command and Family Readiness Group are other sources of information.

You may get direct assistance from any number of organizations. The American Red Cross is often stationed right at the scene to help people with their most immediate medical, food and housing needs.

Recovering from an Attack

You will have a lot to think about and much to do when recovering from a terrorist attack. Naturally, you will want to return to your normal life as quickly as possible. This may take some time, and some aspects of recovery may take longer than others. The information below will help and guide you through this turbulent time.

Health and Safety

Your first concern after a disaster is probably your family's health and safety. Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself.

Be aware of new hazards created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged wires, unstable structures and diseased organisms.

Drink plenty of clean water. Eat well and get enough rest.

Wear sturdy work boots and gloves. Wash your hands thoroughly with soap and clean water often when working in debris.

Inform local authorities about health and safety hazards, including chemical releases, downed power lines, poor roads, smoldering fires or dead animals.

Returning to Your Home

Ensure it is safe to return home before attempting to do so. Keep listening to the radio and television for news about what to do, where to go, places to avoid and information on assistance and community services.

Local, state and federal governments and other organizations will help meet emergency needs and help you recover from damage and losses. Your housing area sponsoring units will organize rescue and labor squads to assist you and your community.

Returning to a damaged home can be both physically and mentally challenging. Above all, use caution. Stay away from areas marked "radiation hazard" or "HAZMAT."

Before going inside, walk carefully around the outside of your home and check for loose power lines, gas leaks and structural damage. If you smell gas, leave immediately.



Understanding Threat Advisory Systems

During periods of heightened threat, U.S. military installations may increase security in and around the post. Family members living on post will see some of these procedures (such as armed soldiers patrolling in housing areas and around schools). There are several scales for measuring the threat level and several systems for determining what actions to take as a result of the threat. Below are the two most commonly-used methods you will encounter around Fort Bragg.

The Homeland Security Advisory System

The U.S. government has developed a system for advising citizens of the national Threat Condition level. This homeland security advisory system includes a corresponding list of protective measures for local communities. This system is not used by military installations (see Terrorist Force Protection Conditions), but is included here so we can understand what actions our nations and neighbors are taking.



There are five Threat Conditions, each identified by a description and corresponding color. From lowest to highest:

Low = Green
Guarded = Blue
Elevated = Yellow
High = Orange
Severe = Red

The higher the Threat Condition level, the greater the risk of a terrorist attack. Risk includes both the probability of an attack occurring and its potential gravity.

The assignment of a Threat Condition level prompts people and agencies to take Protective Measures. Protective Measures are the specific steps an organization takes to reduce its vulnerability or increase its ability to respond during a period of heightened alert.

Low Condition (Green). This condition is declared when there is a low risk of terrorist attacks. Federal departments and agencies should consider the following general measures in addition to their own protective measures they develop and implement:

- Refining and exercising as appropriate preplanned protective measures;
- Ensuring personnel receive proper training on the Homeland Security Advisory System and specific preplanned department or agency protective measures; and
- Institutionalizing a process to assure that all facilities and regulated sectors are regularly assessed for vulnerabilities to terrorist attacks, and all reasonable measures are taken to mitigate these vulnerabilities.

Guarded Condition (Blue). This condition is declared when there is a general risk of terrorist attacks. In addition to the Protective Measures taken in the previous Threat Condition, federal departments and agencies should consider the following general measures in addition to their own protective measures that they will develop and implement:

- Checking communications with designated emergency response or command locations; Reviewing and updating emergency response procedures; and

- Providing the public with any information that would strengthen its ability to act appropriately

Elevated Condition (Yellow). An Elevated Condition is declared when there is a significant risk of terrorist attacks. In addition to the Protective Measures taken in the previous Threat Conditions, federal departments and agencies should consider the following general measures:

- Increasing surveillance of critical locations;
- Coordinating emergency plans as appropriate with nearby jurisdictions;
- Assessing whether the precise characteristics of the threat require the further refinement of preplanned protective measures; and
- Implementing, as appropriate, contingency and emergency response plans.

High Condition (Orange). A High Condition is declared when there is a high risk of terrorist attacks. In addition to the protective measures taken in the previous Threat Conditions, federal departments and agencies should consider the following general measures in addition to their own protective measures that they will develop and implement:

- Coordinating necessary security efforts with federal, state, and local law enforcement agencies or any National Guard or other appropriate armed force;
- Taking additional precautions at public events and possibly considering alternative venues or even cancellation;
- Preparing to execute contingency procedures, such as moving to an alternate site or dispersing their workforce; and
- Restricting threatened facility access to essential personnel only.

Severe Condition (Red). A Severe Condition reflects a severe risk of terrorist attacks. Under most circumstances, the protective measures for a Severe Condition are not intended to be sustained for long periods of time. In addition to the protective measures in the previous Threat Conditions, federal departments and agencies also should consider the following general measures in addition to their own protective measures that they will develop and implement:

The best defense against terrorism is to be alert and watchful for suspicious acts and personnel.

Be alert for unidentified and/or abandoned vehicles, suitcases and parcels in your area.

Be wary of strangers asking questions about deployments and security matters.

Report any suspicious activities immediately to the Military Police at 396-0391, or your local law enforcement agency.

- Increasing or redirecting personnel to address critical emergency needs;
- Assigning emergency response personnel and pre-positioning and mobilizing specially trained teams or resources;
- Monitoring, redirecting, or constraining

Terrorist Force Protection Conditions

Terrorist Force Protection Conditions (TFPCON) (formerly called THREATCON) are threat indicators with associated protective measures taken by military installations and deployed units because of a suspected or known threat to that particular installation. There are five levels of TFPCON:

NORMAL. There is no known threat.

ALPHA. There is a general threat of possible terrorist activity against installations and personnel, but the exact nature and extent are unpredictable.

BRAVO. An increased and more predictable terrorist threat exists.

CHARLIE. An incident has occurred or intelligence indicates an imminent terrorist act.

DELTA. A local terrorist act has occurred, or intelligence indicates terrorist action is likely against a specific target.

WHAT TO DO AFTER A NUCLEAR OR RADIOLOGICAL ATTACK

- If you are in a public or home shelter, do not leave the shelter until officials say it is safe. Follow their instructions when leaving.
- If you are in a fallout shelter, stay in your shelter until local authorities tell you it is permissible or advisable to leave. The length of your stay can range from a day or two to four weeks.
- Although it may be difficult, make every effort to maintain sanitary conditions in your shelter space.
- Water and food may be scarce. Use them prudently but do not impose severe rationing, especially for children, the ill or elderly.
- Cooperate with shelter managers. Living with many people in confined space can be difficult and unpleasant.

- Contamination from a radiological dispersion device could affect a wide area, depending on the amount of conventional explosives used, the quantity of radioactive material, and atmospheric conditions.

- A “suitcase” terrorist nuclear device detonated at or near ground level would produce heavy fallout from the dirt and debris sucked up into the mushroom cloud.

- A missile-delivered nuclear weapon from a hostile nation would probably cause an explosion many times more powerful than a suitcase bomb, and provide a greater cloud of radioactive fallout.

- The decay rate of the radioactive fallout would be the same, making it necessary for those in the areas with the highest radiation levels to remain in shelter for up to a month.

- The heaviest fallout would be limited to the area at or downwind from the explosion, and 80% of the fallout would occur during the first 24 hours.

- Because of these facts and the very limited number of weapons terrorists could detonate, most of the country would not be affected by fallout.

- People in most of the areas that would be affected could be allowed to come out of shelter and, if necessary, evacuate to unaffected areas within a few days.

Planning for Emergencies

WHAT TO DO BEFORE A NUCLEAR OR RADIOLOGICAL ATTACK

Learn the warning signals and all sources of warning used in your community. Make sure you know what the signals are, what they mean, how they will be used, and what you should do if you hear them.

Find out what public buildings in your community may have been designated as fallout shelters. Some of the signs like the one at right are still displayed on buildings. At the end of the Cold War, many were removed. As a rule of thumb, any building with a basement or floors below ground are candidates for fallout shelters.



If you live off post, call your county's emergency management office and ask for fallout shelters near you.

If there are no noticeable or official designations, make your own list of potential shelters near your home, workplace and school. Give your family clear instructions about where fallout shelters are located and what actions to take in case of attack.

If you live in an apartment building or condominium, talk to the manager about the safest place in the building for sheltering, and about providing for building occupants until it is safe to go out.

If you are considering building a fallout shelter at home, keep the following in mind:

- A basement or any underground area is the best place to shelter from fallout. Often, few major changes are needed, especially if the structure has two or more stories and its basement- or one corner of it- is below ground.
- Fallout shelters can be used for storage during non-emergency periods, but only store things there that can be very quickly removed. (When they are removed, dense, heavy items may be used to add to the shielding.)
- All the items you will need for your stay need not be stocked inside the shelter, but can be stored elsewhere as long as you can move them quickly to the shelter.

WHAT TO DO DURING A NUCLEAR OR RADIOLOGICAL ATTACK

Do not look at the flash or fireball. It can blind you.

If you hear an attack warning, take cover as quickly as you can, **below ground if possible**, and stay there unless instructed to do otherwise.

If you are caught outside, unable to get inside immediately:

- Take cover behind anything that might offer protection.
- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Protect yourself from radioactive fallout. If you are close enough to see the brilliant flash of a nuclear explosion, the fallout will arrive in about 20 minutes.
- Take shelter, even if you are many miles from ground zero-radioactive fallout can be carried by the winds for hundreds of miles.
- Remember the three protective factors: **shielding, distance and time.**
- Keep a battery-powered radio with you, and listen for official information. Follow the instructions given. Local instructions should always take precedence over state or national news: officials on the ground know the local situation best.

Developing a plan **now** will be crucial in the event of an emergency. Think about the places where your family members spend time: school, work and other places you frequent. Ask about their emergency plans. Find out how they will communicate with families during an emergency. If they do not have an emergency plan, consider helping develop one.

Develop a Family Communication 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. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-state contact may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient.

Emergency Supplies

Just like having a working smoke detector in your home, having emergency supply kits will put the tools you may need at your fingertips. Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**.

While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

Remember to include, and periodically rotate as needed, medications you take every day such as insulin and heart medicine. Plan to store items in an easy-to-carry bag, such as a shopping bag, backpack or duffel bag.

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

- **BASIC SUPPLIES.** Store a flashlight, battery powered/solar/wind up radio, extra batteries, first aid kit, utility knife, local map, toilet paper, feminine hygiene products, soap, garbage bags and other sanitation supplies, as well as extra cash and identification. Periodically rotate your supplies to be sure they work when you need them.
- **WATER.** Store one gallon of water per person per day for drinking and sanitation in clean plastic containers. If it's summer, more water may be necessary. Don't forget water for pets.
- **FOOD.** Store food that won't go bad and does not have to be heated or cooked. Choose foods that your family will eat, including protein or fruit bars, dry cereal or granola, canned foods and juices, peanut butter, dried fruit, nuts, crackers and baby foods. Remember to pack a manual can opener, cups and eating utensils.

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

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is important that most of the air you breathe comes through the mask or cloth, not around it. Do whatever you can to make the best fit possible for children.

There are also a variety of facemasks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting.

Given the different types of attacks that could occur, there is not one solution for masking. For instance, simple cloth facemasks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases. Still, something over your nose and mouth in an emergency is better than nothing.

Deciding to Stay or Go

Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away.

You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is immediate danger. In the event of a terrorist incident, the Fort Bragg command group and/or local authorities will determine if you are safer by staying in your quarters/work, or whether evacuation is warranted.

Watch TV, listen to the radio or check the Internet often for information or official instructions as it becomes available. If you're specifically told to evacuate or seek medical treatment, do so immediately.

Staying Put and "Shelter in Place"

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. In fact, there are some circumstances where staying put and creating a barrier between yourself and potentially contaminated air outside, a process

known as "shelter-in-place," is a matter of survival. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to "shelter-in-place."

Plan in advance where you will take shelter in this kind of an emergency. Choose an interior room or one with as few windows and doors as possible. Consider pre-cutting plastic sheeting to seal windows, doors and air vents. Each piece should be several inches larger than the space you want to cover so that it lies flat against the wall. Label each piece with the location of where it fits.

If you need to "shelter in place", quickly bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers. Turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you had designated. Seal all windows, doors and vents with plastic sheeting and duct tape or anything else you have on hand.

Listen to the TV, the radio or check the Internet for instructions. Military police and other local authorities may also make announcements on public address systems as they travel through your neighborhood.



Prepare an emergency supply kit and keep it handy in case you need to leave quickly. Think about your family's unique needs. Pack diapers, formula, bottles, prescription medications, pet food, comfort items, books, paper, pens, a deck of cards or other forms of entertainment. Remember to periodically rotate items before they reach their expiration dates.

WHAT TO DO AFTER A CHEMICAL ATTACK

Immediate symptoms of exposure to chemical agents may include blurred vision, eye irritation, difficulty breathing and nausea.

A person affected by a chemical or biological agent requires immediate attention by professional medical personnel. If medical help is not immediately available, decontaminate yourself and assist in decontaminating others. Decontamination is needed within minutes of exposure to minimize health consequences. (However, you should not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe to do so.) Use extreme caution when helping others who have been exposed to chemical agents.

Decontaminate yourself or others:

- Remove all clothing and other items in contact with the body. Contaminated clothing normally removed over the head should be cut off to avoid contact with the eyes, nose, and mouth. Put into a plastic bag if possible.
- Decontaminate hands using soap and water.
- Remove eyeglasses or contact lenses. Put them in a pan of 5% household bleach/ 95% water.
- Flush eyes with lots of water.
- Gently wash face and hair with soap and water; then thoroughly rinse with water.
- Decontaminate other body areas likely to have been contaminated. Blot (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.
- Change into uncontaminated clothes. Clothing stored in drawers or closets is likely to be uncontaminated.
- If possible, proceed to a medical facility for screening.

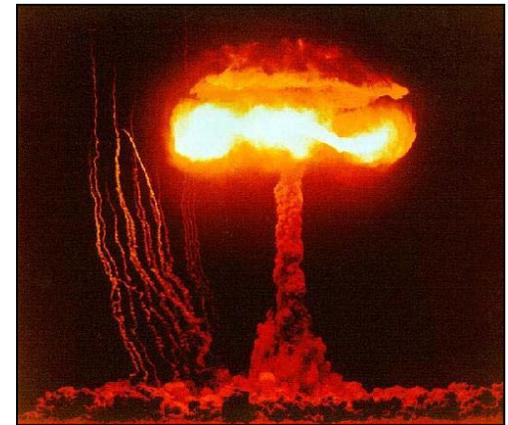
NUCLEAR THREAT

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around.

While experts may predict at this time that a nuclear attack is less likely than others, terrorism by its nature is unpredictable.

If you see a flash or fireball, take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave. In order to limit the amount of radiation you are exposed to, think about **shielding, distance and time**. A thick shield between you and the radioactive materials will absorb more of the radiation and you will be exposed to less. Similarly, the farther away you are from the blast and the fallout, the lower your exposure.

Finally, minimizing time spent exposed will also reduce your risk.



RADIATION THREAT or "DIRTY BOMB"

A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized.

While the blast will be immediately obvious, the presence of radiation may not be clearly defined until trained personnel with specialized equipment are on the scene.

As with any radiation, you want to try to limit your exposure. Think about **shielding, distance and time**.

CHEMICAL THREAT

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. Signs may be many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination. Many sick or dead birds, fish or small animals are also cause for suspicion. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from. Take immediate action to get away from the affected area.

If the chemical is inside the building where you are, try to get out of the building without passing through the contaminated area. Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place." If you are outside when you see signs of a chemical attack, you must quickly decide what is the fastest way to get away from the chemical threat. Determine if you can get out of the area or if it would be better to go inside a nearby building and follow your plan to "shelter-in-place."

If your eyes are tearing, skin is stinging, you are having trouble breathing or you simply think you may have been exposed to a chemical, immediately strip and wash. Look for a hose, fountain or any source of water. Wash with soap, if possible, but do not scrub the chemical into your skin. Seek emergency medical attention.



The Fort Bragg Fire Department is trained in responding to all types of radiological, biological and chemical incidents. These skills are showcased twice a year during Orbit Comet, Fort Bragg's force protection exercise.

WHAT TO DO DURING A CHEMICAL OR BIOLOGICAL ATTACK

Try to determine where the source of the chemical or biological agent is coming from, and immediately get away from the affected area. Listen to your radio for instructions from authorities. If you are instructed to remain **in your home, a building, or other shelter**:

- Turn off all ventilation, including furnaces, air conditioners, vents and fans.
- Seek shelter in a basement or an internal room, preferably one without windows. Seal the room with duct tape and plastic sheeting. Ten square feet of floor space per person will provide sufficient air to prevent carbon dioxide build-up for up to five hours.
- Remain in protected areas where toxic vapors are reduced or eliminated, and be sure to take your battery-operated radio with you.
- If the chemical is in your building, try to get out of the building without passing through the contaminated area.

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

- Decide what is the fastest way to distance and/or shield yourself from the hazard.
- Attempt to get up-wind of the contaminated area.
- Find shelter as quickly as possible.
- Decontaminate as soon as you can.

Leaving

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

If you have a car, keep at least a half tank of gas in it at all times. Become familiar with alternate routes as well as other means of transportation out of your area. In some instances, you will be directed to take a certain route. This will ensure you get out the affected area quickly and safely while allowing emergency responders to travel unimpeded on other roads. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off.

Take your emergency supply kit, unless you have reason to believe it has been contaminated. Close windows and lock doors behind you.

On Fort Bragg, Lee Physical Fitness Center and Dahl Gym have been designated as shelters. You may be directed to seek shelter in one of these facilities if they are unaffected by the incident.



Community Efforts

A community working together during an emergency makes sense. Talk to your neighbors about how you can work together. Find out if anyone has specialized equipment, like a power generator, or expertise such as medical knowledge, that might help in a crisis. Decide who will check on very young, elderly or disabled neighbors. Make backup plans for children in case you can't get home in an emergency.

Pets in Disaster

Include pets in your household disaster plan since they depend on you for their safety and well being.

If you evacuate, do not leave pets behind. There is a chance they may not survive, or get lost before you return. With the exception of service animals, pets are typically not permitted in emergency shelters. Find out which local hotels and motels allow pets and where boarding facilities are located. Include some outside your local area in case local facilities have closed.

Only some animal shelters will care for pets during emergencies. Most boarding facilities require veterinarian records to prove vaccinations are current.

Be sure your pet has identification tags securely fastened to the collar. Consider implanting an identification chip. A current photo of your pet will help with identification should it become necessary.

Have a carrier or leash for your pet—it may need to be restrained during emergency situations.

Assemble a disaster kit for your pet. Include food, medications, veterinary records, litter box, and other supplies that may not be available later. Keep an information sheet about your pet. Give the kit to whomever assumes responsibility for your pet during a disaster.



Potential Terrorist Threats

There are significant differences among potential terrorist threats that will influence the decisions you make and the actions you take. By learning about these specific threats, you are **preparing yourself to react** in an emergency. We must plan as if terrorists will use biological, chemical, nuclear and radiological weapons.

While there is no way to predict what will happen, or what your personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones.

Some of the things you can do to prepare for a terrorist attack, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency.

However, as you will read below, there are important differences among potential terrorist threats that will impact the decisions you make and the actions you take. With a little planning and common sense, you'll be better prepared for the unexpected.



Checking identifications at Fort Bragg's access control points is one of the ways military police deter and detect potential terrorist incidents and criminal activity.

A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to cause you harm. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from people.

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

If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself. Quickly get away. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help. Wash with soap and water and contact authorities.

In the event of a biological attack, public health officials and doctors from Womack Army Medical Center will provide information on what you should do as quickly as they can.

However, it can take time for them to determine exactly what the illness is, how it should be treated and who is in danger.

What you can do is watch TV, listen to the radio or check the Internet for official news. Look for answers to the following questions:

- Am I in the group or area authorities consider in danger?
- Is it best to evacuate or "shelter in place"?
- If evacuation is warranted, where should I go and how do I get there?
- What are the signs and symptoms of the disease?
- Are medications or vaccines being distributed? Where?
- Who should get them?
- Where should I seek emergency medical care if I become sick?

If a family member becomes sick at the time of a declared biological emergency, it is important to be suspicious. But don't panic. Do not automatically assume that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap with biological contamination. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

WHAT TO DO AFTER A BIOLOGICAL ATTACK

In many biological attacks, people will not know they have been exposed to an agent. The first evidence of an attack may be when you notice symptoms of the disease caused by agent exposure. You should seek immediate medical attention.

If your skin or clothing comes in contact with a visible, potentially infectious substance, you should remove and bag your clothes and personal items and wash yourself with warm soapy water immediately. Put on clean clothes and seek medical assistance.

In some situations, like the anthrax letters sent in 2001, people may be alerted to a potential exposure. If this is the case, pay close attention to all official warnings and instructions via radio, television, and emergency alert systems.