

SURVIVING TERRORISM

A Basic Family Guide

Jack Fenimore

BEDWELTY PRESS
Schenectady, New York

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First printing 2006

ISBN 0-9776378-0-8

Library of Congress Catalog Number 2005911217

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Edited by Walt Wheeler

Cover design by Beckmann Creative, Latham, NY

DEDICATION

This book is dedicated to those whose lives are guided by the principal “No man is an island...” Especially to those men and women who serve as emergency service volunteers in their communities. People who have placed a higher priority on the safety and welfare of their families, friends, and neighbors, than on their own convenience and physical security.

ACKNOWLEDGMENTS

Sincere thanks to all of you who have made me aware of the need most people have for basic information on how to prepare for and survive a wide range of disasters. Your questions at public meetings and on local radio and TV broadcasts during natural disasters, and concerns expressed privately about coping with the effects of terrorism, convinced me to change course following retirement from public service. My principal focus, which had been emergency planning and response readiness at state and federal levels, would now become readiness to survive at the individual and family level. A lower profile mission perhaps, but a lot more value added in the long run.

A heartfelt thanks to my wife Susan, who enthusiastically supported my decision to put aside consulting activities and spend many months writing this book. Her comments have been particularly helpful, as she is able to offer the perspective of a typical reader with little or no direct experience in dealing with consequences of terrorism or natural disasters.

Much appreciated was advice from Dr. Ed Fleming (Colonel USAF – Ret.). Ed is the author of *Heart of the Storm*, a chronicle of his previous life as an Air Force officer directing and participating in high-risk aerial rescue missions from the tropics to the South Pole. His preview of the lengthy and sometimes convoluted process of writing and publishing gave me the advance information I needed to begin this project with a clearer picture of the way ahead.

I was quite fortunate to have Walt Wheeler agree to edit this book. His literary skills, honed over a lifetime spent in electronic and print journalism, made him more than equal to the task. Another role as Assistant Chief of a volunteer fire department in Schodack, New York gave him a gut-level understanding of challenges faced by families and local emergency responders that you just don't find elsewhere. Thanks Walt.

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RESTORING THE BALANCE

Our national conversation about how to deal with terrorism lacks balance. Today, we talk exclusively about how government should prepare. But the dialogue rarely, if ever, discusses the preparations individuals and families can – indeed must – make to survive catastrophe.

Compounding this problem is an explosion of information generated by the federal government, think tanks, and legions of “experts” on terrorism. While much of it is useful, the sheer volume of this expanding body of fact and opinion makes it impractical for someone with little expertise in the arena of homeland security to sort out useful ideas from those that are less helpful, or simply don’t apply to individuals and families at home.

Searching hundreds of web pages and source documents to find useful guidance is simply too time consuming for most of us. Of even greater concern is the reality that web surfing can reveal information that sounds authoritative and reasonable, yet is misleading, inaccurate, and potentially dangerous. The inevitable result is that our limited knowledge of what things must be done to protect ourselves from the consequences of terrorism leaves us unprepared, uncertain, and vulnerable to the scare tactics of terrorists.

This book is highly focused. It addresses only those things that we must understand and do to greatly enhance our ability as individuals and families to survive the kind of local or national disruptions caused by terrorist actions and other disasters. We will not discuss workshop safety, holiday safety, ladder safety, camping safety, or other facets of personal safety that have been covered competently in many books and government publications. A targeted focus allows us to remember the basics when the book is back on the shelf, and to know where to look for specifics when the need arises. Our goal is to be ready for whatever comes, and confident that we can prevail.

Living with terrorism will be as natural for our generation and the next as living with the imminent threat of global atomic war was for the previous generation. By approaching our task in a reasonable and practical way we can help restore the balance of government and civic responsibilities. We'll be able to live normal lives, and continue our "pursuit of happiness" in this new environment.

INTRODUCTION

This book is about gaining the peace of mind that comes from knowing we can live a normal life in a world of uncertainty. It's about recognizing realities, and taking necessary actions to assume a greater degree of control over our situation in times of crisis. The important concepts are easily understood, and individual steps that must be taken are not difficult. Thinking about certain aspects of terrorism in a reasoned and constructive way, and summoning the will to act now and in the future are the only real challenges.

Framing the Issue

Being prepared to cope with the wide range of threats from acts of terrorism requires a global approach which includes mind-set, subject knowledge, a commitment to take control of this issue, and personal action. Buying duct tape for doors and windows and assuming the government will do the rest is not a winning strategy.

We will take some time to talk about our attitudes and assumptions regarding issues of terrorism, its consequences, and our security. Most things in our personal world are shaped by the way we think about them, and this one is no exception. It may seem unnecessary to link subjective assumptions and attitudes to the objective business of cataloging things to be learned or acquired, but the link is strong. Experience over more than four decades of working with or leading people in times of war, accidents, or natural disasters has demonstrated to me the wisdom of the world's great religions, coaches, and effective leaders who tell us that success is a function of our mental approach.

We know that oceans and friendly neighbors on our borders no longer protect us from our enemies. We understand that technology has added many weapons to the arsenal of terrorism that will certainly threaten us for the foreseeable future. And as the potential dangers and complexities of this new reality continue to increase, we sometimes feel powerless, and passively assume that only the government can protect us. In doing so, we relinquish all control of our security to others. This is a serious mistake.

A Basic Approach

We begin with the assumption that acts of terrorism will be with us for many years to come, and that we are on our own in our quest for security. This is actually a positive attitude because it encourages and empowers us to switch from a passive to an active role in ensuring our own safety.

We will frame the issue of terrorism and its consequences as it relates directly to us in our daily lives. Putting the actual risks we face into perspective and training ourselves to think about terrorism as objectively as we think about floods, tornados, or ice storms, enables us to bypass the anxiety and make rational choices.

From that starting point we move on to the understanding that with a very modest investment in time and money we can dramatically improve our chances of survival in a wide range of crises. No talk about bomb shelters and other expensive attempts to reach the unreachable goal of absolute security. Just sensible, affordable, and achievable small steps.

Taking Action

Most acts of terrorism result in consequences the same as, or similar to, natural disasters or industrial accidents. Consequently, the actions we take to protect ourselves from terrorists will serve us well in the far more likely event of disasters not resulting from malicious intent.

This book explains seven steps we can take to give ourselves the best chance of surviving all but the most catastrophic events. They are based upon lessons learned from people who have lived through similar crises, and are consistent with advice from experts in US government and non-government organizations.

Subsequent parts of the book talk about sheltering and evacuation basics, and specific threats and protective measures you can take. We'll wrap this up with checklists for a basic family plan, a chart of immediate actions to take for a variety of situations, informative web sites, and other useful information sources.

Making It All Work

Please take the time to read this book in as short a period as possible. Perhaps in two or three evenings, or spare time on a weekend. It won't take long.

As soon as you've finished, start writing your personal or family plan. Talk about the plan with everyone in your household, as they will all be involved.

With the plan in place, begin to acquire the essential survival items. You don't have to do this all at once. You can build your stock of supplies gradually, but do it consistently at defined intervals.

If you have the time and interest, visit the web sites mentioned in Appendix D, or search for related sites on your own. You may find useful information addressing your individual situation that can be incorporated into your plan.

And most important, have fun with this project, just as you would have getting ready for a camping adventure in the woods. It's the same process, and the potential rewards are far greater.

Part 1

Attitudes
and
Action

1 Beginning Assumptions

What exactly is terrorism? My dictionary defines the root word “Terror” as “a state of intense fear,” and “Terrorism” as “the systematic use of terror, especially as a means of coercion.” It’s important to stay focused on this definition because it helps remind us of the vast difference between consequences of terrorism and the consequences of nation-on-nation warfare.

Sometimes It Works

An example of terrorist success achieved by generating sufficient levels of fear or anger is the Madrid train bombing in March 2004, just prior to presidential elections in Spain. The predicted winner lost, and the winning candidate was someone who supported a foreign policy position favored by organizations sponsoring the attacks.

And Sometimes It Doesn’t

The subway and bus bombing events of July 2005 in London stand in stark contrast to the Madrid experience. As government authorities and the media were quick to point out, the terrorist mission was a failure because the daily routine continued as usual. Business commuters, local residents, and tourists were back on the streets of downtown London the following morning. To an extent, the attack was counterproductive because Muslim leaders in the UK and other countries were quick to condemn the bombings in strong and unambiguous language.

People can argue endlessly about motives, geopolitics, and other details concerning these two attacks, but the events and outcomes speak for themselves.

But Win or Lose, It's Not Going Away

Acts of terrorism will continue for the foreseeable future. Technology enables non-government groups and individuals to cause damage and disruption achievable in the past only by military forces. It renders useless friendly borders and oceans as protective shields, and greatly magnifies damage that can be done by people already living in the country.

Sealing more than 100,000 miles of borders and coastline to prevent all terrorists from entering our country is unachievable in our open society. Vigilance at border crossings and ports of entry and roving border patrols are necessary, but can only reduce the probability of terrorist attacks. That it cannot be 100% effective is well demonstrated by our inability to stop the flow of imported illegal drugs, despite hundreds of millions spent each year in the effort. And don't forget those homegrown terrorists who have no cause other than to attack symbols of authority or disrupt people's lives in an effort to support their personal agendas.

A lack of recent attacks means absolutely nothing. Most terrorists are intelligent, determined, and patient. Their planning horizon is often many years into the future. Whether you are a terrorist or a common criminal, if you have the desire, the means, the opportunity, and what you regard as an acceptable level of risk, you will act.

You're on Your Own (and that's OK)

Firefighters, police officers, and medics who do everything humanly possible to protect you and your family, often while risking their own lives, are among the most selfless, dedicated, and valuable pillars of our society. But, as effective as they are, they are limited in what they can achieve by their numbers, training, and equipment.

We give them resources adequate to accomplish an average daily workload, but no more. Regardless of how well trained and equipped they may be, they can be quickly overwhelmed by disasters of far greater magnitude than those they were prepared to handle. They will come to your aid when they can, but you may be one of the last people in a very

long line. Volunteers in the Red Cross, Red Crescent, Salvation Army, and other relief organizations who work so hard to help you survive the disaster are equally committed to your welfare, but are limited by numbers and resources in the same way.

State and Federal emergency response organizations have impressive capabilities that can be deployed anywhere, but it can still take many days to reach everyone in need of assistance. Should there be simultaneous attacks in multiple locations around the country, response time to a particular location may be greatly extended.

Simply put: more help than you can imagine is available, but it's not always going to be there the moment you need it. In a significant attack with effects spread over a wide area, you may be waiting days or longer for the first relief worker to knock on your front door.

The best strategy is to assume you're on your own. If help comes quickly, that's great. If it doesn't, you're prepared to make it on your own. Buying into this assumption puts us in an activist role rather than that of passive bystander. We understand that surviving consequences of a terrorist attack is ultimately our responsibility.

Experience speaks clearly on this issue. Individuals, families, and citizen groups who have taken the path of self-reliance have a greater probability of surviving disasters, whether man-made or natural, than those who hope assistance will arrive in the nick of time.

Taking Control

What it all really comes down to – is taking control of this one aspect of your life. Don't relinquish it to others. There's too much at stake.

Knowledge and action keep you in control, and keep you safe.

2 Perspective

A clear perspective is liberating. It lets you cut loose the emotional baggage, sort through a seemingly endless variety of threats, and direct your actions to address only those you are most likely to face. Clear perspective leads to good strategy.

A Real Danger, But Not Armageddon

To paraphrase John Stewart Mill, a 19th century English philosopher, “Terrorism is an ugly thing, but not the ugliest of things.” If you measure a destructive force in terms of human casualties and suffering, terrorism pales in comparison to other threats we face with little or no anxiety on a daily basis.

In 2001, about twenty times as many people lost their lives in automobiles as were killed in the World Trade Center. Far more people died from preventable diseases, and accidents in the home. And far more from drugs and criminal activities. You get the picture. *The point is simply that while consequences of terrorism represent a genuine threat, when you put the actual risk in its place, it becomes something you can deal with.*

It’s one thing to be aware of this reality, and quite another to let it guide your behavior. If you let it be your compass, you can comfortably take reasonable precautions to cover a wide range of risks without allowing statistically unwarranted anxiety to prevent you from living a normal life.

Like fire in the home, terrorism is a “low probability – high risk” event, and should be dealt with in the same matter-of-fact way. To deal with the fire threat, you purchase fire insurance, install smoke detectors, know to call 911, and move on to what’s next. To deal with the consequences of terrorism, you learn about the threats and what you need to do, make a plan, get your supplies, and stay informed. Preparing for terrorism takes a little more time and not as much money, but it’s essentially the same process. You do what you need to do, and get on with your life.

Don’t Let It Get Personal

It’s normal to personalize things, especially negative things, which happen to us. I think it’s in our genes and may have served a useful purpose sometime in our past, but it can be counterproductive during the kinds of emergencies we’re dealing with here.

Let’s say you and the family are watching the TV late show on a cool October night and suddenly, all the lights go out. You grab a flashlight, look in the closet, find your old battery powered portable radio, and tune to a station operating on generator power. A spokesman from the power company says “a transformer and a few switching relays have failed, the failure has had a ripple effect in other parts of the grid, and it could take at least a day or two to restore electrical service to all customers.” You’re not exactly happy about this, but you find some candles, get out the winter blankets, try not to think about cold showers in the morning, and get on with the business of coping with the situation. You are highly annoyed, and quietly resigned to your situation, but that’s about the limit of your emotional state. After all, there’s nothing you can do about it tonight.

Now, replay the event with a twist. The radio announcer says “stand by, we are interrupting this broadcast to switch you to the Oval Office at the White House.” The President begins to explain that an unknown number of suspected terrorists have used explosive devices to damage critical nodes in the power grid, causing power outages in three regions of the country.

Despite reassurances by the President that everything that can be done is being done to catch the terrorists and restore power, it's highly likely that emotions running through the heads of most people will be quite different than they were in the previous example. Some will experience fear or varying degrees of anxiety. Some will be angry or confused, asking questions such as "who are they, why are they doing this to us, will they strike again?" These are natural reactions, but they will get in your way, and you need to set them aside.

Public Health experts who deal with a subject known as "Risk Communication" hold that – emotionally – we deal better with risks voluntarily or routinely undertaken than those which are less common or forced upon us. A main objective of the mental preparation we're discussing in this chapter, is to vaccinate ourselves from excessively emotional reactions to catastrophe that can get in the way of rational behavior at a time when it's most needed.

Remind yourself as many times as it takes, that your job is not to deal with the cause of the problem, or to fix the damaged power grid. Law enforcement and the power company will be working on those problems. Your job is limited to coping with the loss of electricity in your home and in your neighborhood. Energy wasted on worrying about who did it and why, is far better used to solve your own problems. An objective assessment of your situation and the application of corrective action is all that matters.

Focus only on what, not who or why.

It's All the Same to You

From your perspective, and that's all that really matters, results of most acts of terrorism are fundamentally no different than results of accidents or naturally occurring events. You have to cope with the loss of utilities, food availability, communications, and mobility, to name a few. Your planning and preparation for terrorist attacks will serve you equally well for ice storms, hurricanes, and quarantines.

Your Best Weapons

Knowledge, and confidence that you are well prepared to handle serious emergency situations, are your best weapons against anxiety and feelings of helplessness. With them, you have taken the terror out of terrorism.

The Goal

Don't lose sight of the goal: security for you and your family; and the peace of mind that comes from knowing you are well prepared.

3

Three Essential Steps

Now we move from concepts to action. But don't get ready to write your plan or shopping list just yet. It's far better to finish the book first, and then return to this section to start your planning process.

Elements of the basic plan we will use, and advice concerning kinds of food and survival aids you will need, have been validated in disaster recovery operations and endorsed by experts for decades. This is not a complex, hi-tech endeavor. It's no accident that, wherever you turn for information, the recommendations are pretty much the same.

We will use expert advice from well-known providers, such as the Federal Emergency Management Agency, other agencies within the Department of Homeland Security, the Center for Disease Prevention and Control (CDC), and the Red Cross. An added benefit of using these sources is that virtually everything they publish can be found on their web sites. I encourage you to visit them. Don't let the occasional and well publicized operational shortfalls of FEMA and other government organizations blind you to sound advice in their publications and web sites given by seasoned emergency management professionals.

Step 1. Make a Decision

Make a decision; not a wish. Wanting to be safe in emergency situations, wishing you had a plan and supplies to survive, and hoping the next terrorist attack will not effect you, serve only to identify the issue in your mind. Beyond that, they are useless. They are the foundations of New Year Resolutions, and quickly evaporate. They do not result in action. Decisions alone, produce action.

You have absolute power to choose. You can choose outright denial (*it can't happen to me*), you can choose to put it off until a more convenient time, or you can choose to take steps now to provide security for yourself and your family. The choices, and the accountability, are yours alone.

Taking space in this small book to mention a topic as self-evident as the importance of making a decision, and the power to choose, may seem unnecessary. Experience shows otherwise. I know many intelligent and well-informed people who understand the potential consequences of terrorism and who genuinely want to be prepared, but are unable to move beyond that point. You can, and must.

Step 2. Make a Plan

The planning process is just as important as the plan. It's through this process that you identify your goals and learn what individual steps must be taken to achieve your desired objective. The "big picture" gradually comes into focus. It's only when you can see the whole puzzle that you can see which pieces are missing. Good plans are not carved in stone. They evolve over time as circumstances change.

The old saying "if you don't know where you're going, any road will take you there" applies to planning for emergencies as well as to any other endeavor in life. If you're going to succeed in your quest for security, you must reach specific goals. Among these are:

- The ability to shelter in your home and survive without the usual sources of food, water, and energy.
- The ability to evacuate your home with a moment's notice, carrying essential personal items for sheltering in an unknown location.
- The ability to communicate with family members not at home at the time of the incident.
- The ability to care for seniors, children, pets, and others unable to care for themselves.
- The preservation of insurance papers and other vital documents.

The plan is your roadmap.

You can learn everything there is to know about the consequences of acts of terrorism, and still make mistakes if you don't have a written plan. The most seasoned experts in emergency preparedness and management rely heavily upon plans, update them, and exercise them at periodic intervals. Plans are essential because there's simply too much "stuff" to remember. You can't afford to miss anything important.

Fortunately, your plan can be simple, and it doesn't have to be written from scratch. Countless years of experience have shown us the essential things that should be covered in a basic family plan. Your plan will list actions which must be taken to prepare for a variety of situations, supplies you need to keep on hand in order to shelter at home, and things to do after an attack or natural disaster to minimize your risk.

The goals and contents of a basic plan are listed in parts One and Four, and event-specific information in Part Two. It's best to read through the discussion of threats, and protective measures you can take, before starting to write your own plan. To help you in this process, a sample family plan, with checklists, is provided in Appendix A.

Step 3. Get the Necessary Supplies

The ability to survive in a shelter for days or weeks will see you through the ordeal of a post-attack recovery period or natural disaster far better than any other single precaution you can take. Your plan will specify what you need to shelter at home, or at a public shelter designated by city, county, or state emergency management officials.

Your supply list will include food, water, a first aid kit, sanitation supplies, and personal items that make the difference between living, and merely surviving. It will make provisions for pets and people with special needs should your situation require. The quantities of food and water stored for sheltering is entirely up to you. Most sources recommend a three-day supply, three-days or more, or do not specify any amount.

Personal experience gathered over many years of participating in, or managing, disaster recovery operations, has taught me that stocking

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only three days worth of food and water provides too thin a margin for comfort. I have experienced the loss of power, water, and heat on two occasions lasting about a week each in my own home. And I have seen families without power, water, or the ability to travel on roads for periods of one to two weeks.

I strongly recommend building a store of supplies in your home sufficient to last at least two weeks, and in no circumstances, less than a week. An inability to leave your home, or a protracted disruption in food delivery to stores lasting far more than three days are real possibilities in the aftermath of many potential disaster scenarios. Hurricane Katrina in August 2005 and the Northeast ice storm in January 1998 are two examples that dramatically illustrate this point.

Take a moment to mentally put yourself in a situation where you have no access to fresh water and food supplies because of impassable or dangerous roads, or because of the possibility of contracting a deadly and highly contagious disease. Two days have passed since you took refuge in your home, you have one day of food and water remaining, and radio broadcasts are predicting help within a few days. It's not difficult to imagine the intensity of anxiety being experienced by everyone in the household.

The few additional dollars spent on extra boxes of long shelf-life foods and plastic water containers will be well spent. Freedom from anxiety in difficult times, and the peace of mind that comes from knowing you are prepared to survive a serious and protracted emergency situation are definitely worth this small investment.

4

Four supporting actions

When you have taken the three essential steps outlined in the preceding chapter, you will have dramatically improved your chances of surviving most terrorist attacks and natural disasters. But there are a few additional things you can still do to raise your safety factor, quality of life, and peace of mind to a higher level. These extra steps take longer to implement, are more difficult to measure, and may require some life-style adjustments. They will enhance the effectiveness of your basic preparations and will provide benefits beyond the simple protection from physical threats.

1. Stay Informed

Awareness Matters

Pilots have a term for that state of awareness when you know where you are in relation to where you want to be (in three dimensions), the operating state of all systems on the aircraft, latest weather conditions enroute and at the destination, and where other air traffic is relative to your projected flight path. It's called situational awareness. All good pilots work hard to maintain it.

You can achieve your own security situational awareness by staying informed about factors that directly effect you. A few phone calls, a single visit to the City or Town Hall, and questions at a PTA meeting can keep you informed of critical information you'll have no time or opportunity to obtain during a crisis.

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You need the latest information on emergency notification procedures in your community. Do they use fire sirens, fixed or mobile loudspeakers, or do they rely on radio and TV stations to sound the alarm? You should learn the shelter locations, emergency evacuation routes where appropriate, and the best way to contact emergency services for information and guidance prior to a disaster. This information can be had for the time spent making some phone calls or a single trip to your local government administration building. In many areas, the local firehouse has the information you need. *Don't put this off. If you do, and the disaster happens, you will probably be rewarded with a busy signal or recorded message as hundreds or thousands of calls flood the switchboards.*

Awareness of emergency plans for your place of work, school, or day care facility is a must. If you don't have a high level of confidence in the information you are given in a conversation with the responsible person, ask to see their written plan. If they don't want to show it to you, or at least the portion of the plan that applies to you, they probably don't have one. A verbal plan, and assurance that the staff knows what to do, doesn't cut it. In most cases, you can expect to see an emergency plan. Government mandates in some situations, insurance requirements, and concern for liability are the motivators.

Federal Advisories

The Homeland Security Advisory System is our federal government's method of alerting citizens to the potential threat of terrorist attacks. It is frequently criticized for failing to give "actionable" information to the general population, but such expectations are unrealistic. Specific recommendations for action can be given only when the location, time, and weapons to be used are known with a high degree of certainty. Successful attacks will almost always come as a complete surprise.

The current color-coded system, however imperfect, can still be a useful tool for the individual or family. When you read the recommended actions for citizens in appendix C, you will note it advises taking such steps as checking your stock of disaster supplies, and reviewing your disaster plan. Many of the recommendations, which vary by risk color

code, can be quite helpful and perhaps even lifesaving in the event of an attack.

Just as many people use the beginning or end of daylight savings time to remind them to check the batteries in their smoke detectors, we can use changes in risk warning color codes as a convenient tool for reminding us to review our plans and supplies.

2. Stay Healthy

Many weapons of terrorists - chemical poisons, disease, fear induced stress, and radiation, - severely challenge your body's natural ability to heal itself. Experience demonstrates time after time that sick and unfit individuals are the most vulnerable.

Age, genes, and personal habits will play a large part in your ability to cope with any assault on your overall health. You can't do anything about the first two factors, but you have all the power you need to control the third. Once again, it all comes down to a choice. You can choose a healthy lifestyle, or you can choose anything in the spectrum from postponement, to denial that health can be a significant factor in your chances for survival

Of all the things you need to do in your quest to be prepared for terrorist attacks, the behavioral changes needed to make a move toward healthier living habits may be the most difficult. If you can't deal with it right now, take the easy steps first. Success in planning and getting your supplies together can motivate you to finish the job and tackle the fitness challenge.

3. Stay Connected

We benefit in two ways from our connections to family, friends, and neighbors. The first is really a component of our Staying Healthy strategy. The second is a practical advantage derived from cooperation for mutual benefit and strength-in-numbers.

I've read of many studies over the years where personal connections with others were evaluated to measure their impact, if any, on longevity or disease tolerance. The results were remarkably consistent. People

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who had well established connections, whether with family, friends, places of worship, social groups, or any combination of these, enjoyed greater longevity, recovered more quickly from disease, suffered less from anxiety and depression, and were able to bounce back more quickly from life's more stressful challenges. Just think about it, we can get health benefits from doing things we actually enjoy!

4. Stay Out of Discretionary Debt

The good news about our economic system is its ability to survive assaults that would cripple a centrally planned economy. It can do this, in large part, because of its ability to quickly adapt to changing conditions. The bad news for individuals is that their job or profession may be selected by the marketplace for downsizing or oblivion during the recovery phase from a terrorism-induced recession or depression.

Most of us are confident about the future of our economy, and we have good reason to be. Yet failure to prepare ourselves for temporary disruptions makes as much sense as failing to purchase fire insurance and smoke detectors because our house is unlikely to burn down.

More and more Americans are allowing the gap between what they need and what they want to widen. In the process, they are allowing what I would label discretionary debt to increase to levels that put them at great risk in difficult economic times. Not a good long-term financial strategy.

Many possible attack scenarios could result in major short-term shocks to our economy. Prices for food, gasoline, and other necessities could go through the roof as a crippled distribution system fails to supply the demand. ATMs and bank computers may fail, making cash on hand and barter the only way to acquire what you need during the crisis phase. Layoffs could extend through much or all of the recovery period and beyond. It's happened before, and it can happen again. We just don't have any way of knowing when.

The financial aspect of preparing for terrorism involves a strategy rooted in common sense, and demands the highest degree of self-discipline and determination.

- Reduce debt to the absolute minimum possible, such as that needed for a mortgage.
- Keep a credit card or two, but if you use them, pay the bill in full each month.
- Save enough to get you through a few months without any income.
- Keep a supply of cash on hand for times when ATMs and banks are temporarily unavailable.

The feeling of security you get from embracing this plan of financial prudence is likely to bring far more satisfaction than the shorter-lived pleasures of living beyond your means. More importantly, it may save you and your family from financial ruin.

Part 2

Sheltering and Evacuation

5 Sheltering

Before we examine individual threats and remedies, we should place on center-stage the most important defensive measure at our disposal.

Shelters: the Common Denominator

There are as many defensive strategies as there are weapons available to terrorists. So many, it would be impractical to address them all in your emergency plan. What we need to do is focus on a reasonable number of protective measures we can implement to address the most probable threats.

First among these is shelter. The ability to take shelter for an extended period of time is a necessity common to more survival situations than any other. A well-stocked and equipped shelter will give protection from clouds of deadly chemicals or radioactive particles drifting through your neighborhood. It will give you time to wait in relative safety until the crisis has passed or until help arrives. A shelter makes it possible to keep your distance from other people when a highly contagious disease invades your community. And a well-provisioned shelter will sustain you when water is unsafe and the supermarket shelves are bare.

Your Shelter

Choose your home shelter area now. Selection of the best location requires careful consideration. You can't do this well during a crisis.

If you live a home with two or more levels, I recommend you identify two shelter locations. One shelter will be in the highest level of your

house, and one on the lowest. Having a shelter room well above ground level is helpful because some of the gasses most likely to be used in a chemical attack are heavier than air, and any seeping in through unsealed openings in your house will settle into the lowest areas. Your shelter on the lowest level, preferably the basement, will give somewhat more protection from physical damage to the house. If you live on one level with no basement, you're still OK. You just need to pay extra attention to sealing windows, doors, vents, or any other potential source of outside air.

Ideally, your designated shelter area will be one of the larger rooms available, and have as few windows and doors as possible. If your largest room has several windows, a good choice would be a smaller room with fewer windows. Close proximity to a water supply or bathroom is a great advantage. For those of you fortunate enough to have the option, a bedroom with connecting bath works very well.

The number of people sharing the shelter is also a consideration. A commonly accepted standard is a minimum of ten square feet of floor space per person. That's enough room to allow everyone to breathe for a few hours before carbon dioxide levels become uncomfortable. If you can possibly find a room that doubles or triples that standard, your quality of life will improve considerably, even in a short duration emergency. Don't forget to factor in additional space for pets.

And don't forget the telephone. Your cell phone will certainly be on the list of things to bring to your shelter room, but cell phones are often unreliable during emergencies. Too many calls clog the lines, and power outages can cause cell towers to stop functioning. You need a traditional telephone that draws its power from the phone lines. I have experienced two power outages lasting a week or more, and in each instance, my telephone continued to work.

If there is no phone or phone connection in the shelter, buy a length of plug-in telephone wire long enough to run from the nearest connection to the shelter. More and more communities are using an automated telephone alert system, sometimes referred to as a "reverse 911 system." It sends out the initial alert, and can provide additional information as

the emergency progresses. Do not rely on a cordless phone. If electrical power is lost, the phone will not work.

It's important to designate your shelter well in advance of an attack for two good reasons. First, it's one less decision to make at a stressful time, and second, you can preposition small items such as duct tape or other sealing materials, a portable radio, or flashlight, in out-of-the-way places.

Sheltering Essentials

Alerts

Sometimes the need to take shelter in your own home will be self-evident, as when mother nature forces you into a sheltering situation during a violent storm. But for some emergencies, such as a toxic chemical spill or radiological attack, you need to be sheltered before the consequences of the accident or attack reach your neighborhood.

Nearly all communities have systems for alerting citizens to emergency situations ranging from stormy weather to terrorist attacks. When I last called the police in my town and asked what alerting system they used, the person taking my call knew the answer and explained in sufficient detail how the system worked. Whether calling the police, fire, or emergency center, you should expect the same results.

I can't overemphasize the importance of understanding how alert notices are sent to the people in your neighborhood. Some communities use weather radio alerts, many use radio and TV, warning sirens are common, and vehicles with public address loudspeakers may be used. An increasing popular and very effective approach is an automated computer calling system that rings your home phone and delivers a recorded message. If it detects an answering machine, it will keep trying until it hears a human voice. These computer programs use the town or city's 911 databases, and will normally call no more than one number per household. If a cell phone is your only telephone, you need to make sure that number is in the database. You also need to add information about people with special needs living with you, such as the elderly or disabled.

Most communities will use some or all of these alerting systems. If you don't know what methods are used where you live, it would be good to put this book down right now and make a call to find out. If you can't call now, make a note to call as soon as you can. It's that important!

Immediate Actions

Stay or Evacuate?

When you pick up a ringing phone and hear a recorded emergency message, or you hear the radio announcer say, "we interrupt this program.....," listen very carefully for two things. The most important part right now is an instruction to take shelter, or to evacuate. The next important thing is the nature of the emergency. If you are not told to evacuate, you must immediately begin the process of sheltering-in-place.

Everybody In

If the children are playing in the yard, bring them in as quickly as you can. If they are playing at a neighbor's house, call right away to see if that person got the message. Depending on the nature of the emergency (we will discuss specifics later), it may make more sense to let them remain where they are until the crisis period has passed. If you're not sure where they are, and you have a car, don't try to find them on foot. Think of cars with windows and vents closed as little (temporary) shelters on wheels.

Pets should also be brought into the house as quickly as possible. Toxins in the air can harm them, and chemicals or radioactive particles trapped in their fur may contaminate your shelter.

Close the Gates

Next, make sure all windows and exterior doors are closed and locked. Close chimney dampers and any other opening to outside air. Turn off anything that can move air around the interior of the house, such as heating and air conditioning systems or fans. When warned of a potential for flying debris caused by high winds or explosions, cover

windows with curtains, shades, or anything you have to prevent injuries from broken glass. If the warning message advised you to seal windows and doors with tape and plastic sheeting, now's the time to do it. It's especially good for double-hung windows because they have more cracks for air to seep through. And it's good for any window because it takes less time to cover a window with plastic than it does to seal every crack with tape.

Cutting plastic sheets to fit each window in your house well before disaster strikes could save your life. If you live downwind of a toxic gas or chemical release, you won't have much time to seal the house.

Gather your supplies

Your water, food, sanitary supplies, medications, flashlights, and other essentials may be stored in many locations around the house. Gather what you need and put it in one place so you don't have to go searching for things in the dark. This is especially important if you will be confined to one shelter room.

Communicate

Now that you've taken every lifesaving precaution you can, it's time to reach out to contacts listed on your communication plan. Your traditional telephone will probably be the most reliable option. And it's sometimes easier to get an out of town number than a local one during the crisis hours. More about this later.

Stay Informed

If you still have electric power, tune your TV or radio to a local station to stay informed of any developments. If power is off, and batteries are fresh, leave your radio on during the initial hours of the emergency. One of the new "wind-up" radios is a good thing to have. They hold batteries, but a small generator inside that you run with a hand crank gives you unlimited listening time.

When It's Over

When you have been told the emergency is over, if weather permits, open your doors and windows to allow fresh air to enter the house. Even if it's too cold or rainy to do this, some windows should be opened partially to allow a gradual exchange of air. Listen for any special instructions that might advise of remaining hazards to travel, the need to boil water, school and business closings, or medical recommendations. And finally, call your emergency contacts once more to let them know it's over, and how you're doing.

Other Sheltering Situations

You may be at your place of employment and your children may be in school when an alert is sounded and everyone is advised to take shelter. The best way to prepare for this possibility is to get a copy of sheltering and evacuation plans where you work, where your children go to school or day-care, and where a parent or relative may be staying in a medical or retirement facility. Read these carefully and keep a copy in your family disaster plan.

When the order is given to take shelter immediately, and your workplace has sheltering capability, it's usually best to remain where you are. Other members of your family should do the same. Schools, hospitals, and retirement facilities usually have well thought-out plans for sheltering, have feeding and sanitary facilities, and emergency power generators.

Your communication plan should specify that a copy of phone numbers where all family members can be reached be kept in each of the facilities where you work, go to school, or reside. Decisions concerning whether school children should return home by their normal means or wait to be picked up can be made only after reading and understanding the school plans. If they aren't helpful in that regard, call the school as you are developing your plan and ask an administrator what the school policy is. This is one thing that can't be put off until the day of a crisis.

6 Evacuation

Evacuations are the ultimate come-as-you-are events. Circumstances will be different for each evacuation. You might face a hurricane evacuation order on a Saturday morning, with everyone at home, and a day or more to leave. But you might face a chemical attack while everyone in the family is at school or work. That's why thorough planning is absolutely essential. So many possibilities, with limited time to act.

Whatever the reason for evacuation, and regardless of preparation time available, reactions are similar. No two people will be experiencing exactly the same emotions, but in nearly all cases, adrenalin will be flowing. This is really not the best time to be making decisions concerning details of what to bring or where to pick up family members. You will probably forget something important.

Children are even more susceptible than adults to confusion and disorientation during evacuation events. Become familiar with your school's evacuation plan. Some plans will call for pick-up at the school, some will have you picking them up at a pre-determined rendezvous point, and others may call for bussing to a distant shelter location. Make certain your children (those old enough to understand) know where they should expect you to pick them up.

You want to be in a position where all you have to do is grab your gear, throw it in the trunk of your car, and get out of town. If you don't have a car, substitute a backpack for the trunk. You need to be able to concentrate totally on getting whoever is going with you into the car

without delay, and getting out of the danger zone by the best route. Wasting time at this point looking for things to bring could cost you dearly.

Preparations and Actions

Assemble Your Kit

When the alarm sounds, you're going to be feeling some pressure. Keep it simple. Pack your evacuation kit into as few containers as possible, so you're not looking for separate items scattered all over the house. Ideally, just one or two bundles you can grab with a moment's notice. A large duffel bag and a plastic pail stuffed with supplies could work well for one or two people. But the number of people evacuating, and their needs, will ultimately dictate what you pack. Recommended basic supplies are discussed in the planning section, and a more comprehensive list can be found in Appendix A.

A good place to store your evacuation kit is in the garage. You can pick it up on the way to the car without losing precious moments. City dwellers without cars, or anyone opting for public transportation, can keep their backpacks in a closet. Many apartment buildings have storage areas in an attic or cellar, but that's not the best place. Getting your gear at another location takes extra time, and there's always the possibility of losing the key or combination to the lock.

If you have a pet, you will need a pet carrier and a leash. A separate supply of water and pet food can be stored in the carrier. Be aware that most public shelters will not accept pets for health reasons, but don't let that deter you from bringing your pet with you. Regardless of the hardships you may encounter, your pet will be better off with you than left alone at home.

Consider your car as part of your evacuation kit. It should always contain local and regional road maps, a flashlight with fresh batteries, a good spare tire with its lug wrench and jack, a cord to charge your cell phone if you have one, a bottle of water, and directories for the large motel chains. Always keep the fuel tank at least half full.

For the backpack user, public transit system maps and coins or a phone-card for telephones, stored in an easily accessible pocket, are essential.

When it's Time to Leave

When the evacuation order is given, listen carefully for instructions. They should include the nature of the emergency, evacuation routes, and whether or not to turn off electric and gas utilities.

If you are told to evacuate the area immediately, pile everyone who's home into the car, grab your kit, and lock the front door as you leave. Pick up any family members not at home, according to your plan, and drive away. Keep your car radio tuned to a local station for additional instructions and traffic reports. If you have a little extra time, as you will in most cases, call your out-of-town contact to let them know what you're doing, close and lock all windows, and turn off utilities if instructed to do so.

Whether your evacuation route ends at a friend's home, a motel, or a public shelter, you can begin your journey knowing you did everything you could to protect yourself and your family.

The Last Word

When the order comes to evacuate, don't hesitate. Act now, and question later.

Part 3

Threats and Protective Measures

Threats, and Protective Measures You Can Take

It's time now to take a look at threats, which can directly effect you today, and consider threat-specific measures you can take to improve your chances for survival.

Future threats and strategies for coping will change as advances in technology enable terrorist groups and individuals to improve the effectiveness of their weapons. At the same time, new technologies will improve the effectiveness of those protecting us. But don't lose sight of the fact that terrorists will almost always have the advantage of surprise. Time invested and money spent to be well prepared will continue to be your best insurance policy.

Currently, explosives remain the terrorist's weapon of choice. We've seen that demonstrated in attacks around the globe, whether of foreign or domestic origin. Yet in spite of their convenience and affordability, terrorists have, and will, occasionally choose weapons that are far more difficult to produce and involve greater risk to deliver.

In the mind of a terrorist, increased risk and cost of chemical, biological, radiological, or nuclear weapons is easily justified by the additional shock effect on a targeted population. Remember the Anthrax letters that were mailed following the 9/11 attacks? The degree of anxiety felt by millions of Americans was way out of proportion to the few deaths that occurred. Had the characteristics of Anthrax been widely understood, there would have been far less concern.

It's important to understand the nature of weapons terrorists may use against us, so we can get a better feel for how best to prepare for and cope with their effects. They are usually classified into five categories: chemical, biological, radiological, nuclear, and explosives. Less frequently mentioned are cyber attacks, which can be very effective in causing disruption in communications, remote control of utilities, the banking system, public transportation, and the distribution of food and other necessities.

What follows is a basic overview of different threats, and things you can do to minimize their effects. You don't need to be a walking encyclopedia of Weapons of Mass Destruction to make yourself more secure. Knowing just a few essentials will see you through in most situations.

Some of the things you will need to do to survive sound relatively simple, but in practice, will test the limits of your endurance and ability to cope. Instructions to enter a public building for shelter, then strip and wash the contaminants from your body, seem pretty straightforward. But just picture yourself trying to do all this at the same time you're worried sick about your child in school and your spouse at another location. It's not going to be easy, but it is possible. You can do it. Thinking this through and preparing yourself emotionally will let you put your knowledge to good use in the most difficult circumstances.

7 Chemical Weapons

Chemicals have been used as weapons since life began. They're the weapons of choice among plants, they work really well for rattlesnakes and skunks, and men have been using them since the earliest hunters dipped their arrowheads in poison. But chemicals as weapons didn't really move to the center stage of public awareness until their use on the battlefield in World War One. Since then, many new agents have been developed in weapons laboratories. Some of these can be made in garage and basement labs using readily available materials purchased locally or on the Internet. While risks of production can be significant and effective dispersal can pose serious challenges, such weapons have been used by terrorist groups in the past, and will continue to be a lethal option.

Industrial accidents also represent a genuine threat. Chemical production and storage facilities are often located near major population centers. The effect a chemical accident can have on nearby communities was dramatically demonstrated during the tragic event at Bhopal, India, in 1984. There, the accidental release of a chemical used in the production of pesticides resulted in thousands of deaths, and total casualty figures many times that amount.

While chemical agents suitable for weapons come in more than a dozen categories and number more than eighty on a CDC website, there are only a few things we need to know to help us plan for survival following an intentional or accidental release.

Some Basics

Shelter Location

For sheltering purposes, it's important to understand that many chemicals used for weapons or industrial purposes such as chlorine, phosgene, Sarin, and VX, are heavier than air. If they are able to seep through cracks in your house, they will seek the lowest level. Locating a shelter in your home on the highest floor will provide the greatest safety factor, provided fans, heating, air-conditioning, and other ventilation systems are turned off. But keep your options open if you can. As the chapter on sheltering pointed out, you shouldn't limit yourself to a shelter on the second floor. For other terrorist weapons and most natural disasters, you're going to be better off taking shelter at the lowest possible level.

If your house is on one level, you can still make an effective chemical weapon shelter. Having the ability to create a tight seal around doors and windows is especially important. Make certain you have tape and pre-cut plastic sheeting stored in your shelter room so you don't have to waste precious moments searching for them.

Gas Masks

Masks are another issue. Paper and fabric masks available in drug or hardware stores can provide some protection from biological agents or contaminated particles in the air, but are normally useless against a toxic gas. Purchasing, training with, and using gas masks is something to be considered only if you are willing to invest the necessary time and money.

Keep in mind that gas masks, also known as air purifying respirators, will help you only when immediately available, when properly fitted, when you have been professionally trained in their use, and when you are using the correct filter for a specific agent. Do not expect a single gas mask and filter to protect you from every chemical weapon or industrial toxin.

Masks and filters have a finite shelf life. Filters that are outdated or have been exposed to the air because of a torn wrapper cannot be relied on for protection. Even when new, they protect you only from those

inhaled gasses they have been specifically designed to filter. You will still be vulnerable to chemical agents that can be harmful without being inhaled.

And finally, don't forget the children. As they grow, they will have to be fitted with new masks and given some training in their operation.

My purpose is not to discourage you from purchasing gas masks, but to give you some feel for the complexity of their use, and the limitations on their effectiveness for the typical home user. Users of masks need convenient access to supply and training support systems to make them a viable safety option.

Even if you're fortunate to have everything needed at your disposal, you succeed in protecting only your face and lungs. Some toxic gasses and other chemicals are designed to do their deadly work by being absorbed through the skin. It's no surprise that people working in toxic or potentially toxic chemical environments wear full-body chemical suits in addition to the masks.

The CDC's National Institute of Safety and Health (NIOSH) has an excellent guide for anyone contemplating the purchase of a gas mask. Go to the CDC web site, and type "gas masks," or "respirator fact sheet" in the search window. You would be wise to delay the purchase of any gas mask until you've become thoroughly familiar with the information on this site.

Initial Actions

At Home

Your first warning of a chemical emergency will probably come as a TV or radio announcement, or an automated telephone alert. It's possible that your first hint of a problem could be the sight of a cloud of debris moving past the house, or birds and other animals outside behaving strangely.

Act without delay! Bring everyone inside, close and lock all doors and windows, turn off anything that can circulate air in the house, move to your shelter room, and turn on your battery powered radio.

Get your tape and plastic sheeting, and seal shelter room doors and windows if instructed to do so. If you choose to seal yourself in without instructions from local authorities, be aware that carbon dioxide in a small airtight area could reach harmful levels in a few hours.

Stay put until advised it's safe to leave the shelter. Your local emergency managers may order sheltering on a precautionary basis before they're able to learn the exact nature of the chemical. So be mentally prepared for evacuation if experts make a determination sometime after the initial warning that leaving the area will give you the best chance of survival.

Away From Home

Try to determine the danger zone, and leave the area immediately. If you're outdoors and you see a group of people choking, twitching, or behaving in other unusual ways, overcome your natural desire to find out what's going on, or to help others. Slowing down on a city street to better view an accident scene or stopping to lend a hand to victims could cost you your life, and almost certainly will do nothing to save theirs.

If you don't have quick access to a car, seek shelter in a building. A large multi-story building is best. Once inside, proceed to an interior room or hallway, and don't leave until you know it's safe.

When a chemical is released inside a building where you work or are visiting, get outside as quickly as possible. If it's your place of employment, you should be familiar with the evacuation and sheltering plans. Small interior windowless rooms as far as possible from the effected area may be your best protection if you can't get out of the building.

If Exposed

If you think you have been exposed to a toxic chemical, remove your clothes and wash at the first opportunity. When you wash, use soap if available, and cold or lukewarm water. Wash gently. Scrubbing or using hot water could make it easier for chemicals to get into the pores of your skin. If you're in a public area and you see people moving through

mobile showers set up by a decontamination team, take advantage of the opportunity. This is no time for modesty.

Seek medical attention. If you were decontaminated at a mobile facility, there will be medics in the area to assist you. If you washed at home, put on clean clothes, and get yourself to a doctor. Call 911 for assistance if you don't have a car or don't feel up to the task of driving.

Take even the most limited exposure very seriously. Symptoms may have completely gone away, but long-term effects can be harmful if left untreated. Talk to your doctor. Don't take a chance.

8 Biological Weapons

Biological weapons are unlike all others in one significant way. You probably won't know you've been attacked until days or even weeks after the event. This is simply due to the incubation period that naturally occurs before symptoms begin to appear in the infected population. Germs can be spread by aerial release from aircraft or rooftops, through ventilation systems in buildings or shopping malls, from aerosol spray devices in subways, through the mails, or simply by human interaction.

Notice of an attack given by a terrorist group during or just after the event is possible, but highly unlikely. Its leaders would know that an early warning would give local, state, and national public health systems time to prepare doctors, hospitals, and the public. Casualties, and the terror-factor would be reduced.

We sometimes hear of exotic pathogens developed by genetic engineers to create a disease deadly enough to kill most of the world's population, but don't let these stories cause you any anxiety. While it may be technically possible to create such a "doomsday" bio-weapon, an almost insurmountable challenge would be to distribute it in ways that would render ineffective our disease detection and response systems. Consider also that a disease of this type unleashed in the world could cause a higher death rate in the attacker's country, than in a target country with a more organized and capable public health system. Such a weapon is simply not practical today. Of much greater concern are naturally occurring pandemics and diseases caused by pathogens that have mutated into antibiotic-resistant strains.

Bio Agents

A sample of germs available as weapons would include Smallpox, Botulism, Cholera, Anthrax, Plague, Salmonella, and viral hemorrhagic fevers such as Ebola and Marburg. The complete list is far more extensive, but there's no need for you to be an expert on the subject. What you do need to know is that no single antibiotic is effective for all or even most of them, and not all of these diseases represent an equal risk to you and your family. Some are communicable, and some are not.

Two examples of non-communicable diseases are Anthrax and Salmonella. Anthrax is by far the deadlier of the two, but neither of them moves from one human to another. The next time you see Anthrax appearing around the country as you did after 9/11, remind yourself that you can't catch it from anyone. If news sources begin reporting cases of Anthrax, examine all your mail carefully before you open it, and get on with your daily routine. If you hear of outbreaks of Salmonella poisoning from foods in restaurants or supermarkets, don't eat raw vegetables or rare meat in restaurants. At home, make sure uncooked vegetables are well washed, and let those hamburgers stay on the grill a little longer than usual. The risk to you is minimal to non-existent if you exercise reasonable caution. Let public health and law enforcement officials deal with the problem. Stay informed.

Communicable diseases are infectious diseases that can be transmitted from one person to another, and contagious diseases are very communicable diseases that spread easily and rapidly. Brief contact, or simply being in close proximity to the infected person, is all that's required for transmission.

Contagious diseases like Smallpox are particularly dangerous because of their ability to spread so rapidly, and the fact that we have no natural or acquired immunity to protect us. Even those of us who have had Smallpox vaccinations as children or in the military have little if any immunity left. Benefits of the vaccination normally wear off in about ten years.

Protective Measures

There are highly reputable government public health sources that recommend no specific bioterrorism-related precautions, and some far less reputable sources that would have you run out and purchase gas masks for your family. I strongly disagree with both positions.

Experts who offer well-intended advice to take no specific action are referring, in all probability, to purchasing such things as gas masks and stocks of antibiotics. Good advice in a narrow context, but it may leave readers thinking there's nothing they can do.

Gas masks make little sense, for the simple reason that you would have to be wearing your mask at the moment the released germs arrived at your location. The strategy of wearing a mask whenever you leave home, or carrying one on your belt or in your purse for immediate use when someone shouts "bio attack!" is too impractical to warrant serious consideration at this time.

Fortunately, you don't have to choose between doing nothing and doing the wrong thing. Between these two extremes is enough middle ground for a number of ways to improve your odds.

The Seatbelt Defense

Wearing a seatbelt while driving your car is no guarantee you're not going to be killed in a serious accident. But you wear the belt anyway, not just because the law requires it, but also because you know it provides some level of protection. You will have a better chance of surviving the trauma.

On a biological level, you can achieve a similar effect by keeping yourself physically fit. You know the mantra. Eat a healthy diet, exercise, get plenty of sleep, control your weight, and don't smoke. It's become almost a cliché. You may be tired of hearing it or you may simply tune it out, but it might be a lifesaver in a few months or years.

Not everyone died when the Black Death ravaged Europe in the Middle Ages. Some survived because they lived in almost total isolation, some because of a natural immunity in their genes, and some because they

were healthy and had strong immune systems that eventually defeated the bacteria. Diseases, like other predators, prey on the weak. You can't do anything about the genes you were given, but you can let your immune system work at its peak efficiency by staying physically fit. Like wearing a seatbelt, your odds of survival improve.

An Ounce of Prevention...

When the bio attack comes, and you have the flu because you didn't get a flu shot, you will be at greater risk because your immune system has already exhausted its reserves battling the flu virus. If you haven't been getting enough sleep, your immune system may be sleeping when it should be fighting the invaders.

Think of medicine in terms of prevention, not just damage control. Take your doctor's advice on personal fitness very seriously. When your doctor recommends you take flu shots, pneumonia shots, or other preventative measures, do it without delay. And don't let small problems become big ones before seeking medical help. Keep your natural defenses combat ready!

The Shelter Defense

When you receive news that a bio attack has occurred in your area, and no one in the family is showing obvious symptoms of a disease, stay at home and keep your distance from other people in the neighborhood until you understand the nature of the attack. If you are told the disease is non-communicable, such as Anthrax, there is no need to fear contact with others. You can feel free to conduct your life normally.

One precaution you do need to take involves mail. Inspect all envelopes or boxes for indicators that could signal danger. An unusual or foreign return address or none at all, misspelled words, writing that says "personal" or "to be opened by addressee," tape on the envelope, or anything that causes you to be suspicious, will be reasons enough not to open the letter.

Use a letter opener. Don't tear envelopes open with your fingers. If you open the letter and see powder, fluid, or detect an odor: put it down, leave

the room, wash your hands, and call 911 or the police for assistance. Put your clothes in a plastic bag, take a shower, and put on clean clothes as soon as possible. The emergency responders will tell you what to do next, or will put you in contact with experts who can advise you. It could take from a few hours to a day or more before you know whether the foreign substance was toxic, or a hoax.

Quarantine

A bio weapon that introduces a contagious disease is a far more serious matter. From the time you first hear of the attack until public health officials give the all-clear signal, you need to stay on top of the situation with all the alertness of a special operations soldier working behind enemy lines.

Temporarily suspend all discretionary travel on commercial air, rail, or bus carriers. Even the most important business travel should be reconsidered, given the potential risk. You can always reschedule if necessary, once you know the nature of the problem and its expected duration.

Don't feel confident because the outbreak occurs far from home. Air travelers may already have spread the disease around the country. New outbreaks, much closer to home, could be only days away.

The CDC will be working with state and local health agencies to determine if, and where, quarantine or isolation might be needed to control the spread of the disease. Quarantines are for individuals or groups who may have been exposed, but who may or may not have contracted the disease. Isolation applies to those who are known to be infected.

Health authorities have legal powers in most states to issue quarantine or isolation orders. But before resorting to these highly restrictive measures, they would first make an assessment by testing people who may have been exposed. If need for a quarantine is indicated, individuals or groups will be quarantined in their homes or emergency facilities for the duration of the incubation period. They will be given priority for medical monitoring, vaccinations, antibiotics, and diagnostic testing.

Self-Imposed Quarantine

If anyone in your community gets the disease, there is always some risk you may have been exposed. Even if you are not among those who have been quarantined, you should seriously consider a self-imposed quarantine until the danger has passed. The more you travel outside your home, the more you come in contact with others, the greater your risk.

Your ability to shelter at home for an extended period will see you through this crisis. Continue to monitor reports from health officials. Tell your physician about your self-imposed quarantine and ask for any advice that might be helpful. If you must leave home for any reason before confirmation that the health emergency is over, it would be wise to wear a surgical mask from your survival kit. Few people wear them in public in the United States, but they are frequently seen in many countries during flu season. Let fashion give way to prudence.

Final Thoughts

Resist the urge to self-medicate. And don't store medications for emergency use unless recommended and prescribed by your doctor. You could make a risky situation worse by taking something inappropriate for the variety of pathogen used in the attack, and risk unwanted side effects in the process.

If you or any member of your family feels ill, please don't run to the hospital. You may have caught something totally unrelated to the bio-weapon. Your trip to the hospital could make an overcrowded situation even worse, and you might expose yourself to the very disease you were trying to avoid. If your symptoms match those described by medical authorities, seek emergency medical assistance by calling your doctor, a medical facility you have used in the past, or 911 if necessary.

Maintain physical fitness, and the ability to shelter in your home for an extended period, and you will have done what you reasonably can to survive biological attacks from terrorists or Mother Nature.

9 Radiological Weapons “Dirty Bombs”

What’s a Dirty Bomb?

Remember this – “Comparing a dirty bomb to an atomic bomb is like comparing a firecracker to a stick of dynamite.” I don’t know who the first person was to illustrate the difference between the two devices in this way, but it’s one of the best descriptions I’ve heard to date.

Many viewers of movies and TV programs depicting terrorists spreading radioactivity with dirty bombs have been left with an impression that effects of radiological and nuclear weapons are similar. In one respect they are. There is an explosion, followed by radioactive fallout. But when we focus on damage done and loss of life, all similarity ends.

A radiological dispersion device (RDD) or “dirty bomb” is a combination of conventional explosives mixed with radioactive powder or pellets. The most severe immediate danger is to those in the blast zone, which is likely to be tiny when compared to that of the smallest atomic bomb. The quantity of explosives in an RDD would normally be what you might find in a knapsack, or trunk of an automobile. In stark contrast, the power of an atomic bomb is normally measured in terms of thousands or millions of *tons* of TNT.

If you haven’t been close enough to the bomb to be injured by the blast or flying debris, your main concern is radioactive smoke or dust particles. While they are easily washed off your skin, inhalation could endanger

your health. Unfortunately, the radioactivity can't be detected by any of your senses.

“So how do I know if it's just an ordinary bomb or a dirty bomb?” a reasonable person might ask. The answer is, there's no way you can know until one of the emergency responders arrives with equipment that can measure radioactivity. Your best survival strategy is to assume it's a dirty bomb until you learn otherwise.

Protective Measures

When You're Outdoors

If you happen to be outdoors when you hear the bomb explode, try to estimate the direction of the sound. If you are absolutely certain the bomb is downwind of your position, leave the area in a direction away from the bomb. But in most cases, the direction of the wind and position of the bomb will not be so obvious. Should you happen to be in a city, the most probable target of a dirty bomb, disturbed airflow around buildings and sounds echoing off flat building surfaces make accurate estimates difficult to impossible.

Cover your nose and mouth with cloth or any filtering material available. Get off the street and into an undamaged building. It will be the safest place for you to remain until the danger has passed. Stay away from the lobby or anyplace where there is a regular exchange of inside and outside air. Your objective is to minimize the chance of inhaling radioactive particles blowing in the wind from the explosion site.

If you were close enough to the blast to be showered with debris, shake as much of it off your clothing as you can before you enter a building and mix with other people. As soon as possible, remove your clothes, put them in a plastic bag so no one can touch them, and wash with soap and water.

If you were in your yard or in the neighborhood near your home when you heard the explosion, get inside as quickly as possible, bringing your children and pets in with you. When a pet doesn't come when called, don't let that delay you. A tardy pet can be thoroughly washed, and allowed to rejoin the family.

When You're Inside

Stay where you are if your home or office building appears to be undamaged and windows are still intact. Begin your standard sheltering routine of closing and locking all doors and windows. Turn off anything that can let in air from the outside. You're dealing with particles, not a gas, so there should be no need to create an airtight seal around windows and doors with plastic and tape, unless ordered to do so by health officials. But if windows or doors do not close tightly, sealing them would be a wise precaution.

Children in school will normally be safer staying where they are. Schools have their own sheltering plans, and any attempt to bring them home could increase their chance of being exposed to radioactive dust in the air. Listen to the radio or TV for the announcement that it's safe for your children to return home by the usual means.

When You're In Your Car

When you hear the explosion, or learn about it on your car radio, close windows, vents, and turn off the heater or air conditioner. Stop the car briefly and cover your nose and mouth with cloth, or a filtering mask if you have one with you. If you happen to be near home, the office, or any large building, drive there and take shelter inside.

If sheltering in a house or building isn't an option, pick a safe spot on the side of the road, park, and turn off your engine. If it's a hot day, find some shade before you stop. Turn on your radio, and listen for instructions. Your radio will work for many hours without running down the battery. Make certain you have turned off anything that can drain the battery, such as interior or exterior lights. Stay where you are until you know it's safe to continue to your destination.

Health Concerns

In most cases, the low levels of radiation you might be exposed to in a dirty bomb attack are not likely to cause any symptoms. But if you do experience any of the usual symptoms of radiation sickness, you should seek medical help. These would include: nausea, vomiting, diarrhea, and any swelling or redness of the skin.

You may have heard that potassium iodide (KI) can protect your thyroid gland from the effects of radiation, but don't go rushing out anytime soon to buy some. It helps protect the thyroid from radioactive iodine, but will not protect you from many other elements that may be used to make a dirty bomb. Since you won't know until well after the attack if any radioactive iodine was present, taking potassium iodide when you hear an explosion is a roll of the dice. KI can actually be a health hazard for some people. Please talk to your doctor about this.

Is the Food Safe?

Generally speaking, yes. Only foods or liquids that have been exposed to air represent a risk of contamination from radioactive dust. Anything in a sealed package or container will be safe. Just be sure to wash the container before opening it. Local health authorities will let you know when it's safe to drink tap water and purchase food items normally left out in the open, such as fresh vegetables and fruits.

Take shelter, take a shower, stay informed, and remember that the greatest threat from a dirty bomb is the initial explosion.

A Related Concern - Nuclear Power Plants

Today, about twenty percent of the nation's electricity is generated at nuclear power plants. Expect that percentage to grow, as greater demand and higher prices for energy make nuclear power a more viable economic alternative. Environmental issues will still be an important factor, but political realities are likely to prevail. Nuclear power generation is certain to be with us for the foreseeable future.

The potential danger these nuclear plants represent is not an atomic explosion, but a discharge of radioactive gas and particles into the atmosphere. The cause could be an accident, or act of terrorism.

If you are one of the three million Americans living within ten miles of an operating nuclear power plant, you should be receiving emergency information in the mail about once a year from the power company, the state, or local emergency management agencies. It will explain the

warning system and evacuation plans for schools and the general public. Samples of family emergency plans, emergency action checklists, and advice on topics such as caring for people with special needs will usually be provided.

The ten-mile radius was selected because it represents a distance, beyond which, the radiation from most major reactor accidents would not threaten public health, according to the EPA and the Nuclear Regulatory Commission. But even if you live a few miles outside the ten-mile circle, it would be a good idea to get a copy of the emergency publication from the power plant or your local government emergency management office. Just give them a call. If you have access to the Internet, you can probably download the same material, as many of these facilities have their own web sites. This book intentionally doesn't address specifics, because they can vary so much from place to place. It's important you get this information locally. Evacuation routes, and many other essentials can be different for each facility.

Factor the nuclear power plant's emergency information into your plan if you live nearby or downwind. Readiness to evacuate or shelter in place should serve you well when the alarm sounds.

10 Nuclear Weapons

A nuclear weapon is second only to a biological weapon in terms of potential for loss of life and long term injury. While the small atomic bombs likely to be detonated by terrorists don't approach the destructive power of military nuclear weapons, their close proximity to the ground insures a substantial amount of radioactive fallout.

We Can Cope With This

It might seem the power of such a device is so awesome that efforts to protect ourselves would be futile. But that simply is not the case. Those of you who lived through the 1950s remember that people fully accepted the possibility that a nuclear war between the Soviet Union and the United States could begin at any time, and without warning. World War Two was still a vivid memory, and combat in Korea had recently demonstrated the world was still not a safe place. Most Americans understood the need to take whatever reasonable actions were possible to prepare for the worst.

Some joined civil defense organizations, some stood watch for the Ground Observer Corps to help spot and track enemy bombers, and others built fallout shelters in a corner of their basements. A few even built elaborate underground bomb shelters.

Perhaps the most universal activities were the atomic drills conducted in virtually all of our nation's schools. Students learned the slogan "duck and cover." They practiced getting under their desks to avoid injury

from flying glass, and moving in an orderly way to leave the classroom for the safety of interior hallways. The point here is simply that people understood the seriousness of the threat, but they didn't throw up their hands and call the situation hopeless.

The threat of a nuclear explosion on our soil is still with us and probably always will be. Only the source of the threat has changed. We took steps in the '50s to minimize casualties, and we can do it today. Protective measures we took during the Cold War are still valid in the 21st century.

Blast and Fallout

An atomic bomb's destructive power comes from the blast shock waves, radiation, and intense heat. Shock waves can collapse buildings in their path and throw large pieces of debris thousands of feet at high speeds, causing injury and death over a wide area. A nuclear weapon's radiation can also bring death, quickly at close range and—as fallout—more slowly for hundreds of miles downwind.

The old duck-and-cover action is still your best protective measure when the bomb explodes with no warning, as would normally be the case. Any nuclear detonation is accompanied by a fireball and intense light that will be visible on the brightest day. Just as there is a delay between lightning and the first clap of thunder, there will be a delay of a few seconds between the atomic flash and the first of two shock waves.

If you see an unexpected flash of light in the distance, turn your eyes away immediately to avoid permanent damage to your retinas, and get under a table or desk or anything that can provide some degree of protection. If you can get to a cellar quickly, that's your best option. Getting below ground gives you maximum protection from blast effects and radiation.

When a bomb is detonated at ground level in a large city where you are working or living, you may not see the flash or even the fireball. Your first warning will be the deafening sound and vibration when the shockwave hits your building. The duck-and-cover strategy may

be helpful even in this situation. There may be a few seconds before lighting fixtures, ceiling tiles, pipes, and other objects fall into your working or living space.

If you happen to be outside when the bomb explodes, you still have a chance. Lie on the ground face down with your hands under you. Don't move until the heat and two shockwaves have passed.

Mask and Shelter

Once the heat and blast effects have ended, regardless of whether you're outside, at home, in a building, or lucky enough to be in a basement, your first priority is to cover your mouth and nose with a mask, scarf, or anything that can filter air. Once that's taken care of, move quickly to the closest shelter if you're not already in one. Make certain all windows and doors are closed. Wash your body if you think there is any chance you have been exposed to fallout, and stay there until it's dissipated by the wind. There's no way you can determine this on your own, so wait for fire, police or other authorities to tell you it's safe enough to leave. Other members of your family at work, home, or at school will also be safest remaining where they are until the greatest danger has passed.

If you have to leave the shelter for any reason before the all-clear signal is given, wear a mask at all times. Remember that the greatest health danger comes from inhaled fallout particles. You can wash your skin, but not your lungs.

Fallout may cover the area where you have taken shelter, but you will probably be given a green light to evacuate to a safer place within a few days. Contrary to rumors about radioactive fallout making the ground and objects deadly to humans for centuries, it actually loses its intensity relatively quickly. The radiation declines to a small percentage of its initial level within about two weeks.

You may be evacuated by bus or military truck. And it's entirely possible your children and spouse will be evacuated separately for safety reasons. The temporary separation will understandably create a great deal of anxiety, but keep reminding yourself it has very likely improved their

chances of survival. Concern for your children's safety will be much easier to cope with if you're familiar with their school's plan for this type of emergency.

If you're allowed to leave in your own automobile, follow the evacuation instructions very carefully. Gather family members if you can, and use the recommended route. Things might be very chaotic in the region, and you'll probably be much safer if you follow the established plan.

Communicate

Call your out-of-town contact at the first opportunity to let them know how you are and where you are. If no telephone service is available, non-government organizations like the Red Cross and Salvation Army operating at shelter locations may be able to help. Passing communications through your emergency contact person may be the only way to link your family together.

Medicate?

Only when advised to do so by health authorities and your doctor. Just as with the dirty bomb situation, medications you have at home or are planning to purchase, such as potassium iodide, may not provide the protection you expect. They may do more harm than good in a post-attack environment.

After the Attack

Your hometown or city will probably recover, but the process is going to take many years. Also, you may have been exposed to enough radiation to impact your health to some extent. This is where efforts to maintain financial and physical fitness pay off. Radiation and stress can compromise immune systems, but the healthy body has a better chance of coping. Weeks or months may pass before you can find regular employment again. The zero credit card balances and nest egg accumulated while you were living slightly below your means will help to see you through.

11 Explosive Weapons

Explosives are still the weapons most commonly used by terrorists throughout the world. They're cheap, easy to make, and simple to use. And they're very effective. Everything happens in an instant, unlike consequences of some other weapons that unfold over a period of days or weeks. Limiting your risk of death or injury from an explosive device involves remembering just a few basics. Thinking clearly when you see a bomb and knowing what to do immediately after it explodes can save your life.

If You Can See the Bomb...

"If you can see the bomb, the bomb can see you." There's a lot of common sense packed into this little message. It's an operational adaptation of the old saying "curiosity killed the cat," and it addresses a sad reality that more than a few people have been killed by their desire to see what was in a package looking like it might be a bomb. The message here is crystal clear. If you see anything that might be, or might contain a bomb, leave immediately and call 911 or tell a police officer.

When You Hear or Feel the Explosion

Immediately take cover under your desk or a table to protect yourself from flying or falling debris. If you're outside, take cover if you can. If that's not possible, drop to the ground in a tucked position. Wait several seconds and listen carefully before moving.

After the Explosion

Leave the area. Don't hesitate a moment. Don't call anyone or do anything that might delay your exit. Avoid crowds. If running with others from the explosion site, move to the outer edges of the flow. Staying in the middle of the pack could get you trampled if you fall.

Be aware the terrorist may have planted a second bomb timed to explode a few minutes after the first, to target people milling around in confusion or returning to help the wounded. Car bombs have often been used for this purpose.

Should you find yourself trapped in debris, know that it could be many hours before help comes. If you can move your arms and hands, try to cover your mouth and nose with any material that can filter dust out of the air. Tapping on a hard surface is often the best way to signal your presence to rescuers. Shouting can work if you hear people nearby, but be aware it can cause you to inhale lots of potentially dangerous dust.

Remember two things whenever you leave a building in an emergency. Don't take elevators. They could lose power between floors or take you to a floor where there may be fire. And don't open windowless doors without first feeling them to see if they're hot. There may be fire on the other side. Should you be forced to escape in a smoky corridor, cover your mouth and nose if you can with a wet cloth and crawl with your head as low as possible. Once outside, never go back in to rescue anyone. If you do, you'll likely become a casualty someone else will have to rescue. Leave it to the professionals.

Walk to a location several blocks from the blast site. Call 911 if you don't see or hear police, EMS or fire responders in the area. Take a moment now to pause, take stock of your situation, and think about calling a family member or emergency contact to let them know where you are and how you're doing.

Body Check

When the adrenalin's been pumping for a while, people are sometimes temporarily unaware of injuries. Check yourself for cuts, bruises, pain,

bleeding, dizziness, or anything abnormal. If you think you have been injured, seek medical attention from EMS responders or any medical facility you can reach. Emergency rooms at the nearest hospital will fill up quickly. A better choice, for anyone lucky enough to have the option, would be to travel to a hospital farther from the disaster scene. Unless you're one of the first people to reach the emergency room, expect a long wait for attention. Members of the hospital staff will probably be using triage procedures to separate the critically injured from those who can wait a little longer for treatment.

Emergency Plans

Knowing in advance where to find medical treatment could really help in this situation. Put addresses of major medical facilities in your community in the family emergency plan. You won't have the plan with you when a bomb explodes, but finding and writing down the addresses will help you remember when there's no time to be looking through the phone book.

Knowledge gained over many decades of disaster response shows us that reading and understanding emergency plans for buildings where you work, live, or where your children go to school can materially improve your chances of survival. Experience may be the best teacher, but when your goal is to avoid danger, it's always better to learn from someone else's experience.

12 Cyber and Agroterrorism

Cyber and agricultural terrorism don't normally represent the same prospect of sudden death or injury you might expect from other threats mentioned in previous chapters. Yet their short and long term effects on our daily lives can be serious, and you should have at least some understanding of their characteristics.

Cyberterrorism

We've all heard computer users complain of, or warn about viruses. Most, so far, are mere nuisances, though they're increasingly the work of criminals, bent on financial gain at our expense. But viruses are just one of the many tools available for cyberterrorism.

Basically, all forms of cyberterrorism involve using computers to attack other computers and disrupt or disable a selected system or process, such as manufacturing or satellite network operations. Attacks could come from within the target organization, using local area networks, or through the Internet from cyber warfare specialists on the other side of the globe.

Cyber attacks might take the form of viruses designed to clog the electronic flow of banking information or shut down telephone communications. They could disable traffic flow controls in our public or commercial transportation systems. Terrorists could even send commands to remotely controlled devices to interrupt supplies of water,

natural gas, or electricity. Essentially, anything controlled by computers has some degree of vulnerability to a cyber attack.

Recent studies and risk assessments suggest the current cyber threat to safety and health is not as deadly as some of the first assessments led us to believe. The operation of infrastructure controlled by computers in the U.S. and other industrialized nations is moderately resistant to cyber attacks because of redundancy, human monitoring, manual control options, and experience gained through response to accidental system failures and hackers intent on disrupting network activity. The far more serious cyber threats today are espionage and crime. These two categories impact national security and the economy, but should be threats you're already addressing if you have a computer, using frequently updated anti-virus software and firewalls. They shouldn't add anything new to factor into your personal planning.

In the future, as we move from leased private data lines to greater reliance on the more economical Internet option, our vulnerability to disruption of critical services may increase. But regardless of the level of risk and seriousness of an attack's consequences, your ability to cope with post-event disruptions will depend on how well you made preparations for the other situations where temporary loss of utilities, communications, and the usual food supplies can be expected.

Agroterrorism

Agroterrorism is really a variety of bioterrorism. It gets separate billing because it attacks plants and domesticated animals rather than humans and would rarely, if ever, constitute an immediate danger to public health equal to that of a contagious disease.

The goal of the agroterrorist is to generate fear in the general public, and create economic hardship in farm communities and every component of the food business from packaging seeds to putting cereal on supermarket shelves. Terrorists know that livestock concentrations in densely populated feedlots facilitate the spread of disease, and the ease with which their agents can approach rural farms make the introduction of plant disease a relatively simple task.

Successful attacks on our crops or livestock could have enormous economic impact. Not only on the farmers who bear most of the pain, but also on everyone in the food processing and distribution system, and on consumers who will be paying higher prices for alternate sources of meat, grain, or other foods.

Thanks to warning alarms that sounded when outbreaks of “Mad Cow” disease occurred several years ago, the U.S., Canada, and many other countries have allocated more resources to the mission of finding, isolating, and eradicating diseases that make livestock unsafe for human consumption. Consequently, the potential health risk for most of us is – so far - minimal. As with cyberterrorism, your basic preparations to endure a period of adversity and a habit of keeping up with local and national news will provide the protection you need.

Part 4

Planning

13

Creating Your Plan

By now, you know enough about a variety of potential threats to begin your preparations for surviving acts of terrorism. You have a general grasp of what can happen in the aftermath of several very possible scenarios, and know the basic steps that must be taken for immediate and long-term safety. You understand that having the ability to evacuate or shelter in place for an extended period of time, and a plan to keep family members linked together as a disaster runs its course, are essential ingredients for success. They'll get you through almost any conceivable post-attack situation. The word *ingredients*, is used intentionally, because you are about to write your own recipe for survival.

Get Ready to Write

You are far more likely to reach your goal if you put down in writing what you intend to do. There are good reasons for this.

Putting pen to paper is an active process. You are mentally engaged in gathering and organizing information, and will better remember things you have written than things you have only read. There is a sample plan in Appendix A, but it would be a mistake to simply tear it out and do what it says.

No two families have identical needs. When it comes to emergency plans, one size is better than nothing, but one size doesn't fit all. When you write your own plan, using our sample as a guide, you are better

able to comprehend the “big picture” in a way that allows you to see how it can be supplemented or modified to better suit your individual situation. The extra hour or two this process takes is well worth the time invested.

Get a spiral notebook or three-ring binder with dividers, a pad for taking notes, and a pencil with a big eraser. Go first-class and spend about two extra dollars on document protectors that fit the rings in your binder. Give your plan a home where you can reach it easily. Putting it on a shelf with cookbooks makes good sense, because much of what you will be tracking involves stored food and beverages.

Make a copy for each car and evacuation kit or knapsack. No fancy binders. Just the pages folded and stuffed in envelopes.

Once completed, your plan becomes a yardstick with which you can measure your progress toward the goal of preparedness for terrorist attacks and natural disasters.

A Script in Three Acts

There are almost as many ways to organize plans, as there are planners. How you choose to do it is of little importance. What matters most is that you have confidence in your plan, knowing it takes into consideration the unique aspects of your personal and family life. My preferred method is to divide a family or personal emergency plan into three categories that include communication, sheltering and evacuation. Additional things we discussed such as staying healthy and staying connected are important goals in themselves, but they represent long-term strategies and don't require immediate action when the alarm sounds. It's a question of priorities. First you plan to save your life, and then you deal with ways to improve the quality of your life.

14 Communication Planning

Plans work best when all the players are connected by some form of communication. Doesn't matter if it's conventional phones, cell phones, e-mail, or messages left with friends. Having the ability to coordinate activities of everyone in your circle of family and friends makes it much easier to improvise when unanticipated situations cause you to modify your plan during an emergency. Even if events unfold according to plan, just knowing you have the option to communicate when necessary takes a lot of stress out of the situation.

The Alert

Your first signal that there's something threatening your community should be a warning from the city, town, or county emergency management office. It can come via radio and TV, sirens, loudspeakers, or the telephone. It's critically important you find out what the alert system is in your area, and write it in the beginning of your communication plan.

Call your fire, police, or other local government officials and get the details. If someone tells you "we use sirens," that's not enough. At a minimum, you have to know the signals for shelter-in-place, all clear, and evacuate immediately. If they rely on radio or TV, find out what stations carry their alert messages. If they use telephones, do they use sirens as a back up? Local emergency managers are usually good at

designing a system that works well in their community. But the best system isn't very helpful if you're not familiar with how it works.

Communicating with Others

The most comprehensive plans to shelter-in-place or evacuate efficiently at a moments notice can quickly unravel if you don't know how you're going to keep the family together, or let other important people in your life know what's happening to you. If you haven't planned this communication process well in advance, your frantic attempts to contact everyone will be a model of inefficiency and frustration when you don't have time to spare. You won't be able to do as good a job focusing on what needs to happen to keep you and your family safe.

Get the Numbers

Begin by listing telephone contact information for family members and anyone else you might need to keep in touch with, such as an employer. Don't forget to include e-mail addresses, because there can be circumstances where phone lines are jammed and e-mail is the only way to get through.

Select a friend or relative far enough away to be unaffected by a disaster happening where you live, and ask them to be a point of contact for your family. There are lots of potential situations where you could be separated from family members for many hours or days, and have no way of finding out where they are. But if you have an out-of-town contact, all of you will have a chance to stay connected through this person. Sometimes, when local telephone circuits are overloaded, it's actually easier to get through to an out-of-town contact than to a local phone.

Copies for Everybody

Write these local and out-of-town contact numbers in your communication plan. Then type or write them on heavy pieces of paper, card-stock, or thin cardboard about the size of a credit card. Get them laminated if you can, and give one to each family member to carry in their wallet

or purse. Mail a copy to your out-of-town contact person. Schools and places of employment should be given copies also.

Contact number cards should be placed near telephones where you live, along with numbers for fire, police, and your doctor. The nationwide 911 service is great, but if its lines are overloaded, you might have more success calling emergency services directly. And don't forget, your cordless phone is useless if there's no electricity.

When “Plan A” Doesn't Work

Part of your thinking about communicating has got to include an acceptance of the possibility that immediate connections with those you need to reach may be impossible. Your communication plan, like all good plans, should address the possibility of failure by offering an alternative course of action.

In this case, your fallback position could be another attempt using a neighbor's phone or a public phone, proceeding to a meeting place listed in the evacuation section of your emergency plan, or simply trying again and again by every means at your disposal until you succeed or have to leave. Whatever you decide, make sure you write it on the communication page of your plan. Always try to give yourself more than one option.

15 Planning To Shelter

During the Cold War, threat of nuclear attack came from a single source – the Soviet Union, and building atomic bomb shelters for individual families was a defensive strategy embraced by very few. Optimists believed the deterrent value of a massive American counter-strike made war unlikely, and pessimists thought the outcome of nuclear war would be so catastrophic that life wouldn't be worth living in a world that would surely follow.

Half a century later, with high probability of occasional attacks within our borders but less chance of mass annihilation, sheltering at home begins to make sense to more people. It takes its place beside seat belts, air bags, smoke detectors, and Polio vaccinations as good insurance against injury and disease.

An Alternative to Anxiety

Having an obsessive focus on terrorist attacks and allowing fears to guide your daily life can generate a level of anxiety more harmful to your health than the threat itself. Fortunately, there's a time-proven method to get rid of the source of this anxiety before it becomes a problem - planning and preparation.

When you've finished writing your plan for sheltering at home, the burden of concern that everything important has been addressed, is taken from your shoulders. There are many things to do before your home can be called an effective shelter, but once you list them all on your plan, you can follow up with what needs to be done at a pace

that's manageable. You have a good roadmap, and don't worry about getting lost. You can push the issue off center stage and move on. It's a comfortable feeling.

Learning from History

“Your home is your castle” is more than a metaphor. History has demonstrated that castles well provisioned by their owners stood a good chance of protecting everyone inside from attack by invading armies. In similar fashion, your home can protect you from invading armies of chemical toxins, biological agents, and radioactive fallout, if adequately provisioned in advance.

Disasters in recent times illustrate, once again, the link between preparation and survival. We have witnessed emergency situations lasting a week or more where those in well-stocked households suffered no more than major inconvenience, while others less prepared lost their lives.

Sheltering Supplies

Shelter supplies listed below are similar to those in your evacuation plan. Main differences involve quantities of water and food, tools, and materials to create an airtight seal around doors and windows. Since storage space is not constrained by your trunk space, as it would be for an evacuation kit, you have the option of including additional quality-of-life items that make an extended confinement more bearable for adults, and especially for children.

You can add anything you and your family might want for your period of seclusion, but your list should include basic necessities for at least two weeks. Some sources recommend a minimum of three days, but there are well-documented situations where that amount wouldn't come close to meeting the need. Here are the basics.

- Water for two weeks. One gallon per person per day. Empty, and refill the containers at least once every six months. It tastes better that way. Don't forget the pets.

- Food for two weeks. We're fortunate that labels on food containers list the number of servings, and calories per serving. They make it relatively easy to compute how much of everything we need to store. Recommended serving sizes may be somewhat smaller than you might like, but they're more than adequate for a sheltering situation where people get little or no exercise.

Stock non-perishable foods only. Avoid foods that require water for preparation, unless you have allocated additional water to your supply for this purpose. High-energy foods such as peanut and other nut butters are good to have on hand. They can be spread on rice cakes, crackers, or other long-shelf-life bread substitutes. Canned meat, fish, vegetables, beans, and juice are good choices. If you buy canned soups, read the labels carefully, as many of them have high levels of sodium. Don't forget a non-electric can opener.

Baby foods and pet foods may need to be included on your list. Multi-vitamins make sense, even if you don't normally take them, because you're not going to be eating fresh fruits and vegetables for a while.

- Prescription medicine. Work with your doctor and pharmacist to acquire an emergency supply that will last at least two weeks. If you do purchase extra pills, rotate them with others of the same kind. You don't want to exceed the expiration dates.
- Over-the-counter medicine. Pain relievers, anti-diarrhea medications, laxatives, and antacids are standard items. It's also a good idea to have Syrup of Ipecac (induces vomiting) and activated charcoal on hand in case their use is recommended by the Poison Control Center.
- First-aid kit. A wide assortment of bandages, sterile dressings and gauze pads, adhesive tape, antiseptic wipes, an anti-bacterial ointment, scissors, and tweezers are needed. A cold

pack, non-latex surgical gloves, and a CPR breathing barrier are also good items to include. You can add safety pins, needles and a thermometer.

One solution to the problem of what items to buy is to purchase a first-aid kit at your local drug store. Talk to the pharmacist, and make sure it's large enough for your family. The on-line Red Cross Store is another good source.

- Surgical or dust masks. At least one for each member of the family.
- Sanitation. Get a plastic bucket with a lid, plastic garbage bags with ties, toilet paper, and moist towelettes for cleaning your hands. Soap, a disinfectant, and household chlorine bleach are also necessary.
- Personal items. Toothbrush and paste, hair brushes, safety razors, nail clippers, feminine supplies, and spare eyeglasses would be included in this category.
- Paper cups and plates, and plastic eating utensils. You don't want to use anything that's going to have to be washed after every meal. Include a few large plastic garbage bags to hold the trash.
- Flashlight with extra batteries. Another good source of light to have is one of the battery powered camping lanterns with a fluorescent bulb. When used at slightly less than full power, some of them can provide light for up to 24 hours on a single set of batteries. Candles should be a last resort because of the potential fire hazard, and because their use in a sealed room may cause the oxygen supply to decrease more quickly.
- Shelter-room-specific items. Should a warning ever advise immediate sheltering and sealing cracks around windows and doors, you'll thank yourself if a few essential things were pre-

positioned in your shelter room. The list would include plastic sheets to cover windows, tape, a flashlight, a telephone, a whistle, and a small portable radio. Get one of the portable radios with a hand crank that recharges its battery for your shelter if you can afford the forty to fifty dollar price tag. None of these items take up much space, and can be hidden behind sofas, under beds, in closets, or in drawers.

Ideally, supplies would already be stored in your shelter room, but that's not always possible. If you have the option of having both cellar and upstairs shelters, you'll probably be storing the food and other items in the cellar. There should be sufficient time to grab water and food on the way to your shelter, but finding, measuring, and cutting plastic sheets, and running a phone line into the room, could take more time than you have available.

- Fire extinguisher. Remember, there are a number of possible scenarios where no one will be able to come to your aid in the event of fire. It's nice to know you can grab your emergency evacuation kit and run, but best if you don't have to.
- Tools. You may be instructed to turn off gas and water supplies to your house. Make sure you know where the valves are, and that you have the wrench or pliers needed to close them. Gas lines should be turned back on only by a professional.
- Special needs for seniors and the disabled. Things like spare oxygen bottles, and hearing aid or wheelchair batteries would be included. The appropriate list is going to be different for each family. You and your doctor are in the best position to determine what's needed to sustain your special-needs person for two weeks.
- Heavy gloves. You may need them to pick up broken glass or debris.

- **Documents.** Store copies of your important documents such as wills, licenses, and insurance papers in a fire-resistant box. Don't forget to include backup copies of important computer files, and consider storing copies of important family photographs with your documents.
- **Entertainment.** You could be confined to your shelter for days or weeks. Books, games, puzzles, a deck of cards, or anything else you can think of to give pleasure during a difficult time would be welcome additions to your shelter supplies.

This list of supplies is generic by design. Customizing it by adding things important to you and your family will pay big dividends, should your plan ever get put to the test.

Shelter Checklist

There aren't many things you have to remember when the alarm sounds. But why take a chance? A short checklist of things you have to do immediately, taped to the inside cover of your plan book or written in large letters on the first page, will get you off to a good start.

- ✓ Everyone inside. This includes pets.
- ✓ Close and lock doors and windows. Don't forget chimney flues and any other vents to the outside air.
- ✓ People, pets, and supplies to the shelter room.
- ✓ Seal doors and windows if necessary. Listen carefully to the warning, as there may be no need to take this step.
- ✓ Communicate. Try to call family members in other locations, and call your out-of-town contact.
- ✓ Stay informed. Leave your radio or TV on so you don't miss any emergency instructions from local authorities.

If you work outside the home, it's a good idea to read and understand the sheltering and evacuation procedures in your building. Armed with this information, you can write your own emergency checklist and keep it in a drawer, your wallet, or purse. Include phone numbers and e-mail addresses in your communication plan. Plenty of information at your fingertips means having to cope with less confusion and anxiety.

Competitive games are usually won by the person who makes the fewest mistakes. The better your plan, the fewer the mistakes. It could mean your life and the lives of your loved ones.

16 Planning for Evacuation

When you're well prepared, you don't have to think twice about whether or not to leave when you get the recommendation or order to evacuate. We've covered this ground before, but it can't be overemphasized. When you hear the call to evacuate, start moving. Better yet, if there's plenty of warning, and it's looking like the authorities are going to order an evacuation, don't wait. An early departure can save you from gridlock on the highways, and other miseries that so often accompany mass evacuations.

Where Are You Going?

Local officials can tell you when you have to leave, but they can't be expected to tell everyone where to go. They cannot compel another community outside their jurisdiction to shelter evacuees, and it's not always possible to predict which communities may offer shelter. A town that has agreed in advance to provide shelter, may have troubles of its own during the crisis, and be unable to meet its commitment. There can never be any guarantees, because no one can accurately predict the future.

As the emergency situation unfolds, local officials should be investing much of their time, resources, and energy working to get the poorest people, the elderly, the disabled, and anyone else unable to care for themselves to distant shelters. What remains will be spent preparing to cope with whatever force is threatening the community. There will be little time left for people who can take care of themselves.

What this all comes down to is the reality that, for the vast majority of Americans who have a car or can afford a bus ticket out of town, deciding where to go when it's time to evacuate is a personal responsibility. You can hope public officials will provide shelter and transportation for you, and you might get lucky. But your evacuation experience will be a lot more pleasant if you take charge of your own situation.

If you have out-of-town friends or relatives who can put you up for awhile, ask them if they would be willing to shelter you if the time ever comes. If you don't, pick one or two destinations you're comfortable with. Go there in person or via Internet and locate hotels, motels, boarding houses, Bed and Breakfasts, or campgrounds. Get their phone numbers and any other pertinent details, such as whether or not they allow pets. Write all this information in your plan. Now you know where you're going.

Gathering the Family

Unless you're all at home, or unless you're living alone, your first task is to collect everyone in your family in one place, if possible. Select two meeting locations. One should be close to your house, in the event you are all forced out by fire or some other emergency. A neighbor's yard or porch (best to get permission first), a telephone pole, or a large tree will work. Make sure it's a place that adults and children can find at night.

The other location will be for situations where you need to meet and pick up family members not at home when an order to evacuate the area is given. Parking lots at churches, shopping centers, or schools can be good choices. There are so many possibilities for who gets picked up, in what order, and where it all happens, that you really need to think this one through carefully. Figure out the simplest arrangement you can, and put it on page one of your evacuation plan.

By the way, have you planned escape routes from each room of your house in the event of fire? Is everyone in the family familiar with them? If not, this is a good time to figure it out and write it down. Words put to paper are a great memory aid.

Well-Stocked Kits

Any evacuation kit is a compromise between satisfying every reasonable need on the road, and portability. Food choices will reflect a more limited ability to prepare meals, and a need to pack maximum calories and nutrition into minimum space and weight.

Car Kit

Part of your evacuation kit should be with you whenever you drive. Your plan should emphasize the need to make certain the following items are always available in your car.

- A copy of your communication and evacuation plans in an envelope.
- Local and regional maps, to include detailed information on locations and phone numbers of your preferred evacuation destinations.
- Coins, or pre-paid phone cards that don't lose their value over time.
- A charger for your cell phone.
- A small first-aid kit.
- Surgical or dust masks.
- A plastic bottle of water and high energy snack bar for each person likely to be in your car, in the event you can't make it back to your house to get the larger kit.
- One half tank, or more, of gasoline. Try to make it a habit of never letting your tank drop below this level.

Grab 'n Go Kit

Getaway kits need to contain enough supplies to sustain you for three days, while being small enough to store in the trunk of your car. I mention trunk, because you don't want to advertise your supplies by throwing them on the back seat where they can be seen through windows. Thefts during emergencies aren't confined to retail stores.

Put no more into any single bag or container than you can easily lift off a shelf and carry by yourself (remember - one gallon of water weighs eight pounds). A popular approach is to divide your evacuation kit into two pieces. A duffle bag works well for bedding, a change of clothes, and personal items. If you don't have or don't want to use a duffle bag, an old suitcase or cheap new one will do the job. Pick one with wheels if possible. Another approach is to use a separate knapsack for each family member. I'd avoid cardboard cartons unless everything inside is sealed in plastic, since you have to keep your supplies completely dry. Get a plastic bucket with a cover. It can carry food and other supplies, and be used for sanitary purposes with plastic bags.

Food in your kit will probably have a shelf-life measured in years and will not have to be checked very often, but your water container should be replenished with fresh water every few months. Gets rid of the plastic container taste.

Depending on the size of the water container, it may be wise to carry it separately from the rest of your supplies. That still leaves you with only three things to throw into your car.

For the knapsack user, it's just less of the same stuff. If you're not familiar with using knapsacks, don't buy one until you've tried a few in a store that sells camping supplies. The best ones are designed to let you carry much of the load on your hips. Carrying the whole load on your shoulders can result in some memorable back and shoulder pains after a long carry.

Evacuation kits would seem to be the best place to store emergency supplies of medications because you can't accidentally leave them in a bathroom medicine cabinet when you're rushing out of the house. But I can't recommend it as a general practice. Great care must be taken here. Medicines have a limited shelf life. And allowable storage temperature ranges are probably not wide enough to let you keep them in an area of your house with no heat or air-conditioning. If you really want to do this, check with your doctor and pharmacist first.

The Supply List

Many experts on the subject have recommended the following items for your evacuation kit. Packing for an evacuation lasting three days gives you a nice safety margin. In no case would I want to leave with less than a two-day supply of food and water.

- Water for three days. One gallon per day per person. Half of this amount is for personal hygiene.
- Food for three days. Energy bars, dried fruit, nuts, and trail mix make good choices.
- Medicine. Prescription and over-the-counter items you might normally use, providing storage temperature limits will not be exceeded. Watch the expiration dates.
- First-aid supplies. A Red Cross approved first-aid kit, or equivalent, makes sense.
- Plastic bucket with cover and plastic bags for sanitary purposes.
- Personal hygiene needs.
- Sealed moist towelettes.
- Change of clothes and sturdy shoes.
- Bedding.
- Spare keys.
- Flashlight with spare batteries.
- Small portable radio with spare batteries.
- Special needs items such as extra glasses.
- Copies of important papers (insurance, wills, licenses, medical info, etc.)
- Rain gear. Cheap plastic ponchos with hoods work fine.

Books and games for adults and children are always a good idea. A separate food and water supply for your pet is absolutely essential.

Winter coats, hats, gloves, and boots normally take up too much space to be included in the kit. No problem, as long as you remember to bring any important seasonal clothing with you as you leave.

Time to Leave

When a rapidly developing emergency situation puts your brain in temporary overload status, you're probably going to forget something. Even if you have only two or three things to remember. That's why pilots always use checklists.

Your Checklists

Write two checklists on a single piece of paper, place in a document protector or any transparent protective material, and attach to the outside of at least one of the evacuation kit packages. The first checklist will be called DEPARTURE, and will list the following actions:

- ✓ Load evacuation kit into car trunk (list items – i.e. Duffle bag, bucket, and water jug).
- ✓ Close and lock windows.
- ✓ Turn off utilities if ordered to do so.
- ✓ Call contacts on your communication plan if you have time.
- ✓ Lock doors as you leave.
- ✓ Grab anything else you don't want to leave without, such as seasonal clothing, a pet, or Grandmother's oxygen bottle.

The second is your ENROUTE checklist, and will remind you to do the following, after you leave home:

- ✓ Fill your tank at the first opportunity (price is not a factor this time).
- ✓ Fill your wallet at the closest ATM (if you don't have an emergency cash supply).
- ✓ Tune your radio to a station broadcasting evacuation news, and leave it on.

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- ✓ Call your contact numbers if you have a cell phone, and didn't have time to call before you left home.

If you plan to use public transportation, or expect to be picked up by someone else, just write the checklists without reference to trunks or gas tanks. Modify them in any way that better addresses your particular situation. The important thing is that you have something to back-up your memory in a potentially stressful time. Now you're on your way, with what you need!

Summary

Ideas and recommendations offered throughout this book have come from a variety of sources. Thoughts concerning human reactions to danger and mental strategies for coping with crisis, are part of a collective wisdom gathered over more than four millennia, and written by the most insightful and articulate scholars of their times. Technical information regarding threats and protective measures can be found in dozens of government, relief organization, and academic publications or web sites. The rest comes from personal experience. Put these concepts and recommendations to work, and you really improve your chances of coping with almost any challenge a terrorist or Mother Nature can send your way.

Here, one last time, are the basics.

Terrorism isn't going away.

They have the will, the means, and the opportunity.

Assume you're on your own.

Help may not be there when you need it. Even the best efforts of a prepared government have limits. Plan and act accordingly.

You can deal with it.

Like buying fire insurance and smoke detectors, you just do what you need to do, and get on with your life.

When disaster strikes, focus only on what, not who or why.

Let the FBI and State Department deal with who and why. Your only concern is what happened, and what you're going to do about it. Thinking about all the other things can leave you in mental quicksand.

Knowledge and action are your best weapons.

Developing a realistic understanding of current threats, and making sensible preparations for their consequences, are potent weapons against terrorism.

Things you have to do.

Decide to act, make a plan, and get your supplies. Then – stay informed, stay healthy, stay connected, and stay out of discretionary debt.

Your reward.

Security for you and your family, and the confidence and peace of mind that follows.

A Final Thought

Eleanor Roosevelt, in a famous quote from her book “This is My Story,” gave us clear insight into our relationships with terrorists. She wrote, “No one can make you feel inferior without your consent.”

In one respect, foreign and domestic terrorists are much like insecure people who try to enhance their own sense of self-worth by making you feel inferior. Unable to cope with change in a modern world, they attempt to validate their beliefs and manipulate your behavior by working to create fear in your mind. Don’t give them your consent!

Afterword

October 12, 2005. Great-Camp Sagamore, Raquette Lake, New York.

Susan is downstairs in the reading room teaching an Elderhostel group to play the Mountain Dulcimer. They came to this historic site for a taste of mountain culture, served up this morning by my wife and our story-telling friend Bill Smith, and a chance to witness the annual gift of Adirondack Mountain autumn foliage.

Bedroom window views of heavy overcast and light rain falling on tall pines transport me to another time and another rain in the North Country. It was early January of 1998, and the jet stream began pumping warm moist air up the East Coast, turning snow to rain. To the north and west lay an arctic high-pressure region with its sub-freezing temperatures. Together, they formed a stationary front covering southern Quebec, an area of northern New York State the size of Vermont, and the northern regions of New England. Rain fell for more than two days from warm air aloft, through cold air near the surface, and froze wherever it landed. Ice accumulation was measured in inches. It was one of the worst storms of its kind on record.

Damage assessment teams estimated about twenty thousand utility poles had been snapped in half like toothpicks or were damaged beyond repair. Many of the giant high-voltage transmission towers fell like dominos. Power lines lay on the ground as far as one could see on most any road, and in some rural districts, you couldn't travel 200 feet without encountering a fallen tree or heavy limb blocking the road. There was no electricity, no heat from natural gas or oil furnaces, no water for those with wells, and no safe way to travel. For many living outside town there was no way to travel at all, except on foot. School children got an unexpected vacation, many businesses and wage earners suffered severe financial setbacks, and families on more than seventeen hundred dairy farms faced a crisis.

Press reports of local and State response to emergencies are usually a good barometer of how things are going, and ours were generally

favorable. To be fair, the report card reflected three advantages enjoyed by those of us managing State agencies at the time.

Our first and most important advantage was the competence and hard work of “first responders,” the medical community, a host of volunteers from non-government relief agencies, and local emergency managers. Second, was a cohesive team of senior State administration officials led by a pro-active governor. And third, was recently gained experience working together to deal with some of New York State’s worst floods, blizzards, and wildfires of the 20th Century.

But in spite of a combined government and private-sector response to this ice storm that met standards the public has every right to expect, there were countless injuries, several deaths, and suffering on a wide scale. Fires burned unchecked where impassable roads denied access to fire trucks and crews. Some died from heart attacks or injuries when leaving the relative safety of home to get desperately needed supplies. Others died from carbon monoxide poisoning while using emergency generators. Power restoration took from days to weeks, depending on where one lived, even with thousands of National Guard troops and Department of Transportation workers helping to clear roads for power company line crews.

The lesson for me was clear. In the best of all possible worlds, with swift response from well coordinated, well trained, experienced, and dedicated teams from government and industry working around-the-clock in the disaster area, you can still be on your own in a survival situation for a considerable period of time. It makes no difference if loss of power and confinement to your home were caused by severe weather or a terrorist attack. The end result is the same. Your quality of life in the days and weeks following most disasters will be shaped by the quality of your planning and preparations.

Our ancestors, most of them farmers, knew that nature was not always kind in the short run. They stocked root cellars, stored grain, preserved fruits, and smoked meats and fish. They led a life as healthy as their daily labors and available food would allow, and stayed connected to family and friends for pleasure and for mutual support. The importance

of assuming primary responsibility for their own well-being wasn't a subject for debate. It was part of the culture.

Even in these modern and complex times, the basics haven't changed all that much.

Appendix A

A Basic Family Plan With Checklists

Place all sections of plan in a three-ring binder stored on a cookbook shelf in kitchen or other convenient location.

Section One: Immediate-action Checklists

WARNING SIGNALS– Write down the warning signals or systems your community uses to alert residents to danger. Make certain your smoke detectors have fresh batteries, and are tested every few months.

Evacuation checklist: [copy attached to each duffle bag]

- Load duffle bags, buckets, and water jugs into car trunk.
- Pet food and water into trunk.
- Hats, gloves, boots, and coats into trunk.
- Get emergency cash.
- Close and lock windows.
- Turn heat or air conditioning down or off.
- Turn off utilities *if ordered to do so*.
- Brief calls to communication plan contacts *if time allows*.
- Everyone into the car. Don't forget the pets.
- All house doors closed and locked.
- Review evacuation route before starting.

When you're on your way:

- Fill gas tank.
- Fill wallet at ATM if necessary.
- Turn on radio and listen for instructions.
- Drive defensively.

Shelter checklist:

- People and pets inside.
- Close and lock doors and windows. Don't forget cellar windows.
- Fireplace flue closed.
- Ceiling access to attic closed.
- Radio on for emergency instructions. (*Know which local stations are part of the Emergency Broadcast System.*)
- Everyone to shelter room.
- Seal windows and doors *if instructed to do so by public authorities.*
- Call contacts on your communication plan.
- Leave radio on for further information and instructions.

Section Two: Communication Plan**Emergency meeting places:**

Near home – for fire evacuation: Neighbor's front porch. (*or mailbox, or large tree*)

Away from home: Shopping mall parking lot. (*or workplace, or church parking lot, etc.*)

Family contact numbers:

Mom: work _____, cell phone _____, e-mail _____

Dad: work _____, cell phone _____, e-mail _____

Schools: Maple Elementary _____, Jefferson High _____

Misc: Library _____, Church _____

Out-of-town contact: Pass all information to this person.

Name and phone #: (____) _____, e-mail _____
Street
City, State, Zip code

Contact number lists:

- Small copies for everyone on list to carry.
- Copy mailed to out-of-town contact.
- Copies near all phones.
- Emergency phone numbers near all phones (Police, Fire, EMT)

Phone (not cordless) working in shelter room.

Alternate plan if local contact with family members is impossible (on first attempts):

- Attempt to relay message through out-of-town contact.
- E-mail if possible.
- Continue to attempt contact. Or: (situation dependent),
- Proceed to emergency meeting place, *only if safe to travel, and if discussed in detail well in advance of the emergency.*

Section Three: Evacuation Plan - Supplies

Car Kit:

- Copy of communication and evacuation plan in glove compartment
- Local and regional maps
- 25 cent coins for telephones
- Cell phone charger
- First Aid kit
- Dust masks
- Bottled water
- Granola bars

Garage Kit:

- Duffle bags
- Water jugs
- Nuts
- Energy bars
- Dried fruits
- Peanut butter
- Whole grain crackers
- Plastic eating utensils
- Powdered milk
- Plastic sanitary bucket with lid and plastic bags
- Toilet paper and moist towelettes
- Change of clothes and all-weather shoes
- Flashlight and extra batteries
- Small portable radio (*change batteries on a regular basis - at least annually, using the older emergency radio batteries on frequently used radios or other devices*)
- Sleeping bags
- Personal hygiene kits
- Plastic rain gear
- Copies of important documents in waterproof envelope
- Books, and deck of cards
- Disposable individual-use glove and sock heaters

Section Four: Shelter Plan**Sheltering Supplies:**

Water. Two week supply in plastic jugs in basement

Food. Two week supply

- Jars - peanut butter
- Cans – tuna fish
- Cans – vegetables
- Cans – fruit
- Packages – crispbread
- Boxes – whole grain crackers

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- Packages – rice cakes
- Cans – beans
- Boxes – dried fruit
- Jars or cans – nuts
- Granola bars and trail mix
- Large jar - instant decaf coffee, 1 box - decaf tea (*caffeinated beverages cause your body to lose water faster*)
- Cans – juice
- Boxes – powdered milk
- Jars – grape jelly and orange marmalade
- Jars – baby food
- Bags – pet food

Add multi-vitamins and supplements normally taken on a daily basis.

Add salt, pepper, spices, and sugar if necessary.

Medicine: Two to three week supply

- Prescription medicines
- Over-the-counter medicines
- Aspirin and Ibuprofen
- Syrup of Ipecac (*to induce vomiting*)
- Activated charcoal

Medical supplies:

- Red Cross first aid kit, plus 2x2, 4x4, and triangular bandages
- First aid book (*read before storing with supplies*)
- Surgical masks
- Non-Latex surgical gloves
- Breathing barrier (*mouth-to-mouth resuscitation*)
- Cold pack
- Scissors
- Tweezers

Sanitation:

- Plastic bucket with lid, with plastic bags to fit
- Large plastic garbage bags with ties

- Toilet paper
- Moist towelettes
- Soap
- Disinfectant
- Bleach

Personal hygiene kits (tooth brush, razor, comb, etc.)

Dining necessities:

- Paper plates
- Plastic eating utensils
- Paper cups
- Paper towels

Tools and equipment:

- Fire extinguisher
- Camping stove, with matches or gas lighter
- Wrench (stored at gas-line shut-off valve)
- Can opener (non-electric)
- Heavy gloves

Important documents: (copies)

- Fire resistant box
- Insurance papers
- Wills
- Health information
- Licenses

Entertainment:

- Books
- Deck of cards
- Board games
- Battery powered CD player

Shelter room pre-positioned items:

- Pre-cut plastic sheets for door and window
- Duct tape

- Phone (not cordless)
- Wind-up radio
- Whistle
- Flashlight with extra batteries

Special need items: Here you would list special supplies for the elderly, handicapped, or other dependent people in your household.

Notes:

Taking a first aid and CPR course from your local Red Cross chapter is a great way to invest some of your time.

Use the Homeland Security Advisory System alerts to remind you to spend a few minutes reviewing your plan.

Appendix B

Immediate Action Summary

Note: *This is a generic guide that cannot possibly cover every situation.* Spending time to periodically review the characteristics of various threats is well worth the effort. Your gut reactions to danger are sometimes good. Informed gut reactions are much more reliable.

Warnings of chemical attacks by terrorists are unlikely. Your first clue will usually be the behavior of animals or people. Advance warning of a biological attack is extremely unlikely. Expect the first notice to come from public health officials. Your first warning of a conventional explosive device, including radiological weapons, will be the sound and concussion. With a nuclear detonation, you may be warned with a flash of intense light before feeling the concussion of the first of two shock waves.

Chemical Agent

At home: Bring everyone inside. Close and lock doors and windows. Follow shelter checklist. If exposed, strip and shower.

At work: Take shelter in your building. If chemical agent is released in the building, leave immediately. If exposed, strip and shower.

Outdoors, or in a public place: Leave the area immediately if you can, or seek shelter in a building. If exposed, strip and shower.

Biological Agent, with Advance Warning

At home: Bring everyone inside. Close and lock doors and windows. Put on filter masks. Follow shelter checklist.

At work: Take shelter in your building. Put on a filter mask. If biological agent is released in the building, leave immediately. Wait for instructions from health authorities.

Outdoors, or in a public place: Put on a filter mask if you have one (check your car kit). Take shelter as soon as possible. Wait for instructions from public officials.

Biological Agent, with post-attack notice from health officials

Follow instructions. Do not immediately go to a hospital. If you have symptoms that match those described by health authorities, seek medical advice from sources you normally use. Last resort – call 911. Consider sheltering at home until the threat has passed. If you have to leave home, always wear a mask that can filter a virus or bacteria.

Radiological Weapon (“dirty bomb”)

At home: Bring everyone inside. Close and lock doors and windows. Put on filter masks. Follow shelter checklist. If exposed to fallout, strip and shower.

At work: Put on a filter mask. Follow sheltering procedures for your building, and wait for instructions from public officials. If exposed to fallout, strip and shower.

Outdoors, or in a public place: Put on a filter mask. Take shelter in a building or your car. Wait for instructions from public officials. If exposed to fallout, strip and shower.

Nuclear (atomic) Bomb

At home: Take immediate cover under a heavy table or any solid object. Put on a filter mask after the shock waves have passed. Follow shelter checklist.

At work: Take immediate cover under your desk, a table, or any solid object. Put on a filter mask after the shock waves have passed. Follow shelter procedures for your building.

Outdoors, or in a public place: Fall to the ground in a tucked position. After the second shock wave concussion, put on a filter mask, and seek shelter. If exposed to fallout, strip and shower.

Conventional Explosives

At home: Take immediate cover under a table or any solid object. Bring everyone inside. Close and lock doors and windows. Follow shelter checklist.

At work: Take immediate cover under your desk, a table, or any solid object. Put on a filter mask. Follow sheltering procedures for your building.

Outdoors, or in a public place: Fall to the ground in a tucked position. Try to find cover nearby, for protection from falling debris. Leave the area and put on a filter mask. Stay on the edge of any flow of people fleeing the scene.

Appendix C

Homeland Security Advisory System

The Department of Homeland Security's color-coded threat advisory system has been controversial from the day it was introduced. You may have heard criticism of the system: that it doesn't contain "actionable information;" and that it doesn't provide specific guidance about what public buildings, bridges, highways, airlines, or tourist areas to avoid. Although technically accurate, it misses the point entirely. We will rarely, if ever, have advance knowledge of the exact time and place of a terrorist attack. And without that knowledge, there is no way anyone can tell us precisely what to do.

The current system, or any future replacement, works best when we're players in the process, not just passive spectators. Businesses, government agencies at every level, schools, and many other groups have written specific actions into their emergency plans that are taken every time the threat level is increased or decreased. Factories add extra guards, vacations are cancelled for responders with critical skills, and hospitals check emergency generators. For every organization that might be effected by an act of terrorism, there's a different set of instructions to correspond to different levels of threat.

If we use the system in the same way, we can use the warning changes to update our survival preparations. It doesn't matter if the warnings are color coded, organized from one to five, or given names. What matters, is that we respond in some way whenever the threat level changes. In most cases, this will mean using the warning to remind us to review our shelter, evacuation, and communication plans, and the dates on food supplies, medicines, and water bottles.

The Red Cross helped develop the following list of recommended actions and advisories for citizens when threat levels are changed. It fits very well with the strategy of maintaining a capability to shelter at home or evacuate on short notice with everything you need. You can

review the latest versions by going to the www.ready.gov website or calling 1-800-BE-READY.

GREEN Low risk:

- Develop a family emergency plan. Share it with family and friends, and practice the plan. Visit www.ready.gov for help creating a plan.
- Create an emergency supply kit for your household.
- Be informed. Visit www.ready.gov, or obtain a copy of “Preparing Makes Sense, Get Ready Now” by calling 1-800-BE-READY.
- Know how to shelter-in-place and how to turn off utilities (power, gas, and water) to your home.
- Examine volunteer opportunities in your community, such as Citizen Corps, Volunteers in Police Service, Neighborhood Watch or others, and donate your time.
- Consider completing an American Red Cross first aid or CPR course, or Community Emergency Response Team (CERT) course.

BLUE Guarded risk:

- Complete recommended steps at level green.
- Review stored disaster supplies and replace items that are outdated.
- Be alert to suspicious activity and report it to proper authorities.

YELLOW Elevated risk:

- Complete recommended steps at levels green and blue.
- Ensure disaster kit is stocked and ready.
- Check telephone numbers in family emergency plan and update as necessary.
- Develop alternate routes to/from work or school and practice them.
- Continue to be alert for suspicious activity and report it to authorities.

ORANGE High risk:

- Complete recommended steps at lower levels.
- Exercise caution when traveling, pay attention to travel advisories.
- Review your family emergency plan and make sure all family members know what to do.
- Be patient. Expect some delays, baggage searches and restrictions at public buildings.
- Check on neighbors or others that might need assistance in an emergency.

RED Severe risk:

- Complete recommended actions at lower levels.
- Listen to local emergency management officials.
- Stay tuned to TV or radio for current information/instructions.
- Be prepared to shelter-in-place or evacuate, as instructed.
- Expect traffic delays and restrictions.
- Provide volunteer services, only as requested.
- Contact your school/business to determine status of workday.

Appendix D

Informative Web Sites

Web sites shown below will provide you with what you need to know to achieve a good level of preparedness at home. The list intentionally excludes commercial sites because of their inconsistency. Some commercial sites offer useful and reliable information, while others provide guidance inappropriate for many people. A few of them attempt to raise levels of anxiety that can be relieved only by purchasing a particular product.

Advice, given on sites of government, academic, and not-for-profit public service organizations, represents the combined experience of nationally recognized experts in the fields of homeland security, emergency management, public health, and related specialties. The recommendations have been tested over decades or longer, and shown to be valid in most situations. If you have the time and inclination to pursue detailed information on any particular aspect of homeland security, sheltering, or public health, a basic search of the Internet will provide hundreds of sites. Be selective, avoid sites with a doomsday approach, and crosscheck with other sources.

- <http://www.ready.gov> - DHS site for individuals
- <http://www.redcross.org/preparedness> - Red Cross family preparedness site
- <http://www.fema.gov> - FEMA website
- <http://www.bt.cdc.gov> - CDC bioterrorism emergency preparedness and response site
- <http://www.hsph.harvard.edu> - Harvard School of Public Health
- <http://www.hsus.org> - Humane Society – good information on pet safety
- <http://www.citizen corps.gov> - sign up for community volunteer work
- <http://www.usaonwatch.org> - Neighborhood Watch

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About the author

John H. (Jack) Fenimore gained personal experience in the arena of man-made and natural disasters during his 38 years in Active and Reserve components of the United States Air Force where he retired as a Major General, and a number of civilian assignments focusing exclusively on terrorism and disaster preparedness.

He has served as Adjutant General of the State of New York, heading an agency that incorporated National Guard and Naval Militia forces, the State Emergency Management Office, and the all-volunteer State Guard. He also served New York as Chairman of the Disaster Preparedness Commission. Responsibilities at the national level included Chair of the National Guard Bureau (NGB) Weapons of Mass Destruction Advisory Board, Chair of the NGB Counter Drug Advisory Board, member of the Reserve Forces Policy Board, and consultant to the Defense Science Board.

Knowing that some of the best policy and planning comes from close cooperation between operational and academic participants in antiterrorism and disaster preparedness, he has spent considerable time working on projects that bring both groups to the table. These include a three-year Executive Session on Disaster Preparedness conducted by the JFK School of Government at Harvard University, a symposium on the imposition and enforcement of quarantine at Wilton Park in the UK, a study for Congress on the National Guard role in chemical and bioterrorism defense, and a homeland security symposium at the State University of New York's Rockefeller Institute of Government.

Following retirement from public service, he has operated a consulting practice centered on homeland security and the integration of local, state, and federal responders, and now spends most of his time focusing on terrorism and natural disaster survival strategies for individuals and families.

To Order Copies of This Book

Additional copies of *Surviving Terrorism* can be ordered through your local or on-line bookstore, or directly from the publisher at the address below. Discounts are available for quantity purchases. Write to Bedwelty Press for more information.

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