

Ready to Go Emergency Kit:

Water:

- 1 gallon per person per day for at least 4 days
 - Clean plastic containers
 - Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. **No scented, color safe or bleaches with added cleaners.**
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Food:

- At least a three-day supply of non-perishable food
 - Store at least a 4-day supply of non-perishable food.
 - Avoid salty foods, as they will make you thirsty.
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Canned juices
 - Canned meats, fruits, vegetables
 - Unsalted nuts
 - Crackers
 - Non-perishable pasteurized milk
 - High energy foods
 - Vitamins
 - Comfort/stress food
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First Aid Kit:

- Two pairs of Latex, or sterile gloves (if allergic)
 - Sterile dressings to stop bleeding
 - Cleansing agent/soap/hand sanitizer
 - Antibiotic ointment to prevent infection
 - Burn ointment to prevent infection
 - Adhesive bandages in a variety of sizes
 - Eye wash solution or saline solution
 - Thermometer
 - Tube of petroleum jelly or other lubricant
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid (for upset stomach)
 - Laxative
 - Tweezers
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Tools:

- Battery-powered or hand crank radio and extra batteries
 - NOAA Weather Radio with tone alert and extra batteries
 - Cell Phone
 - Emergency charger
 - 2-way radios with extra batteries
 - Flashlights and extra batteries
 - Scissors
 - Whistle to signal for help
 - Dust masks
 - Wrench or pliers to turn off utilities
 - Manual can opener and eating utensils
 - All purpose tool
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Supplies:

- Heavyweight plastic bags
 - Duct tape
 - HEPA filter fans
 - Moist towelettes, plastic bags and ties for personal sanitation
 - Local maps with evacuation routes planned
 - 2-4 mil. thick plastic sheeting to cover windows/doors/vents
 - Prescription glasses
 - Infant formula, bottles and diapers
 - Important documents: insurance, IDs and account records
 - Cash or traveler's checks and change
 - Emergency reference material/first aid book
 - Sleeping bag or warm blanket for each person
 - Change of clothing; long sleeved shirt, long pants and boots
 - Rain ponchos
 - Fire Extinguisher
 - Matches in a waterproof container
 - Feminine supplies and personal hygiene items
 - Mess kits, paper cups, plates and plastic utensils, paper towels
 - Paper and pencil
 - Books, games, puzzles or other activities for children
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Emergency Contact Information:

- Maryland Emergency Management Agency: Camp Fretterd Military Reservation, 5401 Rue Saint Lo Drive, Reisterstown, MD 21136, (410) 517-3600
- Maryland Joint Operations Center: Camp Fretterd Military Reservation, 5401 Rue Saint Lo Drive, Reisterstown, MD 21136, (410) 517-3700
- Maryland Coordination and Analysis Center (MCAC): 1(800) 492-TIPS / 1(800) 492-8477
- United States Attorney's Office, Baltimore: ATAC Coordinator - (410) 209-4843, Chief Information Officer - (410) 209-4930, ATAC Executive Assistant - (410) 209-4868
- Maryland Local Emergency Managers, http://www.mema.state.md.us/MEMA/content_page.jsp?TOPICID=emmgrs

Shelter in Place

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "shelter-in-place," is a matter of survival. You can use these things to tape up windows, doors and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts. Once you have sealed a room with plastic sheeting and duct tape you may have created a better barrier between you and any contaminants that may be outside. However, no seal is perfect and some leakage is likely. In addition to which, you may find yourself in a space that is already contaminated to some degree. Consider a portable air purifier, with a HEPA filter, to help remove contaminants from the room where you are sheltering. These highly efficient filters have small sieves that can capture very tiny particles, including some biological agents. Once trapped within a HEPA filter contaminants cannot get into your body and make you sick. While these filters are excellent at filtering dander, dust, molds, smoke, biological agents and other contaminants, they will not stop chemical gases. Some people, particularly those with severe allergies and asthma, use HEPA filters in masks, portable air purifiers as well as in larger home or industrial models to continuously filter the air. Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you can use these things to tape up windows, doors and air vents if you need to seal off a room.

- Cover all doors, windows and vents with 2-4 mil. thick plastic sheeting.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first, then tape down all edges.

Citizen Corps

Get Involved in Preparing your Community. Citizen Corps, Homeland Security's grassroots effort, local opportunities for citizens to get emergency response training; participate in community exercises; and learn more and to get involved, contact your nearest Citizen Corps Council by visiting www.citizen Corps.gov. A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the

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

If There is a Biological Threat

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through some other signal used in your community. You might get a telephone call or emergency response warning. In the event of a biological attack:

If you become aware of an unusual and suspicious release of an unknown substance nearby, it doesn't to protect your nose, mouth, eyes and cuts in your skin.

- Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. For example, two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
- Wash with soap and water.
- Contact authorities.

Cover Your Nose and Mouth

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it. Do whatever you can to make the best fit possible for children. There are also a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting. Simple cloth face masks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases. Still, something over your nose and mouth in an emergency is better than nothing.

Antibiotics

While antibiotics are often an appropriate treatment for the diseases associated with biological weapons, the specific drug must match the illness to be effective. One antibiotic, for example, may be appropriate for treating anthrax exposure, but is inappropriate for treating smallpox. All antibiotics can cause side effects including serious reactions. Plan to speak with your health care provider in advance about what makes sense for your family.

Use Common Sense

At the time of a declared biological emergency, if a family member becomes sick, it is important to be suspicious. Do not automatically assume, however, that you should go to an emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

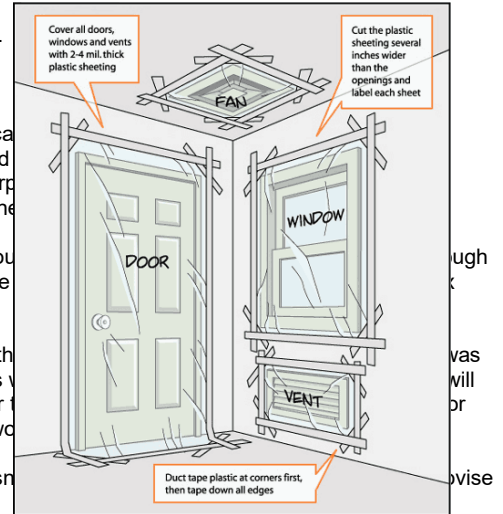
- Stay healthy. Eat well. Get plenty of rest.
- Use common sense to determine if there is immediate danger.
- Wash your hands with soap and water frequently.
- In a declared biological emergency or developing epidemic, there may be reason to stay away from crowds where others may be infected.
- There may be times when you would want to consider wearing a face mask to reduce spreading germs if you yourself are sick, or to avoid coming in contact with contagious germs if others around you are sick.

Public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

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

During a declared biological emergency:

1. If a family member becomes sick, it is important to be suspicious.
2. Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
3. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.



4. Consider if you are in the group or area authorities believe to be in danger.
5. If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.

Symptoms

If a family member develops any of the symptoms below, keep them separated from others if possible, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

- A temperature of more than 100 degrees
- Nausea and vomiting
- Stomachache
- Diarrhea
- Pale or flushed face
- Headache
- Cough
- Earache
- Thick discharge from nose
- Sore throat
- Rash or infection of the skin
- Red or pink eyes
- Loss of appetite
- Loss of energy or decreases in activity

Hygiene

If someone is sick, you should practice good hygiene and cleanliness to avoid spreading germs.

- Wash your hands with soap and water frequently.
- Do not share food or utensils.
- Cover your mouth and nose when coughing or sneezing.
- Consider having the sick person wear a face mask to avoid spreading germs.
- Plan to share health-related information with others, especially those who may need help understanding the situation and what specific actions to take.

If you are potentially exposed:

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

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

1. Quickly get away.
2. Protect yourself. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.

If you become aware of an unusual and suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself. Be prepared to improvise to protect your nose, mouth, eyes and cuts in your skin.

- Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. For example, two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
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- Stay healthy. Eat well. Get plenty of rest.
 - Use common sense to determine if there is immediate danger.
 - Wash your hands with soap and water frequently.
 - In a declared biological emergency or developing epidemic, there may be reason to stay away from crowds where others may be infected.
 - There may be times when you would want to consider wearing a face mask to reduce spreading germs if you yourself are sick, or to avoid coming in contact with contagious germs if others around you are sick.
3. Wash with soap and water.
 4. Contact authorities.
 5. Watch TV, listen to the radio, or check the Internet for official news and information including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick.
 6. If you become sick seek emergency medical attention.

- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.

Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

Possible Signs of Chemical Threat

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

If You See Signs of Chemical Attack: Find Clean Air Quickly

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

If You Think You Have Been Exposed to a Chemical

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

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