

1. You are near an explosion. Cover your nose and mouth with a cotton T-shirt or dust mask immediately.  
True \_\_\_\_\_ False \_\_\_\_\_
2. Which best describes a "dirty bomb?"
  - a. a miniature nuclear device
  - b. an explosive device that releases chemicals
  - c. an explosive device that releases a biological agent
  - d. an explosive device that spreads radioactive materials over a specific area
3. A dirty bomb will kill everyone within 5 miles and make buildings uninhabitable for years.  
True \_\_\_\_\_ False \_\_\_\_\_
4. Where is the best shelter in the event of a radiological incident or dirty bomb?
  - a. high up in a building
  - b. in a basement or cellar
5. If you see the warning signs of a chemical attack (people becoming violently ill, choking, or passing out), what is the first thing to do?
  - a. leave the area as fast as possible
  - b. cover your nose and mouth with fabric, then run away
  - c. head for a basement and seal all doors and windows
  - d. cover your nose and mouth and wait for emergency personnel to arrive to start decontamination
6. In the event of a biological attack, which item is not true.
  - a. a biological attack may not be immediately obvious
  - b. during a biological incident, germs or other substances that can cause sickness are released
  - c. one can become sick by inhaling, touching, or eating a biological agent
  - d. all biological agents create contagious diseases
7. If you see signs of unusual illness or a biological attack is reported on radio/TV, where is the safest place to seek shelter?
  - a. high up in a building
  - b. in a basement or cellar
8. If trapped under debris generated by an explosion or natural disaster, which of the following actions is the worst way to alert rescuers?
  - a. tap on a pipe or wall
  - b. use a flashlight
  - c. shout
9. Which statement is false regarding sheltering during an emergency.
  - a. create your own shelter at home or work
  - b. shelters must accept pets
  - c. bring a disaster supply kit when evacuating to a shelter
  - d. you may be instructed to shelter where you are during a chemical release, even if in a area of a chemical release
10. How can you find or obtain safe drinking water?
  - a. boil water for 3-5 minutes
  - b. add 16 drops of bleach per gallon
  - c. use water from a radiator
  - d. use water from a hot-water heater if undamaged
11. Have you prepared a family communications disaster plan, including a meeting place away from your home, work, or school; a family contact person in another city; and a list of phone numbers for each family member?  
Yes \_\_\_\_\_ NO \_\_\_\_\_
12. What should you have in an emergency kit?
  - a. non-perishable food for both you and your pets
  - b. water
  - c. first-aid kit
  - d. battery powered radio
  - e. flashlight and extra batteries
  - f. other essentials, such as prescription medications
  - g. current contact information for family, friends, etc.
  - h. all of the above

## **PUBLIC HEALTH PREPAREDNESS**

This public information booklet contains information concerning Home Emergency Preparedness Kits, Travel Emergency Preparedness Kits, Family communications Plans, and 12 questions to assist in emergency preparation / planning

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Answers to the 12 emergency preparedness questions are on the back of the Family Preparedness Plan.

Information in this document has been obtained from such sources as the following: the U.S. Department of Homeland Security, the Federal Emergency Management Agency, the Illinois Department of Public Health, and the American Red Cross.

What does my local public health department, LCHD, do for me? Everyday, the LCHD staff is prepared to:

- Prevent epidemics and the spread of disease
- Prevent injuries
- Promote healthy behaviors
- Protect against environmental hazards
- Respond to emergencies and assist the community in recovery
- Ensure the quality and accessibility of health care services and provide such services as:

**Monitoring** health status to identify community health problems.

**Investigating & Diagnosing** health problems & health hazards in the community.

**Informing & Educating** people about health issues.

**Developing** policies and plans that support individual and community health plans.

**Providing** a resource for health care services.

**Assuring** a competent public health workforce.

**Investigating** innovative solutions to health problems.

**Developing** emergency preparedness plans, procedures, and capabilities.

**Interacting** with community partners to train and strengthen emergency preparedness capabilities.

**Providing** personnel and equipment resources to ESDA agencies upon request.

**Assisting** in short term and long term emergency recovery activities.

**Taking** any and all actions necessary to protect the lives, health, and safety of Logan County citizens.

Everyday, the LCHD staff recognizes the need to educate and inform the citizens of Logan County about how to prepare and plan for emergencies and disasters. LCHD has gathered information from various sources and has developed this Public Health Preparedness Guide.

## **SOME PLANNING CONSIDERATIONS INCLUDE:**

- the Family Preparedness Plan
- the Travel Emergency Preparedness Kit
- the Family Communications Plan
- the Home Emergency Preparedness Kit
- the “Book of Life”

## **TRAVEL EMERGENCY PREPAREDNESS KIT**

This kit should be similar to the home emergency preparedness kit, but a rather mini version including such basics as food, water, blankets, medications, clothing, rain gear, flashlights, batteries, battery operated radio, etc.

## **FAMILY COMMUNICATIONS PLAN**

Establish an out of state contact (family/friend) that each of your family members can contact upon reaching a safe area. Each family member should have a copy of the Family Communications Plan and phone list.

## **HOME EMERGENCY PREPAREDNESS KIT**

The home emergency preparedness kit could be a durable plastic container, a large duffel bag, or anything that can hold all of the items deemed necessary to sustain you and your family for 72 hours.

The contents may vary somewhat, but the following items provide a reference point from which to construct your home emergency preparedness kit.

- |   |  |
|---|--|
| <input type="checkbox"/> water – 1 gal/person/day   | <input type="checkbox"/> medication        |
| <input type="checkbox"/> non-perishable food  | <input type="checkbox"/> manual can opener |
| <input type="checkbox"/> flashlights & spare batteries  | <input type="checkbox"/> clothing          |
| <input type="checkbox"/> battery operated radio   | <input type="checkbox"/> money             |
| <input type="checkbox"/> sanitary supplies  | <input type="checkbox"/> rain gear         |
| <input type="checkbox"/> blankets/pillows   | <input type="checkbox"/> duct tape         |
| <input type="checkbox"/> whistle to signal for help   | <input type="checkbox"/> trash bags        |
| <input type="checkbox"/> infant needs: formula, diapers, etc.   | <input type="checkbox"/> pet supplies      |
| <input type="checkbox"/> contact information/communications plan  |  |
| <input type="checkbox"/> important papers: living wills, appointment of health care agent, appointment of an attorney -in-fact for health care decisions, designation of conservator for future incapacity, insurance documents, passports, personal identification, bank account records, etc. |  |
| <input type="checkbox"/> disposable paper/plastic drinking and eating utensils  |  |
| <input type="checkbox"/> evacuation plans/information regarding neighborhood meeting place  |  |

The American Red Cross has emergency kits of various sizes available for purchase. The Illinois Capital Area Chapter can be reached at:

**217-522-3357 or 1-888-343-5766.**

## **THE “BOOK OF LIFE”**

This document lists such information as medical histories, medication needs, chronic conditions, physical limitations, Advanced Directives planning materials, the Family Preparedness Plan, etc.

**Complete this document: This information can be essential to your health and safety.**