

UTAH HOMELAND SECURITY

Shortly after September 11, 2001, Governor Mike Leavitt directed the creation of the Utah Homeland Security Task Force (HLS). Its mission is to secure and protect the safety, health, well being and rights of all people in Utah from man-made threats. The Homeland Security Advisory System Provides a means to distribute information regarding the risk of terrorist acts to Federal, State and local authorities and the American people. The threat level warnings are issued as following:

RED - Severe Risk - terrorist attack has occurred or one is imminent. Comes from a specific location or critical facility.

- Expect delays, bag search & traffic.
- Restrictions to public buildings.
- Avoid crowded gatherings.
- Do not travel in areas affected.
- Keep emergency supplies accessible.
- Report suspicious people.
- Monitor Emergency Alert news.

ORANGE - High Risk - indications that there is a high risk of local terrorist attack but no specific target.

- Continue normal activities but expect delays.
- Continue to monitor world & local events.
- Avoid leaving unattended packages etc. in public area.
- Inventory emergency supply kits.
- Discuss family emergency plan.
- Be alert to your surroundings & monitor your children.
- Maintain close contact with family & neighbors.

YELLOW - Elevated Risk: Elevated - risk of terrorist attack but no specific region or target identified.

- Continue normal activities but report suspicious activities.
- Take a first aid or CERT class, become active in Crime Watch.
- Network with family, neighbors & community for support during attack.
- Learn about critical facilities in your community & report, suspicious activities near them.

GREEN - Guarded Risk - General risk, no credible threats or target

- Continue normal activities, but be watchful for suspicious activities.
- Increase family emergency preparedness, supplies, food, water & emergency family plan.
- Monitor local & national news.
- Update immunizations.

Low Risk - Low risk of terrorism. Routine security is implemented.

- Continue to enjoy individual freedom.
- Be prepared for disaster & family emergencies.
- Support the efforts of your local emergency responders.
- Know what natural hazards are prevalent in your area & what you can do to protect your family.

OVERVIEW of POSSIBLE THREATS

Be Informed Disaster preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Biological Threat

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

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

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated,

and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?
- What are the signs and symptoms of the disease?
- Are medications or vaccines being distributed?
- Where? Who should get them?
- Where should you seek emergency medical care if you become sick?

During a declared biological emergency:

If a family member becomes sick, it is important to be suspicious.

- Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- Consider if you are in the group or area authorities believe to be in danger.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.

If you are potentially exposed:

- Follow instructions of doctors and other public health officials.
- If the disease is contagious expect to receive medical evaluation and treatment. You may be advised to stay away from others or even deliberately quarantined.
- For non-contagious diseases, expect to receive medical evaluation and treatment.

If you become aware of an unusual and suspicious substance nearby:

- Quickly get away. Do not wait to be told!
- Protect yourself. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
- Wash with soap and water.
- Contact authorities.
- Watch TV, listen to the radio, or check the Internet for official news and information including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick.
- If you become sick, seek emergency medical attention.

Chemical Threat

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. It is most likely to happen in a crowded place.

Possible Signs of Chemical Threat

- Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.
- Many sick or dead birds, fish or small animals are also cause for suspicion.

If You See Signs of Chemical Attack:

- Find Clean Air Quickly
- Quickly try to define the impacted area or where the chemical is coming from, if possible.
- Take immediate action to get away.
- If the chemical is inside a building where you are, get out of the building

without passing through the contaminated area, if possible.

- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and "shelter-in-place."
- If you are outside, quickly decide what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

If You Think You Have Been Exposed to a Chemical

If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.

- If you think you may have been exposed to a chemical, strip immediately and wash.
- Look for a hose, fountain, or any source of water, and wash with soap if possible, being sure not to scrub the chemical into your skin.
- Seek emergency medical attention.

Explosions

If there is an explosion:

- Take shelter against your desk or a sturdy table.
- Exit the building ASAP.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency supply kit if time allows.

If There is a Fire

- Exit the building ASAP.
- Crawl low if there is smoke

- Use a wet cloth, if possible, to cover your nose and mouth.
- Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
- If the door is not hot, brace yourself against it and open slowly.
- If the door is hot, do not open it. Look for another way out.
- Do not use elevators
- If you catch fire, do not run. Stop-drop-and-roll to put out the fire.
- If you are at home, go to a previously designated meeting place.
- Account for your family members and carefully supervise small children.
- Never go back into a burning building.

If You Are Trapped in Debris

- If possible, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement so that you don't kick up dust.
- Cover your nose and mouth with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- Tap on a pipe or wall so that rescuers can hear where you are.
- If possible, use a whistle to signal rescuers.
- Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

Nuclear Blast

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. During a nuclear incident, it is important to avoid radioactive material, if possible. While experts may predict at this time that a

nuclear attack is less likely than other types, terrorism by its nature is unpredictable.

If there is advanced warning of an attack:

Take cover immediately, as far below ground as possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

If there is no warning:

- Quickly assess the situation.
- Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
- If you take shelter go as far below ground as possible, close windows and doors, turn off air conditioners, heaters or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- To limit the amount of radiation you are exposed to, think about shielding, distance and time.
 - **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.
 - **Distance:** The farther away you are away from the blast and the fallout the lower your exposure.
 - **Time:** Minimizing time spent exposed will also reduce your risk.

Use available information to assess the situation. If there is a significant radiation threat, health care authorities may or may not advise you to take potassium iodide.

Potassium iodide is the same stuff added to your table salt to make it iodized. It may or may not protect your thyroid gland, which is particularly vulnerable from radioactive iodine exposure. Consider

keeping potassium iodide in your emergency kit, learn what the appropriate doses are for each of your family members. Plan to speak with your health care provider in advance about what makes sense for your family.

For more information, see Potassium Iodide from Centers for Disease Control.

For more general information, see "Are you Ready?" from Federal Emergency Management Agency.

Radiation Threat

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)", is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit exposure. It is important to avoid breathing radiological dust that may be released in the air.

If There is a Radiation Threat or "Dirty Bomb"

- If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged. If you are already inside, check to see if your building has been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.
- If you are inside and there is an explosion near where you are or you are

warned of a radiation release inside, cover nose and mouth and go outside immediately. Look for a building or other shelter that has not been damaged and quickly get inside. Once you are inside, close windows and doors; turn off air conditioners, heaters or other ventilation systems.

- If you think you have been exposed to radiation, take off your clothes and wash as soon as possible.
- Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- Remember: To limit the amount of radiation you are exposed to, think about shielding, distance and time.
 - Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.
 - Distance: The farther away you are away from the blast and the fallout the lower your exposure.
 - Time: Minimizing time spent exposed will also reduce your risk.

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

For more general information, see "Are you Ready?" from Federal Emergency Management Agency. www.fema.gov

Other Sources of Information

Emergency Preparedness Information:

www.beprepared.com - (Emergency Essentials)

www.bt.cdc.gov (CDC - Emergency Preparedness & Response)

www.citizencorps.gov/programs/cert.shtm (Community Em. Response)

www.des.ut.gov (Utah State Division of Emergency Services & Homeland Security)

www.disaster-resource.com (Disaster Resource Guide)

www.fruitheightscity.com (Fruit Heights City)

www.fema.gov (Federal Emergency Management Agency)

www.geology.utah.gov (Utah Geological Survey)

www.hlunix.hl.state.ut.us/ (Utah Department of Health)

www.nws.noaa.gov (National Weather Service)

www.neic.usgs.gov (National Earthquake Information Center)

www.nod.org/emergency/index (National Organization on Disability >Emergency Preparedness)

www.providentliving.org (LDS church) - guides to food storage, preparation

www.ready.gov (US Department of Homeland Security) much good information

www.redcross.org/services/disaster/ (American Red Cross)

www.training.fema.gov/emiweb/CERT/ (CERT Training)

Check Google or other web search engines for emergency preparedness products and information
This is a partial list and is intended for information only.

! Lewiston City does not endorse any of the above listed sources.



FAMILY EMERGENCY PREPAREDNESS
Family Protection Program

Notification For Emergency Personnel

The following colored paper should be put (taped) on the front door or the front of your house where it may be easily spotted by Emergency Services personnel.

GREEN: ALL IS WELL

YELLOW: WE NEED HELP BUT IT IS NOT CRITICAL

RED: WE NEED IMMEDIATE HELP

BLACK: THERE IS A DECEASED PERSON HERE

WHITE: THIS HOME IS VACANT - NOBODY IS HOME --
ALREADY EVACUATED

The black card is used in conjunction with any of the other four colors of paper, depending on the situation.

These colored sheets can be replaced by blank sheets of similar colors.

ALL
IS
WELL

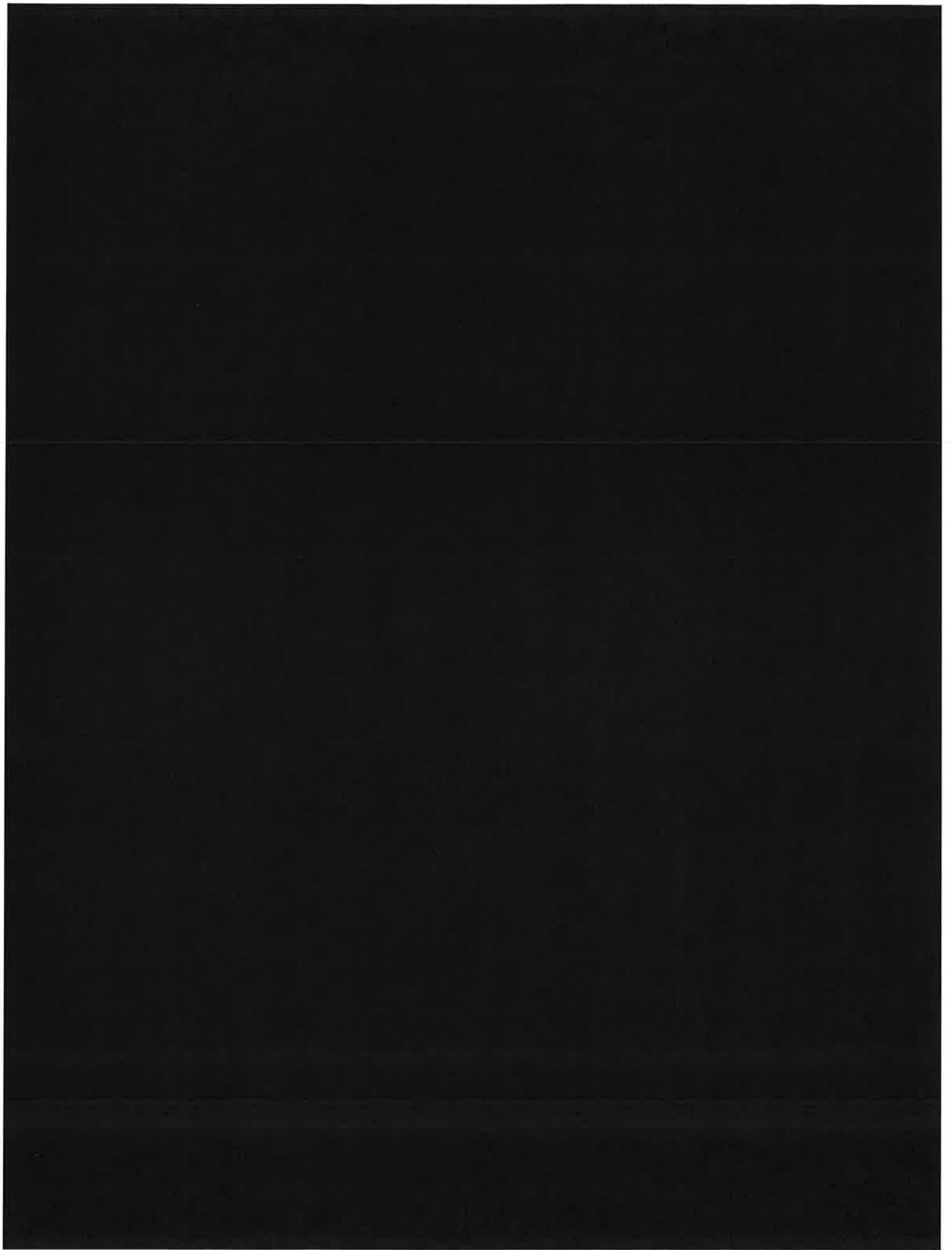
**WE NEED
HELP
BUT IT IS
NOT
CRITICAL**

**WE
NEED
IMMEDIATE
HELP**

**THIS HOME IS
VACANT
OR
NOBODY IS
HOME
OR
ALREADY
EVACUATED**

We have gone to _____

WE includes _____ Phone _____



CPR Basics

INFANT

Assess Responsiveness

Shout and gently tap the child on the shoulder. **If there is no response**, position the infant on his or her back.



- ▶ Because airway problems are the main cause of not breathing in infants and children, clearing the airway takes precedence over calling 911. For victims under 8, perform CPR for 1 minute, then call 911.

Airway

Open the airway. Tilt the head lifting the chin. Do not tilt the head too far back. **Clear** any objects from the mouth. **Look, listen and feel** for breathing.



Rescue Breathing

If the baby is NOT breathing give 2 small gentle breaths (puffs). Cover the baby's mouth and nose with your mouth. **Repeat 1 puff every 3 seconds.** Each breath should be 1.5 to 2 seconds long. You should see the baby's chest rise with each breath. If air won't go in, reposition head and try again



Chest Compression

Give 5 gentle chest compressions at the rate of 100 per minute. Position your 3rd and 4th fingers in the center of the chest half an inch below the nipples. Press down only ½ to 1 inch.



CONTINUE WITH 1 BREATH AND 5 COMPRESSIONS.

After one minute of repeated cycles call 911 immediately!



For more information:
<http://depts.washington.edu/learncpr/index.html>

ADULT



Assess Responsiveness

If there is no response, Call 911 and return to the victim.



Airway

Tilt the head back. Lift the chin. **Clear** any objects from the mouth. **Look, listen and feel** for breathing.



Rescue Breathing

If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. **Give 2 breaths.** Each breath should take 2 seconds. Continue rescue breathing: **1 breath every 4 to 5 seconds**, as long as pulse is present but person is not breathing.



Chest Compression

If the victim is still not breathing normally, coughing or moving, and there is no pulse, begin **chest compressions.** Push down on the chest 1½ to 2 inches 15 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.

In children (ages 1-8)

- Place one hand on forehead, the heel of the other hand in the center of the chest (so you don't push too hard) for chest compressions.
- Press the sternum down 1 to 1½ inches
- Give **1 full breath followed by 5 chest compressions**



FOR ADULTS CONTINUE WITH 2 BREATHS AND 15 PUMPS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

CHOKING

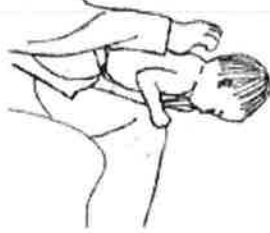
How to help clear an obstructed airway in a conscious adult or child.

Infants

First Aid for a Choking Conscious Infant (less than 1 year old)

Step 1: Determine if the infant can cry or cough.

Step 2: **Tip the baby face down** on your forearm, supporting with your hand. Give 5 firm back blows between the shoulder blades with the heel of your hand.



If ineffective, turn baby over and....

Step 3
Give 5 chest thrusts with index and middle fingertips.



Step 4
Repeat steps 2 & 3 above until effective or the infant becomes unconscious.

If the infant becomes unresponsive, perform CPR- if you see an object in the throat or mouth, remove it.

Adults

First Aid for a Choking Conscious Adult and children (1-8 years old)

Step 1: Ask "Are you choking?" Maintain eye contact. Assume "YES" if victim cannot breathe, speak, gasp, cough or make high pitched sounds.



Step 2: Perform Heimlich Maneuver: From behind victim:

- wrap arms around waist.
- Make a fist, thumb side down, and grasp with other hand on victim's stomach, just above navel.
- Press fist into stomach and give



quick, inward and upward thrusts until object comes out or victim becomes unconscious.



A chest thrust may be used for markedly obese persons or in late stages of pregnancy.

If the adult or child becomes unresponsive perform CPR- if you see an object in the throat or mouth, remove it.