

Sheltering-In-Place

For some man-made disasters such as a chemical attack by a terrorist or a chemical spill at an industrial site, local authorities may ask you to shelter-in-place. Here is what you should do:

- Shut off ventilation, heating or air-conditioning systems, and latch all doors and windows to reduce air flow from the outside.
- Use plastic sheeting (you have pre-cut) to cover openings where air can enter the room, including doors, windows, vents, electrical outlets, and telephone outlets. Sheeting should extend several inches beyond the dimensions of the door or window. Use duct tape around plastic sheeting to ensure a good seal.
- Seal other areas with duct tape where air can come in such as under doors and areas where pipes enter. Soft objects such as towels can be used when secured with duct tape.
- Make sure to have your disaster kit in the sealed room with you.
- Listen to a battery-powered radio for the “all clear” so you will know when it is safe to leave the sealed room.

Creating A Disaster Kit



- Store enough supplies in your disaster kit for each person in your family for three days.
- Water: Store one gallon of water per person in your family per day. Water can be stored in plastic bottles such as soda bottles. Do not use glass bottles or milk containers to store water. Stored water should be changed every six months.
- Food: Store high-energy and ready-to-eat foods in your disaster supply kit such as peanut butter, canned soups and fruits, and granola bars. Don't forget baby foods or foods for people with special diets.
- Include a first aid kit, and any medications and/or medical supplies you use daily in your kit.
- Comfortable, durable clothing and sturdy shoes should also be included.
- Don't forget your pets - they need their own supply kit too!
- Include toys, books, and games to keep your family occupied during the disaster.

Shenandoah Valley Project Impact

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Terrorism: What You Need To Know



Here in the Shenandoah Valley, we worry about natural disasters, such as floods and winter storms, but we also need to think about man-made disasters such as terrorism in our disaster planning. The good thing is when we plan and prepare for one type of disaster, we will be prepared for other kinds of disasters too. This brochure will give you information about different types of terrorist weapons and what you can do to protect yourself and family. Being prepared is your best protection.

Terrorism - The use of force or violence against people or property to intimidate a government or individuals to further political or social objectives.

A terrorist attack can occur with or without warning and can cause:

1. Mass Casualties
2. Loss of Critical Resources
3. Interruption of Vital Services
4. Disruption of the Economy
5. Individual and Mass Panic

Types of Terrorist Weapons:

Biological Agents

Biological agents are found in nature and include bacteria, viruses, or toxins that cause illness or death in people, animals, and to crops. They can be dispersed by spraying them in the air, infecting animals, or contaminating food and water. Examples of biological agents are small pox and anthrax. It may take several days or weeks for symptoms of an illness to appear. If you notice symptoms, seek immediate medical attention.

Chemical Agents

Chemical agents are made by terrorists using ingredients found in common products. Chemical agents can be dispersed by vapor, spray, liquid, or solid. Examples of chemical agents include Sarin and Cyanide. They can take effect in as little as a few seconds or as long as several hours or days. A person affected by a chemical agent needs immediate attention by medical personnel. If medical help is not immediately available, a person can decontaminate him or herself by removing all clothing, flushing eyes with lots of water, and gently cleaning his or her face, hair, and body with soap and water and carefully blotting areas dry with a towel. Medical attention should be sought as soon as it is available.

Nuclear and Radiological Weapons

Both nuclear and radiological weapons can produce fallout by radioactive particles carried by the wind for hundreds of miles. An example of a nuclear weapon would be a “suitcase” sized bomb which would be in the range of bombs used in World War II. Radiological weapons are also known as “dirty bombs.” The three factors to protect yourself from fallout particles are shielding, distance, and time. **Shielding** means the greater amount of heavy, dense materials such as brick walls and concrete between you and the fallout particles, the better. **Distance** means the farther away you are from the particles, the safer you are. An underground basement offers more protection than the first floor. Move upwind and uphill away from the site if told to evacuate. **Time** means that radiation loses its intensity fairly rapidly. Radiation poses its greatest threat in the first two weeks after a radiological attack. In the event of these types of attacks, listen to local authorities to see if you need to evacuate or shelter-in-place.

Incendiary and Explosive Devices

Incendiary devices are easy to make and their purpose is to initiate combustion to start a fire. Explosive devices are the “weapon of choice” for most terrorists and have been used in 80% of terrorist attacks. The two problems that result from these types of weapons are fires and building collapse. If there is a fire, stay low to the ground and exit the building as quickly as possible. When approaching a closed door, use the back of your hand to see if it is hot, not your palm. If a closed door is cool, open the door and check to see if your escape route is clear. Smoke and heat rise. Air is cooler and clearer near the floor. If you are trapped in debris, do not light a match or kick up dust. Cover your mouth with a handkerchief or clothing. Tap on a pipe or wall, or use a whistle if available so that rescuers can find you. Shout only as a last resort because you can inhale dangerous amounts of dust.

For Additional Information On Terrorism, Check Out The Following Websites:

U.S. Department of Homeland Security - www.dhs.gov

Federal Emergency Management Agency - www.fema.gov

Virginia Department of Emergency Management - www.vaemergency.com

Citizen Corps - www.citizencorps.gov

Virginia Corps - www.virginiacorps.org

Terrorist Weapons Include:

- Chemical and Biological Agents
- Nuclear and Radiological Weapons
- Incendiary and Explosive Devices