

# CONTENTS

Dedication & Disclaimer	.ii
Revenue sharing ideas using this Public Private Partnership tool	.iii
Introduction	.iv
Disaster Facts & Figures	.1
General Facts & Figures on Disasters	.2
Facts & Figures by Type of Disaster	.3

## **Section 1 - Family Emergency Plan, Kits & Shelter . . . . .7**

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

## **Section 2 – Disaster Preparedness & Prevention . . . . .25**

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

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

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

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

Heart Attack	188
Cardiac Arrest (Giving CPR)	189
Heat-Related Illnesses	193
Heat Exhaustion	193
Heat Stroke	193
Infection	195
Infectious Diseases	196
Influenza (flu - seasonal, avian, H1N1, etc.)	196
Ebola virus	197
MERS (Middle Eastern Respiratory Syndrome)	197
C. diff (Clostridium difficile or C. difficile)	197
Staph (staphylococcus aureus & MRSA)	198
How Infectious Diseases Spread	199
Reducing the Spread of Infectious Diseases	199
For More Information about Infectious Diseases	199
Poisoning	200
Poison - Absorbed through the Skin	200
Poison - Inhaled by Breathing	201
Poison - Poisonous Plants	201
Poison - Swallowed	205
Shock	206
Stroke	207
Tooth Injuries	208

**Section 4 - Emergency Contact Names & Numbers . . . . .209**

About the Red Cross (American, Canadian, Mexican & Intl)	210
About the Salvation Army (American, Canadian, Mexican & Intl)	211
About the Federal Emergency Management Agency (FEMA)	212
FEMA Partners	212
Local Emergency Management Agencies	212
State and Territory Emergency Management Agencies	212
National Emergency Management Organizations	216
Federal-level Partners	216
Partnerships with the Private Sector	217
National Response Framework	217
About Public Safety Canada	218
Partner Agencies	218
Emergency Preparedness in Canada	218
Provincial & Territorial Emergency Management Orgs	219
For More Information about Public Safety Canada	220
APPENDIX A - Citizen Corps / CERT (Volunteer Programs)	221
What is Citizen Corps?	221

Citizen Corps Programs & Partners . . . . .	221
Community Emergency Response Teams (CERT) . . . . .	221
Fire Corps . . . . .	221
Medical Reserve Corps (MRC) . . . . .	221
Neighborhood Watch . . . . .	222
Volunteers in Police Service (VIPS) . . . . .	222
Affiliate Programs & Organizations . . . . .	222
More About CERT . . . . .	223
For More Information about Citizen Corps & CERT . . . . .	223
APPENDIX B - Business Continuity (Plan for the Unexpected) . . . . .	224
What is Business Continuity? . . . . .	224
Tips on Developing Your Business Plan . . . . .	224
Tips on Protecting Your Business . . . . .	228
Additional Business Continuity Resources . . . . .	231
APPENDIX C - School Safety Resources (Tools for Schools) . . . . .	233
APPENDIX D - Active Shooter Preparedness (How to Respond) . . . . .	235
End Notes . . . . .	238
Resources . . . . .	238
Additional Resources & Web Sites . . . . .	245
Index . . . . .	246

Copyright © 1999-2017 by W. L. (Bill) and Janet Liebsch. All rights reserved. Unauthorized reproduction in any manner (electronic, photocopying, recording or otherwise) is prohibited without the prior written permission of the authors (but we're easy ~ please call!)

Published by Fedhealth • [www.fedhealth.net](http://www.fedhealth.net) • [www.itsadisaster.net](http://www.itsadisaster.net)

Printed in the U.S.A.

Prepress by Jeremy Wesanen

Printed by CDS (an RR Donnelley Company) • [www.cdspubs.com](http://www.cdspubs.com)

5th Edition: August 2009 (Revised June 2016)

paperback ISBN 978-1-930131-25-5

ebook ISBN 978-1-930131-26-2

Library of Congress Catalog Card Number: 2006938576

## DEDICATION

*This manual is dedicated to Volunteers all around the world who give their heart, soul, energy, and time unselfishly for the betterment of our society.  
Thank you.*

## ABOUT THE AUTHORS

Bill and Janet Liebsch are the founders of Fedhealth, a publishing and marketing company formed in 1999 to help the public focus on preparedness and health-related issues. They are dedicated to developing and marketing collaborative programs that primarily benefit First Responders, schools, and volunteers. Fedhealth's books and ebooks are continually updated on preparedness and safety-related topics. To order additional copies and to learn about fundraising programs and free customization, visit [www.fedhealth.net](http://www.fedhealth.net)

## DISCLAIMER

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