

# Preparing for Terrorism

Terrorists look for visible targets where they can avoid detection before or after an attack, such as international airports, large cities, major public events, resorts, and high-profile landmarks. Preparing for terrorism is critical, just as for other types of disasters.

More information on bio-terrorism preparedness and response is available on the Web from the Department of Health and Human Services for Disease Control.

This information was taken from FEMA publication, *Hazards/Fact Sheet: Terrorism*.

## WASHINGTON MILITARY DEPARTMENT



### EMERGENCY MANAGEMENT DIVISION

OFFICE LOCATION  
Building 20  
Camp Murray, WA

MAILING ADDRESS  
Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122

- Be alert and aware of your surrounding area — there may be little or no warning.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave your luggage unattended.
- Learn where emergency exits are located, and how to quickly evacuate a building, transportation corridor, or congested public area.
- Be aware of your immediate surrounds, and stay clear of heavy or breakable objects that could move, fall, or break in an explosion.

### Prepare for Building Explosion

The use of explosives by terrorists can result in collapsed buildings and fires. People who live or work in a multi-level building should follow these guidelines.

- Know the emergency evacuation procedures that are in place.
- Know where the fire exits are located, and be able to find them in the dark.
- Keep fire extinguishers in working order. Know where they are located and know how to use them.
- Learn first aid and CPR.
- Keep and maintain a disaster supply kit on each floor of the building.

### If an Explosion Occurs

- Immediately get under a sturdy table or desk if things are falling around you.
- Heavy smoke and poisonous gases collect first along the ceiling. Stay below the smoke at all times.

### If there is a fire, observe these procedures:

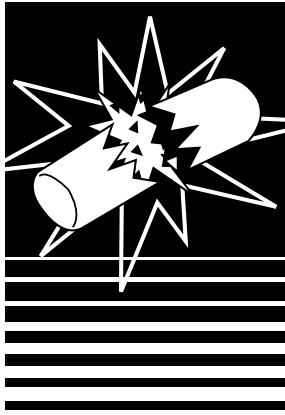
- Stay low to the floor and exit the building as quickly and calmly as possible.
- Cover your nose and mouth with a wet cloth, if possible.
- Test closed doors for heat with the palm of your hand and forearm on the lower and upper portions of the door. If it is not hot, brace yourself against the door and open it slowly. If it is hot or warm to the touch, do not open the door. Seek an alternate escape route.

### If Trapped in Debris

- Use a flashlight.
- Stay in your area so that you don't kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so that rescuers can locate you. Use a whistle if one is available. Shout only as a last resort — shouting can cause a person to inhale dangerous amounts of dust.

### Biological Agents

- Biological agents are organisms or toxins that have illness-producing effects on people, livestock, and crops. Because biological agents cannot necessarily be detected and may take time to grow and cause disease, it is almost impossible to know that a biological attack has occurred.
- If the government were to become aware of a biological attack through an informant or warning by terrorists, they would most likely instruct people to either seek shelter where they are and seal the premises (Shelter-in-Place), or evacuate immediately.
- A person affected by a biological agent requires the immediate attention of professional medical personnel. Some agents are contagious, and victims may need to be quarantined. Also, some medical facilities may not be receiving victims for fear of contaminating the hospital population.



# Preparing for Bomb Threats

**Bomb threats are usually received by telephone, but they may also be received by note, letter or email. All bomb threats should be taken very seriously and handled as though an explosive were in the building.**

Your place of employment should have a plan in place instructing what to do when a bomb threat is received.

- If you receive a bomb threat, get as much information from the caller as possible.
- Take good notes when talking to the person on the telephone. Keep the caller on the line, and write down everything that is said.
- Be aware of background noise, special voice characteristics, music, machinery, etc.
- If you are at work, have a co-worker call 9-1-1 and building security immediately. Plan how you are going to alert your co-worker.
- If you receive a bomb threat, do not touch any suspicious packages.
- Clear the area around the suspicious package, and notify police immediately.
- While evacuating a building, avoid standing in front of windows or other potentially hazardous areas.
- Do not restrict sidewalks or other areas used by emergency officials.
- If you find a bomb, don't touch it or attempt to move it. Call for help and evacuate the area immediately.

## Bomb Threat Checklist

Exact time of call:

Exact words of caller:

### QUESTIONS TO ASK:

1. When is the bomb going to explode?
2. Where is the bomb?
3. What does it look like?
4. What kind of bomb is it?
5. What will cause it to explode?
6. Did you place the bomb?
7. Why?
8. Where are you calling from?
9. What is your address?
10. What is your name?

### CALLER'S VOICE (circle)

Calm	Slow	Crying	Slurred
Stutter	Deep	Loud	Broken
Giggling	Accent	Angry	Rapid
Stressed	Nasal	Lisp	Excited
Disguised	Sincere	Squeaky	Normal

If voice is familiar, whom did it sound like?

Were there any background noises?

Remarks:

Person receiving call:

Telephone number call received on:

Date:

## WASHINGTON MILITARY DEPARTMENT



### EMERGENCY MANAGEMENT DIVISION

OFFICE LOCATION  
Building 20  
Camp Murray, WA

MAILING ADDRESS  
Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122



# Preparing for Chemical Agents

Chemical agents are poisonous gases, liquids, or solids that have toxic effects on people, animals, and plants. Most chemical agents cause serious injuries or death. Severity of injury depends on the type and amount of the chemical agent used, and the duration of exposure.

## Effects of Blister Agent (Mustard Gas)

Mustard gas can seriously injure your eyes, nose, throat, lungs and skin within seconds to minutes even though symptoms may not appear right away. It is important to immediately take shelter in a sealed room or leave the area to protect yourself if you are instructed to do so.

Mustard gas is usually placed in the environment by an explosion or a fire. In a fire, most of the agent would burn up, but some would stay in the smoke. Emergency officials call this smoky cloud and the invisible parts around it "the plume." As the plume drifts away from the scene of the accident, small drops or vapor of the agent may fall to the ground. The drops or vapor can hurt you if it falls on you or if you touch, eat or drink something that the liquid has contaminated. Do not depend on seeing or smelling vapors when asked to take protective action.

## Nerve Agents

Nerve agents interfere with what the nerves tell the body to do and can cause you to stop breathing and die. Nerve gas evaporates slowly and may stay in the environment for several days. It is important to immediately take shelter in a sealed room or leave the area to protect yourself if you are instructed to do so.

If you breathe the nerve agent, mild to moderate symptoms may range from dim vision, eye pain, headache and runny nose to chest tightness and difficulty breathing. Nerve agent vapor on your skin may result in sweating or muscle twitching and weakness. Breathing very high concentrations of nerve agent may cause you to black out or stop breathing.

## What to do

- Were a chemical agent attack to occur, authorities would instruct people to either seek shelter where they are and seal the premises (Shelter-in-Place), or evacuate immediately. Don't ventilate (air out) or leave your sealed shelter until you are told to do so.
- Remember, avoiding chemical exposure should be your primary goal. Leaving your sheltered area to rescue or assist victims can be a deadly decision.
- There is no assistance that the untrained can offer victims that would likely be of any value during a chemical attack.
- If you were outside before taking shelter or leaving the area and think you may have been exposed to a chemical agent, there are several things you can do. If you are in a sealed shelter, take off at least your outer clothes, put them in a plastic bag and seal the bag. If water is available in the shelter, wash or take a cool to warm (not hot) shower, using lots of soap and water. Do not put the soap in your eyes; just lots of water. If you leave the area, tell emergency responders or medical staff at your destination that you may have been exposed. Tell the emergency responders about the sealed bag so that they can arrange for its safe removal after the emergency.
- If you have symptoms of exposure, call 9-1-1 immediately and follow their instructions.

WASHINGTON  
MILITARY  
DEPARTMENT



EMERGENCY  
MANAGEMENT  
DIVISION

OFFICE LOCATION  
Building 20  
Camp Murray, WA

MAILING ADDRESS  
Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122



# Preparing for Radioactive Materials

**Now that we all know the unthinkable is a possibility, we should also know what to do if radioactive materials are released in our vicinity. Following these procedures will help you minimize any exposure to radiation.**

Article provided by  
the Washington State  
Department of Health

Need more formation?

Contact:

Washington State  
Department of Health  
Office Environmental  
Health & Safety  
P.O. Box 47825  
Olympia, Washington  
98504-7825

Toll free 1-888 5TOXICS

WASHINGTON  
MILITARY  
DEPARTMENT



EMERGENCY  
MANAGEMENT  
DIVISION

OFFICE LOCATION  
Building 20  
Camp Murray, WA

MAILING ADDRESS  
Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122

Dispersal of radioactive materials could occur from an explosive device packaged with radioactive materials (a “dirty bomb”). The public impact comes from radioactive materials being expelled and carried by wind, and contaminating people, buildings, vehicles, and even foods in a much larger area. A typical “dirty bomb” will not contain enough radioactive material to create an immediate life-threatening hazard. The hazard comes from extended exposure and the inhalation or ingestion of radioactive materials.

An attack on facilities that use a large quantity of radioactive materials could possibly release a significant amount of radioactive material. The State and counties surrounding nuclear facility sites have established procedures in place to respond to incidences. Sheltering or evacuation would be ordered for a predetermined area, probably prior to the release of any radioactive material.

Facilities that use a much smaller amount, such as certain research, industrial, or medical facilities, would result in releases much smaller in scale. Immediate life-threatening levels of exposure are not expected from these smaller types of events.

## Stay Inside

- Shelter yourself from airborne radioactive particles, in the form of fallout, by staying inside your home or office, unless instructed to do otherwise. Close the windows, turn off the ventilation system, and stay toward the center of the house or building. If there is a basement, go there. Once the initial blast is over, the existing risk will be from airborne radioactivity, often referred to as a drifting radioactive “cloud.”

## Listen to the Radio

- When you learn that a nuclear detonation has occurred, tune a radio to your local emergency broadcasting network and listen for instructions. Federal, state and local agencies will be doing everything they can to minimize the hazards and keep you safe. You should keep a battery-powered radio handy in case electrical power is out in your area. Paying careful attention to any instructions given will help you minimize any exposure to radiation.

## Follow Instructions

- Your best chance of avoiding exposure is to do what the experts advise. If told to evacuate after the radioactive cloud has passed or gone in another direction, do so immediately. Listen for news of the location of the cloud and travel at a right angle away from the cloud. Even if it has already passed, radioactive contamination may have been deposited on the ground.

## Seek Help If Needed

- Seek an assistance center, which will be set up as soon as possible. If that hasn't happened yet, go to a fire station or police station located outside the affected area.

## Look for Symptoms

- If you believe you have been directly in the path of the cloud or in the blast zone itself, watch for symptoms of exposure, like nausea, loss of appetite, reddening of the skin, or diarrhea. Seek immediate medical help if symptoms occur. Blood changes can be measured at even moderate exposures and are among the first detectable symptoms. A doctor can test for those changes.

## Watch What You Eat

- Avoid drinking fresh milk or eating fresh vegetables from the affected area. Wait until the Department of Health announces that produce and dairy products are safe to eat and drink.

## If You Suspect You Are Contaminated

- If you feel you've been exposed to radioactive materials, you should change into clean clothes and place the potentially contaminated clothing in a plastic bag and seal the bag. Take a lukewarm shower using plenty of soap and water to remove any contamination that may be on your skin. Cold water will close the pores of your skin trapping contamination inside; hot water will open the pores allowing contamination to enter. It is not necessary to scrub hard, you do not want to irritate the skin unnecessarily.



# Preparing for Anthrax

Article provided by  
the Washington State  
Department of Health

Need more formation?

Contact:

Washington State  
Department of Health  
Office Environmental  
Health & Safety  
P.O. Box 47825  
Olympia, Washington  
98504-7825

Toll free 1-888 5TOXICS

WASHINGTON  
MILITARY  
DEPARTMENT



EMERGENCY  
MANAGEMENT  
DIVISION

OFFICE LOCATION  
Building 20  
Camp Murray, WA

MAILING ADDRESS  
Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122

## What is anthrax?

- Anthrax is a disease caused by a bacterium, which is capable of forming spores that can survive in the environment for long periods of time. Anthrax most commonly occurs in animals, such as cattle, pigs, sheep and goats. Anthrax infection can occur in three forms: cutaneous (skin), inhalation (lung), and gastrointestinal (stomach and intestines). In the case of intentional exposure, such as a bioterrorism event, breathing in the spores is the most likely route of exposure that might lead to a serious infection.

## How is anthrax spread? What are the symptoms?

- You can get anthrax by handling infected animals or other materials containing anthrax spores, eating infected meat, or breathing in spores. The bacteria are resistant to drying and can remain alive for long periods of time. The disease is NOT passed from person to person. Symptoms depend on how a person is exposed to the disease, and usually occur within one to seven days after exposure, but can take as long as 60 days to develop.
- **Inhalation anthrax** (through the lungs) is the most serious type of anthrax and is caused by inhaling anthrax bacteria into the lungs. Initial symptoms may resemble those of flue or a common cold, such as fever, cough, headache chills, weakness, difficulty breathing, and chest discomfort. After several days, the symptoms may progress to severe breathing problems and shock. This type of anthrax infection is often fatal if not treated promptly.
- **Cutaneous anthrax** (through cuts in the skin) is caused when anthrax bacteria make direct contact with skin that has a cut or break in it. Initial symptoms include an itchy bump. Later stage symptoms include a small blister, which evolves into a painless sore with a black center. Lymph glands in the infected area may also swell.

- **Gastrointestinal anthrax** (stomach and intestines) is caused by the consumption of contaminated food. It is characterized by an acute inflammation of the intestinal tract. Initial symptoms include nausea, vomiting, loss of appetite, and fever, followed by abdominal pain, vomiting of blood, and severe diarrhea.

## Prevention measures

- If you have symptoms, consult a healthcare provider. If you believe you have been intentionally exposed to anthrax you should contact law enforcement officials immediately.
- If you receive a letter or package that may contain anthrax:
  - Set the package down gently and leave it undisturbed to avoid release of spores into the air.
  - Immediately wash your hands thoroughly with soap and warm water.
  - Call 9-1-1 to report the incident. Follow the instructions of the 9-1-1 operators until help arrives.
  - Remember: Do not handle the package further unless necessary.

## Treatment for anthrax

- Antibiotics can be used for treatment and prevent an infection from developing in persons exposed to anthrax. All forms of the disease need to be treated promptly. Since anthrax is not spread from person to person there is no need to immunize or treat contacts of persons ill with anthrax, such as household members, friends, or coworkers, unless they also were exposed to the same source of infection. An anthrax vaccine also can prevent infection, but it is currently not available for the public. Use of antibiotics for the prevention or treatment of anthrax should only be done under the direction of your health care provider or local health department.



# Preparing for Smallpox

Article provided by  
the Washington State  
Department of Health

Need more formation?

Contact:

Washington State  
Department of Health  
Office Environmental  
Health & Safety  
P.O. Box 47825  
Olympia, Washington  
98504-7825

Toll free 1-888 5TOXICS

WASHINGTON  
MILITARY  
DEPARTMENT



EMERGENCY  
MANAGEMENT  
DIVISION

OFFICE LOCATION  
Building 20  
Camp Murray, WA

MAILING ADDRESS  
Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122

## What is smallpox?

- Smallpox is a severe viral infection caused by the Variola virus. Smallpox infection was eliminated from the world in the late 1970s. The last human case occurred in 1978. However, because the security of the virus is uncertain, there is a remote risk that smallpox could be used as a weapon.
- Routine vaccination against smallpox in the United States ended in 1972, because the risk associated with the vaccine was greater than the risk of getting the disease. The level of immunity among persons who were vaccinated before 1972 is uncertain; therefore, these persons are assumed to be susceptible.

## How is smallpox spread? What are the symptoms?

- Smallpox is extremely infectious and is spread from one person to another by infected saliva droplets. Exposure may come from face-to-face contact, airborne spread (coughing or sneezing), or through direct contact with contaminated materials. People with smallpox are most infectious during the first week of illness because that is when the largest amount of virus is present in saliva. However, some risk of transmission lasts until all scabs have fallen off.
- The incubation period for the disease ranges from about seven to 17 days following exposure. Initial symptoms include high fever, fatigue, headache, and backache. A characteristic rash, most prominent on the face, arms, and legs, follows in two to three days. The rash starts with flat red lesions that evolve at the same rate. Lesions become pus-filled and begin to crust early in the second week. Scabs develop, and then separate and fall off after about three to four weeks. The majority of patients with smallpox recover, but death occurs in up to 30 percent of cases.

## Preventive measures

- If you have symptoms, consult a healthcare provider as soon as possible. There is no evidence of increased risk of smallpox outbreak or bioterrorism attack using smallpox, but the United States does maintain an emergency supply of smallpox vaccine. The vaccine is not available to the public because it presents a significant risk of severe side effects.

## Treatment for smallpox

- There is no proven treatment for smallpox, but research to evaluate new antiviral agents is ongoing. Patients with smallpox can benefit from supportive therapy (intravenous fluids, medicine to control fever or pain, etc.), and antibiotics for any secondary bacterial infections.
- In people exposed to smallpox, vaccine given within four days of exposure can lessen the severity of or possibly prevent illness. Vaccine against smallpox contains a live virus called Vaccinia; it does not contain the smallpox virus.
- The vaccine is part of the National Pharmaceutical Stockpile at the Centers for Disease Control and Prevention. In the event smallpox is used as a weapon, the distribution of vaccine would be coordinated by the Centers for Disease Control and Prevention and the State Department of Health.