

UNIVERSITY OF SOUTH FLORIDA

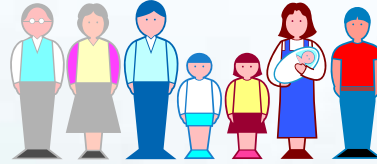


**Bioreadiness Plans for Protecting
Family & Home**



**USF Center for
Biological Defense**
www.bt.usf.edu

Creating a Family Plan

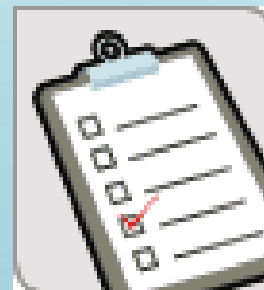
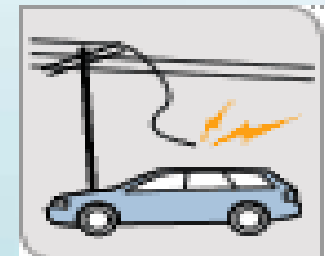
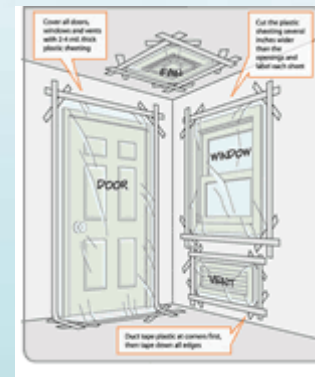


- Family may not be together when disaster strikes
- Plan what to do *NOW*
- Review this with family



Components of Family Plan

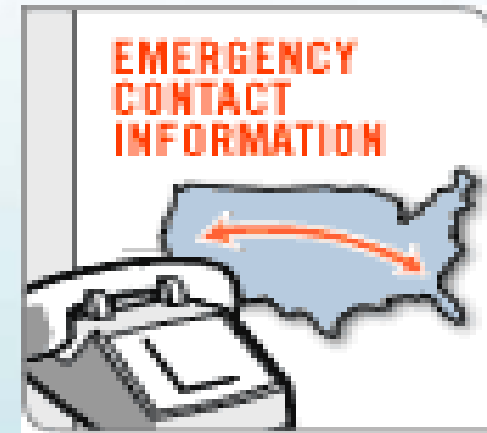
- Communication
- Staying or going
- Shelter-in-Place
- Making A Kit
- A Biological Threat
- Resources



Communication

Choose **2** places to meet:

- One in front of/inside your *home*
- One *outside neighborhood* if you cannot return home. All must know the address & phone number.



Need Out-of-State “Family Contact”

- Easier to call *out-of-state* than locally after disaster
- *All must know* contact’s numbers & call in emergency
- Make sure family members have *coins* or *emergency phone cards*

Family Communications Plan

- Review 2-page hand-out “*Family Communications Plan*”
- *Every family member* needs to carry copy of contact numbers



The image shows a thumbnail of a two-page handout titled "Family Communications Plan" from the University of South Florida (USF) Health. The form is designed to help families create a communication plan for emergencies. It includes sections for:

- Emergency Contact Information:** Fields for Name, Address, Phone Number, and Email for each family member.
- Out-of-State Contact Information:** Fields for Name, Address, Phone Number, and Email for family members living out of state.
- Emergency Services:** Fields for Name, Address, Phone Number, and Email for emergency services providers.
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At the bottom, there is a table for "Emergency Services" with columns for "Name", "Address", "Phone Number", and "Email".

How to Get Emergency Information

- Find out kinds of disasters most likely to occur in your area & how you will be notified. Methods of getting your attention may vary:
 - *Broadcasts* via emergency radio or TV broadcasts.
 - A special *siren*, a *telephone call*, or *emergency workers* may go door-to-door
 - *Internet*



Emergency Plans

- Inquire about **emergency plans** at work, daycare and school.
- If no plans exist, consider **volunteering** to help create one.
- Talk to your **neighbors** about how you can work together in the event of an emergency.
- For more information, see ["Family Disaster Planning"](#) from [American Red Cross](#)

Deciding to Stay or Go...

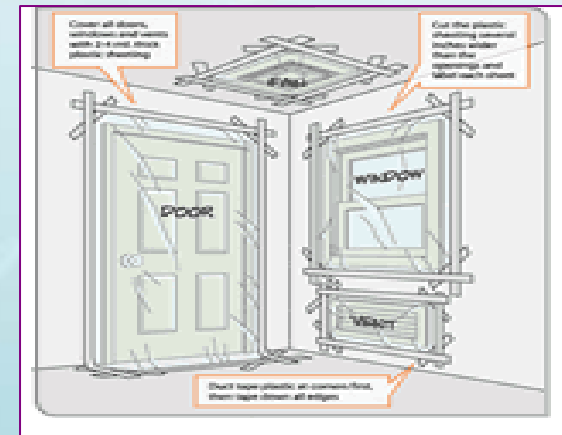
- Understand & *plan for both possibilities*
- Use *common sense & available information* to determine immediate danger
- Continue to *monitor TV or radio news* for information or official instructions
- If *you're specifically told to evacuate* or seek medical treatment, do so immediately

Staying Put

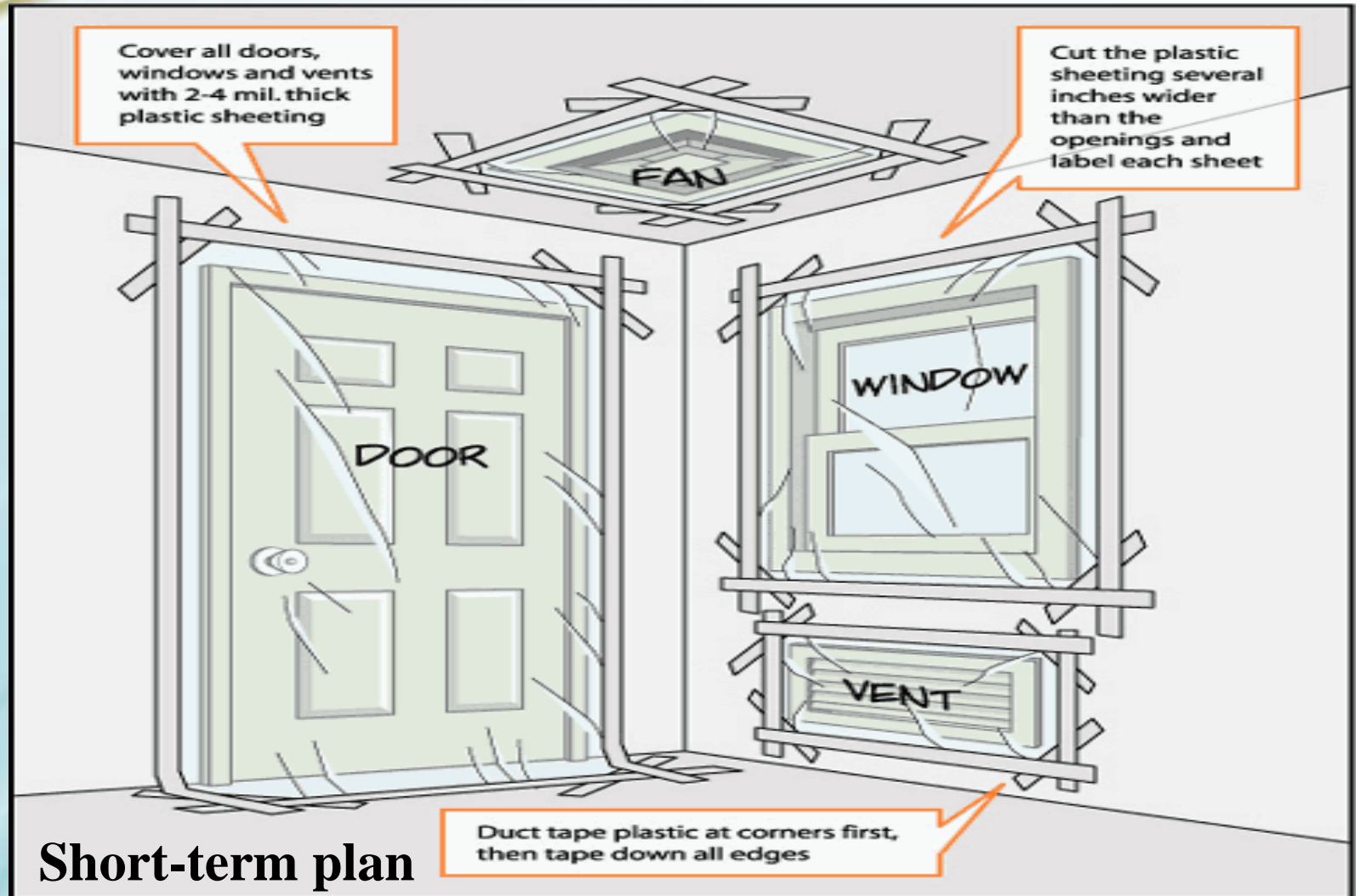
- Some situations when it's **simply best to stay where you are** & avoid uncertainty outside.
- Other circumstances when "**shelter-in-place**" is a matter of survival. Create a barrier between yourself & potentially contaminated air outside.
- **Use available information** to assess the situation:
 - If ↑ amounts of debris in air,
 - Or if local authorities say the air is badly contaminated

Shelter-in-Place Steps

- Family & pets inside
- Lock doors, close windows, vents, fireplace damper
- Turns off fans, AC, forced air heating
- Emergency kit
- Go to pre-selected interior room
- Seals all windows, doors, vents with plastic sheeting & duct tape (pre-cut)
- Improvise to seal gaps
- Listen to news sources



Chemical, possibly biological



Getting Away

- May be conditions under which you will *decide* to get away, or when you *are ordered to leave*
- **Plan** how you will assemble your family & anticipate where you will go
- Choose several destinations in different directions so you have *options* in an emergency

Create an Evacuation Plan

- Plan *places where your family will meet*, both within & outside immediate neighborhood
- Keep *half tank of gas* in car at all times
- Become familiar with *alternate routes* & other means of transportation out of your area
- If you do not have a car, plan how you will leave
- Take *emergency supply kit* unless contaminated
- *Lock the door* behind you
- *Take your pets* with you

If time allows:

- Call/e-mail emergency contact & tell them where you are going
- If damage to your home & so instructed, *shut off water, gas & electricity* before leaving
- *Leave a note* telling others when you left & where you are going
- Check with neighbors who need a ride

Learn how & when to turn off utilities:

- Locate the electric, gas & water **shut-off valves**
- Keep necessary **tools** near shut-off valves
- **Teach family members** how to turn off
- If you turn the gas off, a professional must turn it back on. *Do not attempt to do this yourself .*

Plan for your Pets

- Pets should *not be left behind*, but only service animals may be permitted in public shelters.
- *Plan* how you will care for your pets in an emergency.
- *Store extra food*, water & supplies for your pet.



At Work & School

- Schools, daycare providers, workplaces, neighborhoods & apartment buildings should all have *site-specific emergency plans*
- Ask about **plans** where your family spends the most time: work, school & other places you frequent
- If none exist, consider volunteering to help develop one.
- For more information on working together visit [Citizen Corps](#).

Schools & Daycare

- If you are a parent, or guardian of elderly or disabled adult, make sure schools & daycare providers have **emergency response plans**.
 - Ask how they will communicate with families during a crisis.
 - Ask if they store adequate food, water & other basic supplies.
 - Find out if they are prepared to "shelter-in-place" if need be, & where they plan to go if they must get away.

School Emergency Plans

- For more information on developing emergency preparedness plans for schools, please visit the U.S. Department of Education at <http://www.ed.gov/emergencyplan>



Neighborhoods

- *Talk to neighbors* about working together in emergency
- *Who* has generators, medical knowledge?
- *Who* will check on elderly, disabled in emergency?
- Make *back-up plans for children* if you can't get home in emergency
- *Share plans in advance*

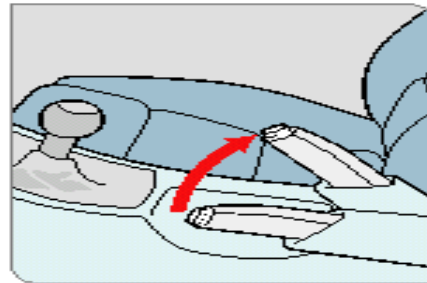
In a Moving Vehicle

- If *difficult to control the vehicle*, pull over, stop the car & set parking brake.
- *Avoid* overpasses, bridges, power lines, signs & other hazards.
- If power line falls on car, you are at risk of *electrical shock*, stay inside until a trained person removes the wire.
- *Listen* for information/instructions as they become available.

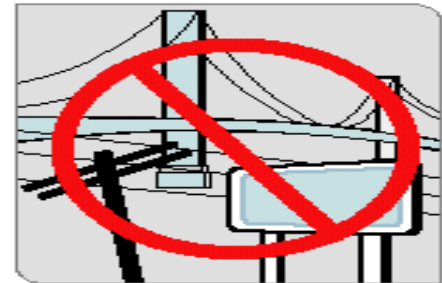
MAKE A PLAN IN A MOVING VEHICLE



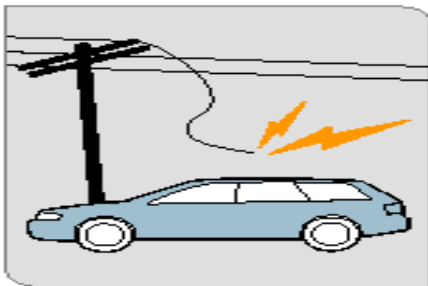
1. Use available information to evaluate the situation. If there is an explosion or other factor that makes it difficult to control the vehicle, pull over.



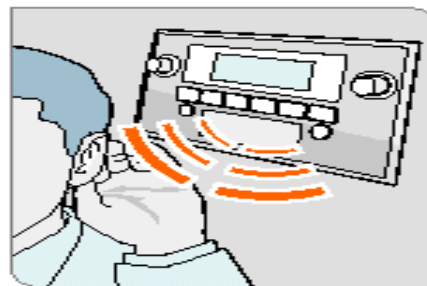
2. Stop the car, and set the parking brake.



3. If the emergency could impact the physical stability of the roadway, avoid overpasses, bridges, power lines, signs, and other hazards.



4. If a power line falls on your car you are at risk of electrical shock. Stay inside the vehicle until a trained person removes the wire.



5. As with any emergency, local authorities may not immediately be able to provide information on what is happening and what you should do. However, listen to the radio for information

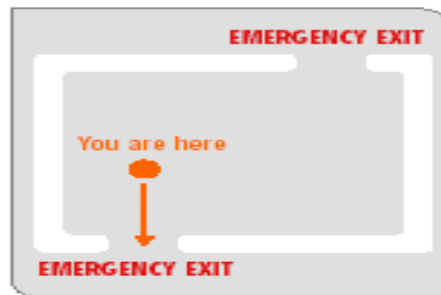
In A High-Rise Building

- Note *closest emergency exit* & another way out if first choice blocked
- *Take cover* against a desk or table if things are falling
- *Move away from things that might fall*, e.g., file cabinets, bookshelves
- Face *away from windows & glass, and exterior walls*

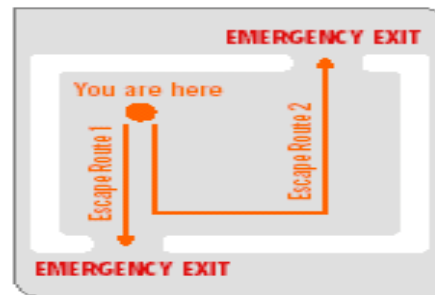
In A High-Rise Building

- *Decide*: Get away, stay put, shelter in place
- Listen for *instructions*
- Do not use elevators
- Take *emergency kit* unless contaminated
- On stairways, *keep to right while going down stairwells* to allow emergency workers to come up

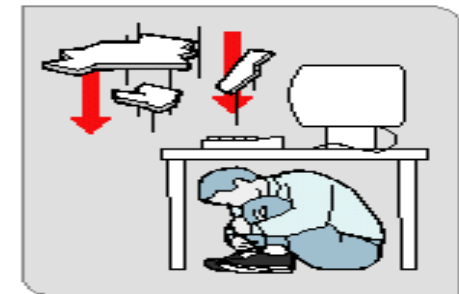
MAKE A PLAN IN A HIGH-RISE BUILDING



1. Use available information to evaluate the situation. Note where the closest emergency exit is.



2. Be sure you know another way out of the building in case your first choice is blocked.



3. Take cover against a desk or table if things are falling.



4. Move away from file cabinets, bookshelves or other things that might fall.

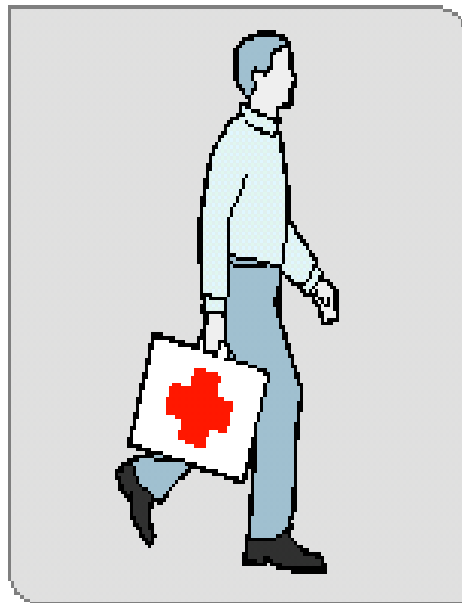


5. Face away from windows and glass. Move away from exterior walls.

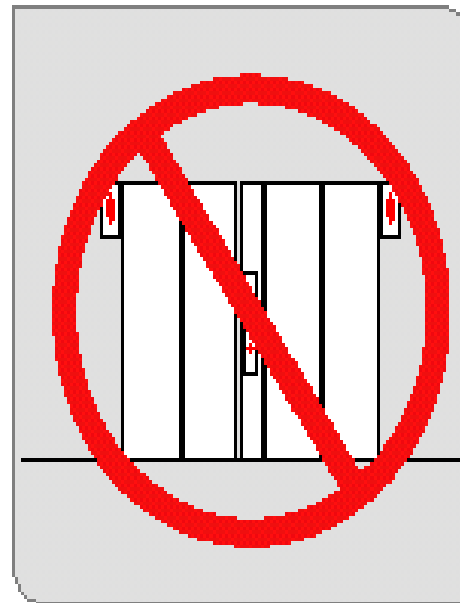


6. Determine if you should stay put, "shelter-in-place" or get away. Listen for and follow instructions from authorities.

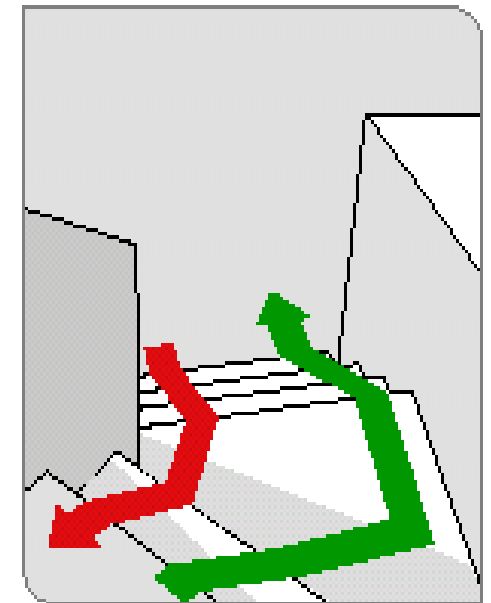
MAKE A PLAN
IN A HIGH-RISE BUILDING



7. Take your emergency supply kit, unless there is reason to believe it has been contaminated.



8. Do not use elevators.



9. Stay to the right while going down stairwells to allow emergency workers to come up the stairs into the building.

Make a Kit of Emergency Supplies

- Water & food
- Supplies Checklist
- Clean Air
- Special Needs Items
- First Aid Kit



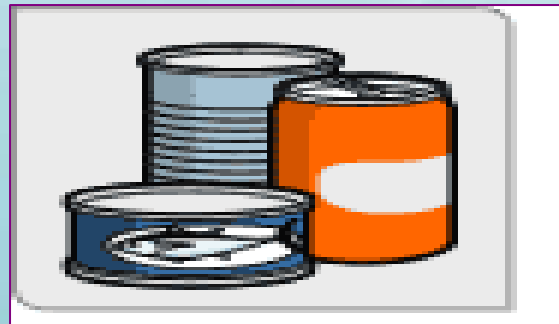
Water

- 1 gallon of water /person/per day, for drinking & sanitation
- Children, nursing mothers, & sick people may need ↑
- If in warm weather climate may need ↑
- *Store tightly* in clean plastic containers e.g., soft drink bottles
- Keep *at least a 3-day* supply of water per person



Food

- Store *at least* a 3-day supply of non-perishable food
- Select foods that require *no refrigeration*, preparation or cooking & ↓ or no water
- *Manual can opener* & eating utensils
- Choose foods *your family will eat*



What Will Your Family Eat?

- Ready-to-eat canned meats, fruits & vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts & Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods



Basic Supplies



- **Flashlight & extra batteries**
- **Battery powered radio & extra batteries**
- **Plastic garbage bags, ties, & TP for personal sanitation**
- **First aid kit**
- **Map of area for evacuation/shelters**
- **A whistle to signal for help**
- **Moist towelettes**

Other Supplies

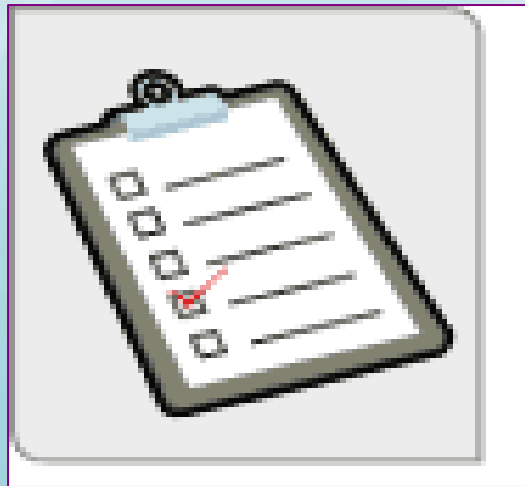
- **Clothing & bedding** (1 change of clothes each, sturdy shoes, hat)
- **Tools** (fire extinguisher, pliers, compass, signal flares, shut-off wrench)
- **Sanitation** (TP, plastic bucket with lid, bleach)
- **Family documents** (insurance, ID)

What about Duct Tape & Plastic Sheeting?



Supply Resources

- For more information on **supplies**, see ["Your Family Disaster Supply Kit"](#) from [American Red Cross](#) and [Federal Emergency Management Agency](#).



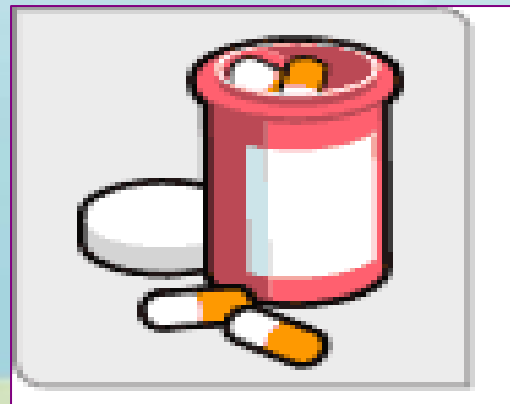
Special Needs Items

- **Infants** (formula, diapers, powdered milk, diaper rash ointment)
- **Adults** (Rx, eyeglasses)
- **Seniors** (hearing aid batteries, contacts)
- **Persons with disabilities** (medical alert tag, support network)



Special Needs Resources

- For more information on **special needs**, see [Disaster Preparedness For People With Disabilities](#) from [FEMA](#), and [Disaster Preparedness for Seniors by Seniors](#) from the [Red Cross](#).



First Aid Kit

- **Necessities**
- **Useful Items**
- **Non-prescription drugs**

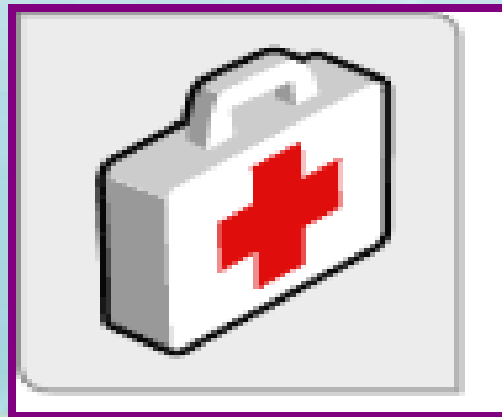


Necessities

- **2 pairs of Latex, or other sterile gloves**
- **Sterile dressings to stop bleeding**
- **Cleansing agent/ soap & antibiotic towelettes**
- **Antibiotic ointment**
- **Burn ointment**
- **Band-aids**
- **Eye wash solution**
- **Thermometer**
- **Prescription meds**
- **Prescribed medical supplies**

Useful Items

- **Cell Phone**
- **Scissors**
- **Tweezers**
- **Tube of petroleum jelly or other lubricant**



Non-prescription Drugs

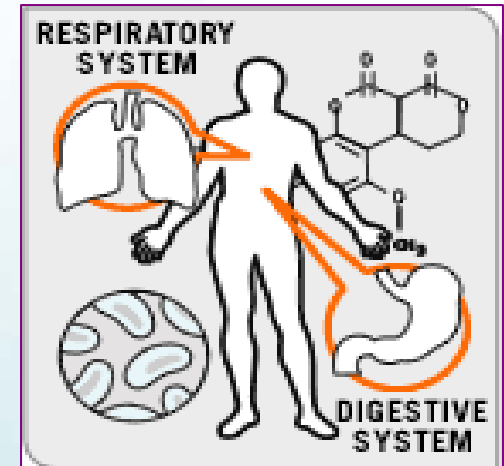
- Potassium Iodide (Read more: [Nuclear Blast](#))
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

What should be in disaster supply kit

- ***Water*** (at least one gallon /person/day)
- ***Food*** – non-perishable, enough for 3 days
 - Non-electric can opener
 - Utensils
- ***Special items*** for babies, elderly
- ***First Aid kit*** – Medicines
- Gas in car
- Tools, bedding, extra clothes

Is There a Biological Threat

- **Aerosol release most likely**
- **Contaminated water /food**
- **May not be immediately obvious**
- **Most likely will be detected by healthcare workers**
- **May be alerted through emergency radio or TV broadcast**



Important Information...

- Are you in group/area authorities consider *dangerous*?
- What are *signs & symptoms* of disease?
- Are *medications/vaccines* being administered? Where? To whom?
- Where should you *seek emergency medical care* if sick?

If Unusual/Suspicious Substance

- **Quickly get away**
- **Cover nose & mouth**
- **Wash with soap & water**
- **Contact authorities**
- **Watch official news**
- **Seek medical care if ill**



Protect Yourself...

- Not one masking solution for all cases
- Make sure **mask fits snugly** over face & mouth
- Can use **dense-weave cotton materials** (e.g., t-shirts, towels, handkerchiefs)
- **Use 2-3 layers**



USF

HI

During Declared Bio-event



- If family member becomes sick, important to be suspicious. *Do not assume* any illness is result of the biological attack.
- Symptoms of many common illnesses may overlap. Use common sense, good hygiene to avoid spreading germs, & seek medical advice.
- Consider if you are in the danger group/area.
- If your symptoms match those described & you are in group considered at risk, *immediately seek emergency medical attention.*

If Potentially Exposed...

- ***Follow instructions*** of doctors & other public health officials
- If disease ***contagious***, expect medical evaluation, treatment & possibly quarantine
- If ***not contagious***, expect medical evaluation & treatment



Should You Stockpile Antibiotics?

- Specific **drug must match the illness** to be effective
- Some cause **side effects (serious)**
- Taking before exposure will not prevent disease

Bottom line...DON'T

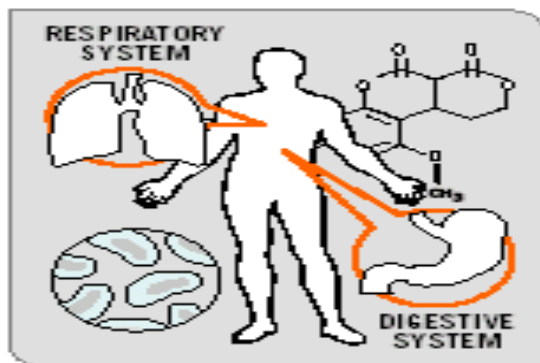


Ciprofloxacin, Penicillin and Doxycycline

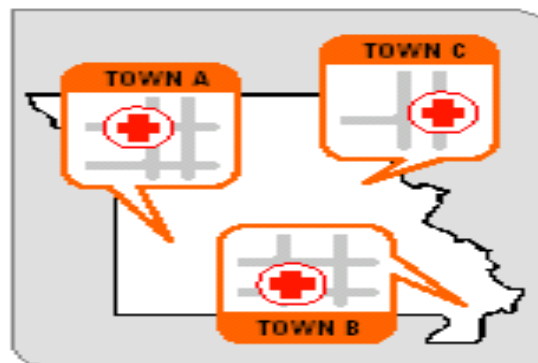
What to Do

- Be alert for *suspicious substances/activities* & leave ASAP if noted
- Use *masks or other materials* to cover nose & mouth
- *Wash hands* with soap & water
- *Limit contact* with contaminated clothing
- Keep listening for *official news*

BE INFORMED BIOLOGICAL THREAT



1. A biological attack is the release of germs or other biological substances. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents can cause contagious diseases, others do not.



2. A biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack it is perhaps more likely that local health care workers will report a pattern of unusual illness.



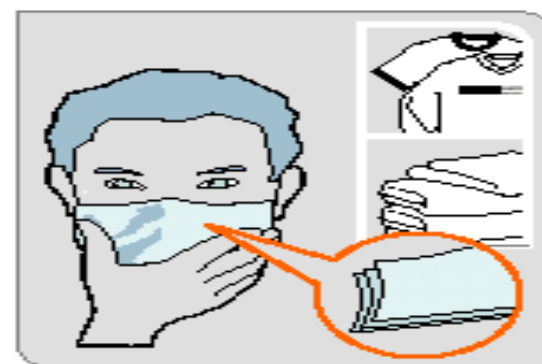
3. You will probably learn of the danger through an emergency radio or TV broadcast.



4. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself.

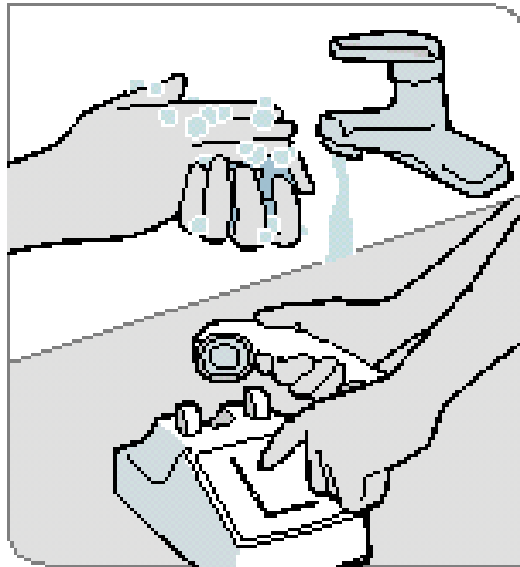


5. Get away from the substance as quickly as possible.

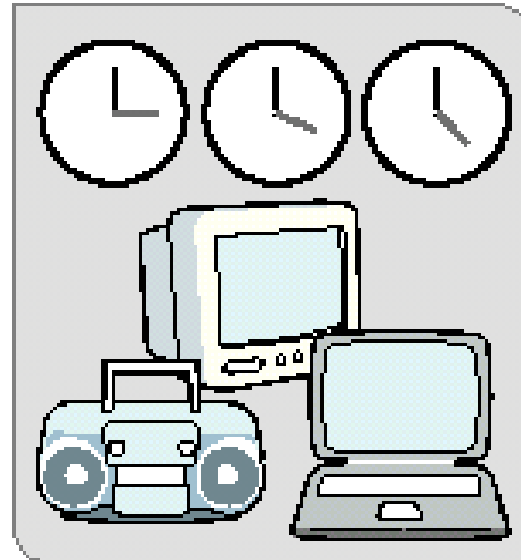


6. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.

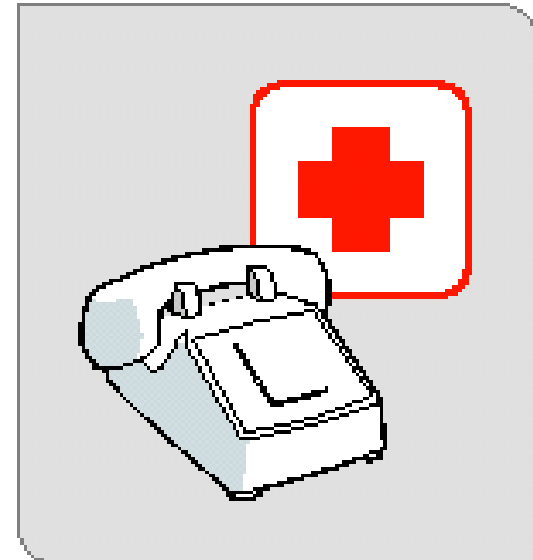
BE INFORMED
BIOLOGICAL THREAT



7. Wash with soap and water and contact authorities.



8. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. However, you should watch TV, listen to the radio, or check the Internet for official news as it becomes available.



9. At the time of a declared biological emergency be suspicious, but do not automatically assume that any illness is the result of the attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

Summary

- Making a Plan
- Making a Kit
- Biological Threat
- Find out what could happen to you
- Create a disaster plan (*you should have one anyway!*)
- Practice & maintain your plan

This is critical for ANY kind of disaster!!

For more Information:

- www.redcross.org
- www.floridadisaster.org
- <http://www.fema.gov>
- www.bt.usf.edu
- www.ready.gov