



Preparing Your Home and Family for...

**Pandemic  
OUTBREAKS**

**Natural  
DISASTERS**

**Terrorist  
ATTACKS**



**Some Common Sense Suggestions on Getting Ready**

N.C. Senator Robert Pittenger, President  
[www.ncfuture.org](http://www.ncfuture.org)



## Introduction

This booklet was started long before the London Underground bombings, Hurricanes Katrina and Rita hit the Gulf Coast, or the threat of a pandemic outbreak. What those three events impressed upon us though, was the importance of being calm and prepared for some of the unexpected or unanticipated twists and turns life sometimes surprises us with. People are much less likely to panic in a crisis – and thus prevail in a bad situation – if they have a plan and have their family prepared ahead of time so that everyone knows what they need to do.

The Foundation for NC Future is a private organization that addresses issues important to our State's future – primarily improving the efficiency and fiscal accountability of North Carolina's state government and improving North Carolina's health care system. Increasingly, it is becoming obvious that emergency preparedness is a key issue that will affect North Carolina's future and impact our state's economy and its citizens. The North Carolina Division of Emergency Management assists our citizens in responding to hurricanes, terrorist threats and other crises. This booklet is intended to assist in that effort.

The Foundation for NC Future is pleased to offer this booklet as a "beginner's handbook" for dealing with sudden, unwelcome changes in our day-to-day lives. It is by no means a comprehensive guide with answers to any and all emergencies. It is, however, a good place to start. There are several websites listed at the end of the booklet that would also be great places to go for further information on the topics we are discussing as well as other related issues. An informed and prepared public can and will reduce the serious impact any city or state incurs when there is an emergency. Having as many people as possible able to sustain themselves for several days will allow the emergency personnel to direct their efforts to those in the most critical need of help. If you remember the chaos we all saw in the aftermath of Hurricane Katrina, you can appreciate the need to be prepared even more.

As a precaution, we want to remind you that we are not recommending any particular product or service and that you should never begin taking medicine without fully discussing the use with your doctor. Preparation has a way of allaying fear of the unknown. The one comment that has been emphasized by everyone threatened by nature or man-made terror is to not give into the scare tactics and to lead our lives as normally as we always have. To that end, we hope this information helps.

*N.C. Senator Robert Pittenger*

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*An electronic version of this manual is available at [www.ncfuture.org](http://www.ncfuture.org)*





# Homeland Security

January 10, 2006

## Message from the Secretary,

The recent Hurricane Season has demonstrated that each of us has a role in preparing and securing our communities from natural and man-made disasters. Active citizen preparedness is critical to preventing, protecting against, responding to, and recovering from major events.

To accomplish this mission, the Department of Homeland Security (DHS) is strengthening its ability to harness one of our Nation's most valuable and underutilized resources – our citizens. DHS is working to educate and engage our citizens through the combined efforts of the **Ready** Campaign and Citizen Corps. **Ready** is a national public service advertising campaign designed to educate and empower Americans to prepare for and respond to emergencies. Our Citizen Corps program harnesses grass roots power through state and local government to reach and motivate individuals and community leaders. The various Citizen Corps programs encourage citizens to take personal responsibility for making their communities safer, stronger and better prepared through education, training, and volunteer service.

Together **Ready** ([www.ready.gov](http://www.ready.gov)) and Citizen Corps ([www.citizen corps.gov](http://www.citizen corps.gov)) encourage the following steps for citizens to take action and be prepared for natural and man-made emergencies:

- **Prepare an emergency supply kit** – that will help sustain your family for three days during an emergency;
- **Make a family emergency plan** – before an emergency happens, decide as a family where you would go, what you would do, and how you will communicate with each other;
- **Be informed** – learn about the different emergencies that could occur where you live and their appropriate response, including local emergency plans;
- **Get involved** – in preparing your community by working with Citizen Corps and other local partners to support local emergency responders, disaster relief, and community safety.

Preparedness at all levels is critical to our national mission of protecting and safeguarding our communities and citizens. We could not succeed without the help of dedicated partners, particularly our citizens.

A handwritten signature in black ink, appearing to read "Michael Chertoff".

Michael Chertoff



## MECKLENBURG COUNTY Homeland Security Office

E. Winters Mabry, M.D.  
Director

704-336-2610

### THE CITIZEN'S ROLE IN DISASTER PREPAREDNESS

For several years, Charlotte and Mecklenburg County agencies have been working in a uniquely collaborative manner to strengthen our local disaster preparedness programs. The establishment of an All Hazards Policy Group and an All Hazards Advisory Committee has resulted in a significantly improved Preparedness Plan which has been updated on a regular basis to include "lessons learned" and "best practices" from real world events. The group has developed nationally recognized special programs and special response teams that provide mutual assistance to our surrounding county neighbors. In 2004, Charlotte was recognized by the new Department of Homeland Security to be one of 50 American cities to be at a significant risk for a terrorist attack. Charlotte is at heightened risk for several reasons. One, Charlotte is the second largest financial center in the country; we are also the only city that has two major nuclear power plants within twenty-five miles of the center of town; and finally, because we are a major transportation hub for rail and highways, we have numerous tankers of dangerous chemicals and other hazardous materials moving through the area at any time of the day or night. Charlotte/Mecklenburg County and its contiguous counties are part of an Urban Area Security Initiative (UASI), which provides millions of Federal dollars to strengthen our terrorism prevention, protection, response, and recovery programs.

The citizens of our community are an important partner in these preparedness plans. We sincerely appreciate the hundreds of volunteers who support volunteer preparedness groups, such as the Red Cross and Citizen Corps Councils and programs including Neighborhood Watch, Community Emergency Response Teams and Medical Reserve Corps. We need individuals and families to also prepare for their own personal emergency situations. There are many good sources for information, such as [www.ready.gov](http://www.ready.gov) to help create a flexible family emergency response plan. There are also many opportunities for citizens to get involved in their community, such as [www.citizencorps.gov](http://www.citizencorps.gov), a national and local effort promoting citizen preparedness and helping coordinate volunteer activities to engage everyone in hometown security. To get information specifically on North Carolina Citizen Corps opportunities, please contact Faye Stone at (919) 715-3470 or [Citizencorps@ncmail.net](mailto:Citizencorps@ncmail.net). This booklet in the Charlotte Observer also provides excellent ideas and suggestions as to how to get started. Time after time, natural disasters and major accident experiences have taught us that well prepared citizens perform much more efficiently and effectively in emergency situations. The citizens who do not take the time to become aware of threat situations and make appropriate response plans are a difficult liability in disaster response situations.

"Those who fail to prepare are preparing to fail during life threatening circumstances".

PEOPLE • PRIDE • PROGRESS • PARTNERSHIPS

600 East Fourth Street - Charlotte, North Carolina 28202-2835 - (704) 336-2472 Fax (704) 336-5887

[www.co.mecklenburg.nc.us/comanager](http://www.co.mecklenburg.nc.us/comanager)

# Homeland Security Advisory System

The Homeland Security Advisory System is a color coded system designed to warn Americans about the severity or likelihood of a terrorist threat or of an imminent natural disaster.

## THE ALERT SYSTEM IS COLOR CODED AS FOLLOWS:



In the event of a terrorist threat or possible natural disaster, the threat level will be communicated through TV, radio, newspapers, and even police and trucks with speakers on them going through neighborhoods.

# Pandemic Outbreaks

IT'S DIFFERENT THIS TIME!

**Wash your hands!**

Anyone who hasn't just been thawed out after being frozen alive in the Himalayan Mountains or been living in the International Space Station knows that Americans are subject to a potential worldwide flu pandemic. The story has been on the TV, the radio, in the newspapers and major magazines. **Wash your hands!**

It is going to be different from now on. Groups that normally don't give out false warnings are trying to warn all of us that a new and deadly strain of the "bird flu" could potentially develop. The virus strain you have heard about in the media recently is known as the "H5N1" strain and it has already claimed the lives of roughly half of its victims. This strain has only spread among birds and from birds to humans that have been in direct contact with infected birds. It is important to note that these reported deaths have occurred as a result of bird to human contact and not human to human contact. Should bird flu strains mutate and become transmissible between humans is when a potential pandemic could occur. Most of the cases have occurred in Asia – Cambodia, Thailand, Vietnam, China, Mongolia, and Indonesia – but new cases are being reported in Russia, Romania and most recently Turkey. The World Health Organization, the Red Cross, United States Department of Health and Human Services, and the Center for Disease Control have all put out major warnings about the dangers of this particular strain of flu. In fact, all of these groups are referring to this bird flu outbreak as having the potential to mutate and cause a human "world-wide pandemic" **Wash your hands!**

There have been three major flu epidemics in the 20th Century. The Spanish Flu in 1918, the Asian Flu in 1957, and the Hong Kong flu in 1968. These three epidemics in total killed more than 40 million people worldwide; each with varying degrees of severity and deaths. In fact, more Americans have died from flu epidemics in the 20th century than have been killed in all of America's wars. The cause for the major concern

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is the growing “interconnectivity” of the world. With travel to all parts of the world quicker and easier, strains of this flu can be spread around the world in a very short period of time. **Wash your hands!**

President Bush has taken the health warnings to heart this year and has committed the country to spend an initial \$7 billion on research and development and to stock up on vaccines and drugs that are proven to be effective against certain types of flu strains. It is important to note that presently there is no vaccine against the bird flu since the virus has not yet mutated to be transmittable between humans. Only after the potential mutation of the bird flu can scientists develop a vaccine. The World Health Organization’s website is quite unequivocal. It states:

- **The world may be on the brink of another pandemic**
- **All countries will be affected**
- **Widespread illness will occur**
- **Medical supplies will be inadequate**
- **Large numbers of deaths will occur**
- **Economic and social disruption will be great**
- **Every country must be prepared**
- **WHO will alert the world when the pandemic threat increases**

Dr. Bernadine Healy, former head of the American Red Cross, points out this bird flu outbreak could produce several million flu-related hospitalizations in two or three waves of 6 to 8 weeks each over an 18 month period. The US hospital system has 100,000 critical care beds available (965,000 staffed beds overall). With hospitals typically at a 90% occupancy rate or higher, any significant outbreak would quickly overwhelm our hospital system. While the severity of a pandemic outbreak of bird flu is much greater than normal flu strains, without a vaccine available hygiene and preparedness are the best antidotes in protecting yourself. **Wash your hands!**

There are two antiviral drugs approved and available in the US to treat certain flu strains: Tamiflu and Relenza. Since a human to human transfer of bird flu has not yet occurred, it is not known whether these drugs will be an effective treatment. Relenza is approved for people 7 years

or older who have not had symptoms for more than two days. Tamiflu is approved in pediatric form for children 1 year or older and in pill form for ages 13 or older who have not had symptoms for more than two days. At this point in time, the bird flu has not been able to pass from human to human but has been able to pass from bird to human and antiviral drugs have been used to treat those patients. At the time of this writing, there have been 148 confirmed cases worldwide. **Wash your hands!**

While we await to see if the bird flu virus will mutate and transfer between humans, recognition of how to avoid transmission of any flu virus is wise. Children in schools or day care and people who have to travel frequently will be more susceptible to the virus. Schools are, unfortunately, a breeding ground for picking up germs and kids are, generally, not known for diligence in hand-washing. Quite simply, that is about all you can do. Wash your hands! Other precautionary tips: Try not to touch anything before you eat; Sanitize surfaces with bleach or Lysol; If you must open a door, try and use a cloth; if someone shakes your hand before a meal, remember to wash those hands, again. Be careful to not overuse antibacterial lotions. Following significant use, the bacteria can mutate and become ineffective. The best lotions are alcohol based (ethyl alcohol – 62%, i.e. Purell), which kills all bacteria immediately. If you are on a plane, turn the nozzles on full blast for air circulation. If someone in your family comes down with the bug, consider using a medical mask to help prevent the spread of the virus.

Door knobs, faucet handles, bathrooms, grocery carts, etc., are all normally benevolent items, but don’t assume any object is benign. Also, testing has found bacteria and urine in “community” bowls of peanuts and mints found in bars and restaurants – it is best to stay away from them. While these tips may seem a little over the top, they are designed to help get you through any possible outbreak in the best health possible. Don’t become a hermit and don’t become hysterical or overprotective, but be conscious of crowds. Should any serious pandemic influenza develop, watch the news for directions from your local health department officials, and remember,

**WASH THOSE HANDS!!!!**



# NATURAL DISASTERS AND TERRORIST ATTACKS

*“If you want to be truly safe, never feel totally secure.” Benjamin Franklin*

With the heightened concerns for our families’ safety as a result of 9/11, every time a terrorist attack occurs somewhere in the world or a severe weather event breaks out, we all feel concerned and a little vulnerable. We all ask ourselves, “What can I do to protect my family a little better”. Over time, we will accumulate and make available on the Foundation for NC Future website ([www.ncfuture.org](http://www.ncfuture.org)) information and tips that may become available to provide you with “common sense” actions recognized by safety experts that we hope will better prepare you for an event we truly hope never happens.

Americans have been fortunate to never have had to incorporate the threat of a possible terrorist attack into our daily routines. We probably don’t have to do that now but what we should do is think about what would happen if something bad did happen in the Charlotte/Gaston/Union/Cabarrus region. The good news is that we have had some expert planning done on our part by our state and county officials and have a nationally recognized plan in place to help protect our area. Union and Mecklenburg, and Gaston and Cabarrus Counties are all part of an active bioterrorism surveillance system that will give us advanced warning of a disease outbreak in our area. The bad news is that our region has some target opportunities that might interest people who would like to do us harm. Charlotte is the second largest financial center in the United States. It is the only city in the country with two nuclear plants within 25 miles of downtown and an additional third plant is being planned. The region is also the hub of major regional truck and rail systems which carry significant chemicals on a daily basis.

For more information about the Foundation for NC Future and its efforts to improve government efficiency and fiscal accountability, contact us by email at [info@ncfuture.org](mailto:info@ncfuture.org) or write to us at 100 North Tryon Street, Suite B220-106, Charlotte, NC 28202-4029.

## All of the suggestions and preparations have several similar core points:

- Have a plan
- Communicate that plan to every family member
- Make some common sense preparations
- Practice the drill or plan on a regular basis so it remains fresh
- Don’t panic

Our information has been compiled from numerous sources including the Center for Disease Control, the American Red Cross, Homeland Security, and Mecklenburg County

Homeland Security. A list of websites is included at the end of the booklet if you would like more information.

## Have a Plan

Preparing you and your family for a terrorist threat or impending natural disaster all starts with a "plan". Sounds simple? It probably does at first glance. But as with any plan, success depends on how much thought and preparation go into its development. Careful planning and preparation will make your family safer.

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Here are some keys parts of creating a “plan.”

## A. Communication

Chances are high that if a terrorist act or natural disaster were to occur, much of your family would be someplace else other than your home – school, grocery store, work, church, etc. It is also a distinct possibility that phone lines would be jammed with parents calling the schools and cell phone services might also collapse because of a big surge in users trying to contact other family members. The time to prepare for such an occurrence is before something happens. A sound planning procedure might include having a “near” place close to schools, work, or home for everyone to head towards in the event of an alert. At the same time, a “far” place, perhaps with a relative or friend in another town, needs to be established in case everyone can’t meet at the original site. For each location selected there should be a list of phone numbers so that when communications are restored everyone can get back in contact. Portable hand-cranked radios that can also charge cell phones are available.

If an evacuation of a school, downtown offices, or a mall is ordered, everybody needs to know where to go. Find a place that is easy for kids to go to from school and also easy for you to pick them up. Take them to that place and tell them that is where you will try to meet them. Same concept with a husband or wife working in one of the office towers. Traffic will obviously be jammed with everyone trying to leave at the same time (remember the August blackout in New York several years ago with everyone literally walking out of the city?) so it will be hard for anyone to make any timely progress getting home.

If everybody has a contingency plan that can be put into action, precious time will be saved by knowing what to do and where to go. You are probably not going to have any great luck communicating with your family in the event of a catastrophe, so to avoid panic make sure your family knows what the plan is – *communication is the key to making your family safer.*

## B. Preparation

If your family is fortunate enough to be home or will be able to get home safely, the next step is to prepare a shelter at your home or, if that is not an option, a safe location away from your home. Most terror events (chemical and biological) would exhaust their dangers over a roughly three day period so be sure to have enough supplies on hand for at least that period of time.

### Preparing a “Ready Bag”

Every member of the family (including any pets) should have a “Ready Bag” packed with vital supplies of food, water, clothing and other essentials. In the event a “high” alert ever occurs, every family member would need to grab their bag and head to a previously designated “safe room” or a previously designated “safe spot” outside the home.

### Ready Bag (contents)

- 3 gallons of water/person / per day (at least)
- Water proof matches
- Duct tape
- Flashlight w/ extra batteries
- Clothing w/ long sleeves and pants
- 3 day supply of any medications taken regularly
- Manual can opener
- Cartridge and filter masks
- Knife or scissors
- Whistle
- Extra cash
- Candles
- Radio w/ extra batteries or portable hand-cranked radio
- Waterless hand cleanser
- Plastic garbage w/ ties (for human refuse and other garbage)
- First Aid Kit
- Vitamins
- Canned fruits
- Canned soup or pasta
- Energy bars
- Crackers
- Cereal
- Sterno
- Poncho or rain gear
- Hat or cap
- Feminine supplies
- Lysol or Clorox sprays
- Paper towels and Toilet paper
- Signal flare
- Sturdy gloves
- Blanket, pillows, or Sleeping bags
- Extra shoes and socks
- Simple tools (hammer, wrench, screwdriver, pliers, etc.)

If each family member has a “Ready Bag” similarly equipped with the above items they can quickly grab in an emergency, valuable time can



be saved. Please do not forget any necessary pet supplies if you plan on bringing your pet along.

**Note:** These ready bags should be sufficient for 3 days of supplies. A pandemic outbreak can last between 12-18 months and would involve planning from your local health agency.

### Preparing Your “Safe” Room

A “safe room” is a room inside your house where you have provisions stored that can provide food, water, and energy for up to two weeks in case of a catastrophic event. If possible, the room should have few, if any, vents or windows; be located upstairs (a good location because most poison gas and chemical weapons will be heavier than the air and will stay lower to the ground); and close to a bathroom (usually toilet facilities will still be operable in emergency situations). Listed below is a composite list of recommendations to prepare your “safe room” for maximum safety. Store foods you eat regularly and be sure to remember to include vitamins.

Store enough food for two weeks and try to include foods that require little preparation and no refrigeration. Remember the special needs of babies, toddlers, the elderly, and anyone who might be sick at the time of the emergency. For emergency cooking, you can use a fireplace, charcoal grill, or an outdoor stove as well as candle warmers, chafing dishes, and fondue pots. If you heat food in the can be sure to remove the label and never leave the flames unattended. Please note that we learned during the major ice storm several years ago that charcoal can only be used in well-ventilated places. **REMEMBER!**: "Charcoal should be used in well-ventilated places."

### Disaster Food and Water Supply Kit Examples

- Water – 3 gallons per person per day (all uses); plus water for pets
- Boxed potatoes
- Dried fruit
- Dry, crisp crackers
- Powdered milk
- Canned, condensed meat
- and vegetable soups
- Canned fruits, fruit juices, and vegetables
- Hard candy and canned nuts
- Peanut butter, Jelly
- Ready-to-eat cereals and uncooked instant cereals

- Baking powder
- Bouillon products
- Dried corn
- Dry pasta, Instant coffee, tea, and cocoa
- Soft drinks
- Vegetable oil
- Sugar and salt
- Applesauce
- Girl Scout cookies –they just seem to last forever!
- Energy bars
- Canned tuna
- Non-perishable pasteurized milk

**Note:** Bath tubs, pails, pools, etc. can be pre-filled with water and can be used for bathing or toilet functions. Also remember that your hot water heater can be disconnected and used as an additional source of potable water.

### Disaster Medical Supply Kit Examples

- 2 pairs of latex gloves per person or other sterile if you are allergic to latex
- Sterile dressings to stop any bleeding
- Cleansing agents such as waterless, anti-bacterial soap or antibiotic towelettes
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in various sizes
- Eye wash solution to flush eyes or to use as a general disinfectant
- Thermometer
- Prescribed medications
- Tube of petroleum jelly or other lubricant
- Aspirin or other pain reliever
- Anti-diarrhea medication
- Antacid Laxative
- Medicine dropper
- Extra eyeglasses or hearing aid batteries, if needed Inhalers
- Denture items
- Oxygen, if needed
- Medical insurance
- Medicare cards
- List of doctors, relatives, etc., to be notified if you are injured

### Disaster Supply Kit Examples

*(other items to have on hand)*

- Items for infants (pacifiers, diapers, formula, extra bottles, powdered milk, moist towelettes, diaper rash ointment, and medications)
- Manual can opener
- Kitchen accessories (disposable cups, plates, and utensils)
- Utility knife
- Aluminum foil
- Plastic wrap
- Re-sealable plastic bags
- Battery or hand-cranked TV or radio with extra batteries
- Battery or hand-powered flashlights and extra batteries
- Blankets or sleeping bags
- Sanitation and hygiene items; toothpaste, toothbrush, comb and

*continued on next page*

brushes, lip balm, sunscreen, shampoo, deodorant, extra contact lenses, toilet paper, hand-sanitizer, disinfectant, mid-sized plastic bucket with tight lid, household chlorine bleach) Plastic, heavy-duty garbage bags with ties (for personal sanitation)

- Paper and pen
- Whistles
- Wrench or pliers (to turn off utilities)
- Small sewing kit
- Fire extinguisher
- Games, books, etc
- Extra set of keys and personal ID's (driver's license, passport, etc.)
- Extra cash (if power is out ATM machines won't work)
- Full tank of gas (gas pumps won't work either)
- Matches and small tent
- Maps and compass
- Scissors or knives
- Signal flares
- Paper towels
- Face masks or dense-weave cotton towels or t-shirts to protect nose, eyes, or cuts
- HEPA Filter Fans (after you have sealed the room) or a portable air purifier with a HEPA Filter
- Chlorine bleach or disinfectant (in an emergency you can use chlorine bleach to purify water; use 16 drops of regular household liquid bleach per gallon of water; do not use scented, color safe, or bleaches with added cleaners)
- Copies of important family documents such as insurance policies, ID and bank account records; store in a waterproof, portable container
- Clothing – long-sleeved shirts, coats, or sweatshirts; jeans or long pants; heavy shoes or tennis shoes;

**Note:** Long-sleeves shirts and pants are preferred in case there are threats of chemical, biological or radiation situations. Same with a natural disaster where you may be exposed to flooding, cold or swampy-like conditions where bacteria and disease-carrying insects may thrive. With long-sleeves and long pants, you

can wrap the ankle and wrist areas with duct tape and help seal them off to help prevent exposure. If you are exposed, remove your clothes as quickly as is possible and shower (do not bathe as you will be contaminated water that now also has been exposed) and seal the exposed clothes in a garbage bag.

## The Room

If you are told to take shelter, do so immediately. Bring the children and pets indoors at once and close and lock all outside doors and windows to provide a tighter seal. Close the windows and blinds or curtains if there is a threat of an explosion. Turn off all heating, ventilation and air conditioning systems as well as all fans. Close the fireplace damper. Take everyone, including pets, into an interior room with as few windows as possible and close the door. Place several damp paper towels under the door to seal it. If you are instructed to seal the room, use duct tape and plastic sheeting (including heavy duty plastic garbage bags) to seal all vents, electrical outlets, windows, and cracks. If possible, pick a room that has access to a bathroom. Even when the electricity and gas utilities may be offline, the toilet and faucets should still be working. Remember to seal the bathroom as you did the "safe" room and not to drink the tap water – use it only for washing. Also include a radio with extra batteries or a hand-cranked emergency radio (available at \$49.95 + \$12 shipping. [www.21stcenturygoods.com](http://www.21stcenturygoods.com) or by calling 866-999-8422) and a hand-powered flashlight (available at [www.buyfaradayflashlight.com](http://www.buyfaradayflashlight.com) or 800-719-1437, \$19.95 + \$7.95 shipping)

## BASIC FIRST AID

If you find yourself in an emergency situation, knowledge of basic first aid can be an asset. The following tips can help you tend to injured parties. However, you may also find it useful to take a course in first aid and/or CPR. You can contact your local hospital or Red Cross chapter for information about what courses they offer.

While it is impossible to gauge what sort of injuries you may encounter during a disaster, you will want to remember to stay calm and to tend to any injuries you may have before assisting others. If you are physically able to help those in need, first check the surrounding area for any signs that you might put yourself in further danger then offer assistance. *continued on next page*

If possible, you will want to use rubber gloves when tending to the injured so that you can avoid contact with blood and/or other bodily fluids. Also be sure to wash your hands with an anti-bacterial soap each time you administer any form of first aid and always remember that if you feel the victim has life-threatening injuries, your first priority should be to call for help.

### **Bleeding**

Apply firm pressure to the wound to try and slow blood loss then clean the area with antiseptic and cover it with a sterile dressing. If the bleeding does not appear to be slowing, have the victim raise the wound above the level of their heart if at all possible. Once the bleeding appears to be under control, cover the dressing with an elastic bandage to secure it. Be sure to check the wound frequently to ensure there is no further blood loss. You will also want to monitor the victim for any signs of shock.

### **Broken Bones**

If you suspect that someone has a fracture or a broken bone, you will want to begin by immobilizing the injured body part. This will help to reduce the pain and lessen the risk of furthering the injury. Once the break or fracture is secure, have the person minimize their movements and stay as still as possible while you apply ice to prevent and reduce swelling and to keep the pain at a minimum.

### **Burns**

Begin treatment by dousing the affected area with water and continue to do so until the burning sensation has passed. Cover the burn with a gauze pad which can be secured with either medical tape or cloth. Change the dressing as needed.

### **Shock**

Elevate the legs of the victim 12 inches off the ground. Try to prevent changes in their body temperature that may worsen their condition and avoid giving them food or water.

**"OUR REGION HAS SPECIAL LOCAL RESPONDER TEAMS WITH FEDERALLY FUNDED DETECTION DEVICES TO RAPIDLY IDENTIFY MANY TYPES OF CHEMICAL, BIOLOGICAL, AND RADIOACTIVE MATERIAL."**

- DR. WYNN MABRY, DIRECTOR OF MECKLENBURG COUNTY DEPARTMENT OF HOMELAND SECURITY

## **Signs and Possible Precautions for Chemical or Biological Exposure**

THE FOLLOWING GRAPH HAS BEEN INCLUDED FOR THE SOLE PURPOSE OF INFORMING YOU THAT THERE ARE SPECIFIC ANTIDOTES AVAILABLE TO ADDRESS THE IMPACT OF CERTAIN TOXIC GASES AND CHEMICALS. A PHYSICIAN SHOULD BE CONSULTED AT ALL TIMES TO PRESCRIBE DOSAGE.

### **Biological**

Disease	Transmittable?	Incubation Period	Duration	Signs and Symptoms***
Inhalation Anthrax	No	1-6 Days	3-5 days Fatal if untreated	Fever; fatigue; cough; chest discomfort which leads to high fever; severe breathing difficulty; bluish tint to skin; sweating; shock and death if untreated

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Disease	Transmittable?	Incubation Period	Duration	Signs and Symptoms***
Pneumonic Plague	High	2-3 Days	1-6 days Usually fatal	Fever; headache; chills; sweating; joint pain; weakness leading to difficulty breathing; high-pitched breathing sounds; and bluish tint to skin
Tularemia	No	2-10 Days avg. 3-5 days	2 weeks or more	Sudden fever; chills; muscle ache; joint pain; dry cough; weakness
Smallpox	High	7-17 Days	4 weeks	High fever (above 101°- 104°) chills; stiffness; body/back ache; leading to puss-filled blisters that crust and scab
Viral Hemorrhagic Fever	Moderate	4-21 Days	Death between 7-16 days	Fever; fatigue; loss of color to face and chest; dizziness; loss of strength; exhaustion; cough; nausea; vomiting; diarrhea; constipation; abdominal pain; sensitive to light; leading to bleeding under the skin; bleeding of internal organs; bleeding from eyes, mouth, and ears; shock; confusion; seizures; coma
Botulism	No	1-5 Days	Death in 24-72 hours; will last weeks if not fatal	Double/blurred vision; drooping eyelids; slurred speech; difficulty swallowing; dry mouth; leading to: muscle weakness that begins with shoulders and moves downward; respiratory failure
Ricin	No	18-24 Hours	Days – death Within 10-12 Days if ingested	Sudden fever; cough; chest tightness; nausea; aching muscles; Leading to: throat and lungs become severely swollen; fluid builds up in lungs; difficulty in breathing; skin turns blue

## Chemical and Nerve Agents

Chemical	Odor	Color	Onset	Exposure	Weight of Agent	Signs and Symptoms
<b>Nerve Agents</b>						
Sarin, Tabun Vx	None-to Vicks Vapor Rub	Colorless to Amber liquid	Immediate to 18 hours	Skin, eating, breathing, drinking	Will sink to low ground	Runny nose; small pupils; difficulty breathing, sudden loss of consciousness; convulsions; drooling; no breathing
Chlorine; Chlorine Phosgene, Ammonia, Nitrogen Oxide	Chlorine	Colorless	Immediate	Skin, eyes, mouth	Will sink to low ground	Coughing; swelling; chest tightness; burning pain in mouth/throat; tearing; intestinal pain; nausea; vomiting
<b>Chemical Agents</b>						
Blood Agents (Cyanide)	Bitter almond Peach Kernels	Colorless	Several minutes	Skin, nose, mouth	Will rise up	Skin; nose; Will rise up Skin & lips turn red; rapid breathing; rapid heart rate and pain; weakness in fingers & toes; dim vision; dizziness; vomiting; loss of consciousness; convulsions; heart and lung failure

\*\*\*Note: Virtually all of the above information has been taken from the Center for Disease Control (CDC) Website

## Suggested Antidotes for Chemical and Biological Poisoning

Chemical Weapon	Suggestion
Antidotes Weapon	Antidote
Chlorine	Sodium
Phosgene	Bicarbonate
Ammonia	Albuterol
Nitrogen Oxide	Calcium
Cyanide	Na (Sodium) Nitrite
	Na (Sodium) Thiosulfate
Sarin	Pralidoxime and Atropine
Tabun	Benzodiazepine



**Note:** During World War 1, there were instances of chlorine gas poisoning on the battlefields. In one situation, the Canadians survived the German chlorine gas onslaught by breathing through towels soaked with urine. The urine actually neutralized the chlorine. This might be a “tough sale” in normal times, but in a crisis it may save your lives.

*continued on next page*

**Biological Weapon  
Antidotes Weapon**

**Suggestion  
Antidote**

Anthrax _____	Ciprofloxacin
Botulism _____	Botulism Antitoxin (equine)
Plague (contagious) —	Gentamicin and Doxycycline
Smallpox _____ (contagious)	Cidofovir
Tularemia _____	Gentamicin and Doxycycline
Viral Hemorrhagic _____ Fevers (Ebola)	Ribovirin
Cholera _____	Doxycycline and Ciprofloxacin

**Additional Note:** Any use of any medicine should not be taken without an in-depth consultation with your physician!! In general, crisis response officials do not suggest stockpiling of antidotes by individuals. The Centers

for Disease Control has stockpiled vaccines and antibiotics strategically around the country that can be released upon request by state or federal officials. The best advice – and advice that is almost universally suggested – is that families have a plan and communicate that plan with their family members. By having a plan, panic will be reduced and that will be one of the greatest contributions any of us can make to our collective safety.

Water supplies are generally thought to be safe and are monitored daily. In the event of an attack or natural disaster, please listen to local officials via radio, TV, or the Internet and follow their instructions.

*Be smart; be alert; be vigilant...and remember the Boy Scout motto: "Be Prepared!"*

Friday September 30, 2005

## Chemical -Biological Agents Fact Sheet

### U.S. Department of State Bureau of Consular Affairs

The recent terrorist threats and confirmed cases of exposure to anthrax have caused an increase in anxiety over the possibility of attacks using chemical and biological agents (CBA.) Currently, the method of delivery of anthrax has been by letter or package. While the risk of such attacks is limited, it cannot be excluded. As always, the Department will promptly share with American citizens overseas any credible information about threats to their safety. Americans should stay informed and be prepared for any eventuality.

In 1999, the Department of Defense announced its intention to commence the Family and Force Protection Initiative (FFPI) in order to provide enhanced protection to the dependents of U.S. military service members and to civilian Department of

Defense (DOD) employees and their families. This program was first implemented for U.S. Forces Korea.

The Department of State has had a chemical and biological countermeasure program since 1998, when it began to deploy chemical antidotes and antibiotics to selected posts abroad. While we have no information to indicate there is an imminent threat from use of anthrax or other biological agents as a weapon against our overseas missions at this time, the Department is expanding its countermeasure program. As a precaution, the Department requested our missions overseas to stock a three-day supply of the antibiotic ciprofloxacin for all individuals who work in or frequent the missions.

This small supply of ciprofloxacin is being pre-positioned to ensure rapid access to this protective antibiotic for our employees in case of an anthrax exposure



in an overseas USG facility and would allow the mission sufficient time to provide access to care for all individuals exposed while securing additional supplies of antibiotics. Once an exposure is suspected, all individuals who had been exposed in our workplace would be provided antibiotics pending a full investigation of the exposure. This would include any private American citizen present in the facility at the time of exposure.

Again, if the Department becomes aware of any specific and credible threat to the safety and security of American citizens abroad, that information will be provided to them promptly.

Exposures to CBA that occur outside U.S. Government facilities would require the involvement

of local public health authorities who would provide information and if necessary, protective antibiotics to the general public. Ciprofloxacin and other antibiotics effective against anthrax, including doxycycline and amoxicillin are available with a prescription in most pharmacies throughout the world.

The Centers for Disease Control and Prevention (CDC) is the lead government agency on infectious diseases, including chemical/biological agents (CBA). For detailed information on CBA, including anthrax, inquirers are referred to the CDC Internet home page at <http://www.cdc.gov>. The CDC's international travelers hotline telephone number is 1-877-FYI-TRIP (1-877-394-8747); FAX: 1-888-CDC-FAXX (1-888-232-3299).

As always, American citizens should review their own personal security situations and take those precautions they deem appropriate to ensure their well-being.

### Some general information on chemical-biological agents (CBA) follows:

- A.** Biological agents can be dispersed by an aerosol spray which must be inhaled. However, these agents can also be used to contaminate food, water and other products. Attention to basic food hygiene when traveling abroad is very important.
- B.** Some chemical agents may be volatile--evaporating rapidly to form clouds of agent. Others may be persistent. These agents may act directly on the skin, lungs, eyes, respiratory tract or be absorbed through your skin and lungs causing injury. Choking and nerve agents damage the soft tissue in these organs.
- C.** When properly used, appropriate masks are effective protection to prevent the inhalation of either biological or chemical agents; however this assumes an adequate warning. Gas masks alone do not protect against agents that act through skin absorption. Those who wish to acquire protective equipment for personal use should contact commercial vendors.
- D.** There is an incubation period after exposure to biological agents. It is essential that you seek appropriate care for illnesses acquired while traveling abroad to assure prompt diagnosis and treatment.
- E.** One of the biological agents is the spore-forming bacterium that causes Anthrax, an acute infectious disease. It should be noted, however, that effective dispersal of the Anthrax bacteria is difficult.

Anthrax is treatable if that treatment is initiated promptly after exposure. The post-exposure treatment consists of certain antibiotics administered in combination with the vaccine.

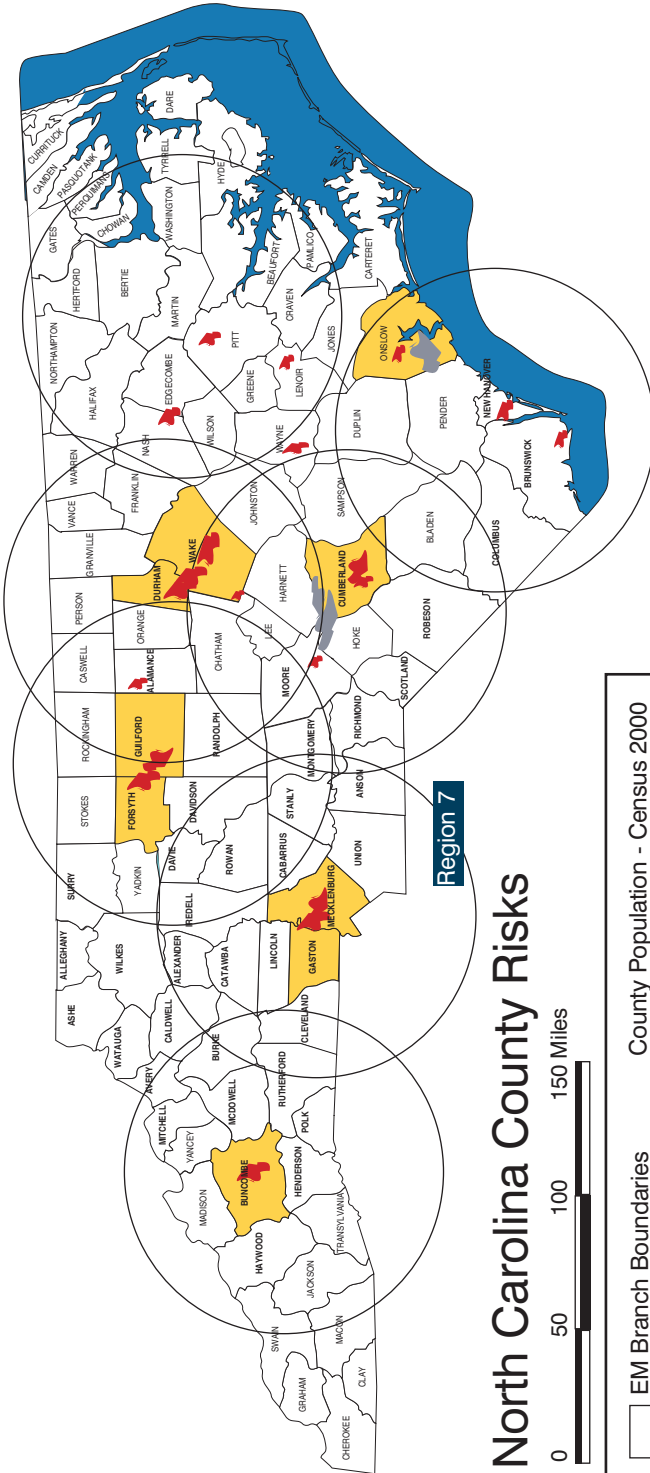
An anthrax vaccine that confers protective immunity does exist, but is not readily available to private parties. Efficacy and safety of use of this vaccine for persons under 18 or over 65 and pregnant women have not been determined.

The anthrax vaccine is produced exclusively by Bioport under contract to the Department of Defense. Virtually all vaccine produced in the United States is under Defense Department contract primarily for military use and a small number of other official government uses.

For additional information, please consult your health care provider or local health authority.

October 2001

# North Carolina Regional Risks— “Clear and Present Danger”



## North Carolina County Risks



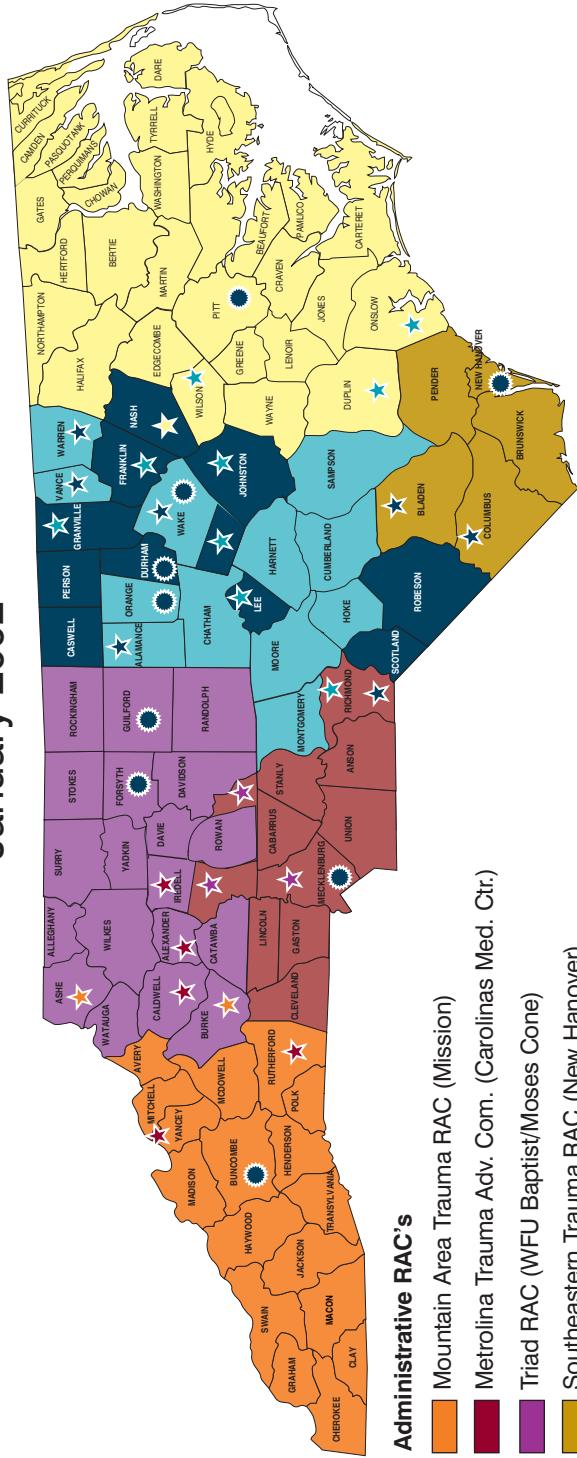
	EM Branch Boundaries
	Cities
	Military Bases
	60-Miles RRT Zones
County Population - Census 2000	
	300,000 +
	150,000 - 300,000
	100,000 - 150,000
	1 - 100,000

### North Carolina Region 7

Mecklenburg	Rowan	Catawba
Iredell	Cleveland	Lincoln
Anson	Gaston	Union
Cabarrus	Stanley	Alexander

# Regional Advisory Committees (RACs)

January 2002



## Administrative RAC's

- Mountain Area Trauma RAC (Mission)
- Metrolina Trauma Adv. Com. (Carolinas Med. Ctr.)
- Triad RAC (WFU Baptist/Moses Cone)
- Southeastern Trauma RAC (New Hanover)
- Eastern RAC (Pitt)
- Duke RAC (Duke)
- MidCarolina Trauma RAC (UNC/WakeMed)

☆ Indicates selection of a secondary RAC, The star color matches the RAC as noted in the legend above.  
 ☀ Indicates a Level I or II Trauma Center

## Region 7 Communication and Collaboration

RAC – Metrolina Trauma Advisory Committee  
 Public Health Regional Surveillance System (PHRSS)  
 Hazardous Material Regional Response Team (RR7T)  
 Urban Search and Rescue Regional Training center (USAR)

**FOR ADDITIONAL INFORMATION:**

- American Red Cross – [www.redcross.org](http://www.redcross.org)
- Center for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
- U.S. Department of Homeland Security [www.ready.gov](http://www.ready.gov)
- National Poison Control Center  
1-800-222-1222
- American Academy of Pediatrics [www.aap.org/terrorism/index/html](http://www.aap.org/terrorism/index/html)  
(information on how to help children cope with a disaster)
- Disaster News Network [www.disasternews.net](http://www.disasternews.net)  
(tips on how to plan for all types of emergencies)
- Disaster Relief – [www.disasterrelief.org](http://www.disasterrelief.org)  
(section on preparedness)
- Emergency Service Professionals [www.emergency.com](http://www.emergency.com)  
(news service for emergency professionals)
- Federal Emergency Management Agency [www.fema.gov](http://www.fema.gov)
- National Weather Service [www.nwsnoaa.gov](http://www.nwsnoaa.gov)
- National Securities Institute – [www.nsi.org](http://www.nsi.org)  
(latest travel advisories)

- Weather Channel – [www.weather.com](http://www.weather.com)
- Memorial Institute for the Prevention of Terrorism – [www.mipt.org](http://www.mipt.org)
- Citizen Corps – [www.citizencorps.gov](http://www.citizencorps.gov)
- U.S. Department of Health and Human Services – [www.pandemicflu.gov](http://www.pandemicflu.gov)
- Foundation for NC Future - [www.ncfuture.org](http://www.ncfuture.org)
- Mecklenburg County Health and Homeland Security Director, USAF (retired) Dr. E. Winters Mabry [mabryew@co.mecklenburg.nc.us](mailto:mabryew@co.mecklenburg.nc.us)  
(704) 432-3199
- Gaston County Department of Homeland Security  
Jim Pharr – 704-866-3265
- Cabarrus County Emergency Management  
704-920-2143
- Union County Department of Homeland Security – Pat Beekman – 704-292-2670
- Duke Power - 1-800-POWERON  
(1-800-769-3766) (Power Outages)
- SCANA – 1-877-776-2427 (Gas Leaks)
- Piedmont Natural Gas - 704-525-3882  
(Gas Leaks)

**IN CASE OF AN EMERGENCY – Family Medical Information**

Name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Medications: \_\_\_\_\_  
\_\_\_\_\_

Prescription #'s \_\_\_\_\_  
\_\_\_\_\_

Pharmacy Phone # \_\_\_\_\_

Allergies: \_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Medications: \_\_\_\_\_  
\_\_\_\_\_

Prescription #'s \_\_\_\_\_  
\_\_\_\_\_

Pharmacy Phone # \_\_\_\_\_

Allergies: \_\_\_\_\_  
\_\_\_\_\_

## SPECIAL THANKS TO:

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- Dr. Steven Hawes, Infectious Disease Specialist
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- Wyoming Department of Homeland Security
- Dr. Ada M. Fisher
- Gov. Jim Martin
- Congresswoman Sue Myrick
- Dr. William Current
- Dr. James Forrester
- Senator Eddie Goodall
- Senator Fletcher Hartsell
- Mr. Stan Campbell - Research
- Mr. Graham Long – Public Policy Assistant, Sen. Robert Pittenger
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- WSOC-TV
- Charlotte.com
- Time Warner News 14
- The Charlotte Observer
- The Independent Tribune
- The Gaston Gazette
- The Enquirer Journal
- The Matthews News & Record
- La Noticia

You are invited to watch **“It’s Your State, It’s Your Money”**, hosted by N.C. Senator Robert Pittenger, which presents issues relevant to you and to our region.

Every TUESDAY on the following channels: Mecklenburg County – Time Warner Cable Channel 21 at 7:30pm North Mecklenburg County – Adelphia Cable Channel 25 at 7:30pm Gaston County – Time Warner Cable Channel 9 at 7:30pm Union County – Time Warner Cable Channel 9 at 7:30pm or Channel 21 in Weddington at 7:30pm

## FOR MORE INFORMATION

To receive updated information regarding personal preparedness and current reports regarding State of North Carolina policies affecting your life, please forward the information as noted to:

Foundation for NC Future, 100 North Tryon Street, Suite B220-106, Charlotte, NC 28202-4029 or email at [info@ncfuture.org](mailto:info@ncfuture.org).

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Foundation for NC Future would like to acknowledge our sponsors for their generous support to print and distribute this personal preparedness manual.



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