

FAMILY SURVIVAL GUIDE

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EMERGENCY CONTACTS

Prepare a list of phone numbers for the following people or resources to contact in an emergency.

EMS:

Physician:

Physician:

Physician:

Dentist:

Hospital ER:

Medical Insurance Co:

Policy #:

Pharmacy:

Police:

Fire Department:

Relative:

Baby Sitter:

Poison Control Center:

Health Department:

PREFACE

This book has been written as a guide for individuals, particularly parents, in the management and prevention of injuries or illness that may occur as a result of accidents, disease, natural disasters, or terrorism.

For most people, natural disasters such as hurricanes, tornados, floods, fires, and earthquakes are rare phenomena. Thus when faced with them, they are likely to be unprepared. This manual discusses ways to minimize the risk of injury and describes techniques for responding to the trauma and disease that may occur.

In the past, books of this nature have glossed over or ignored the issue of terrorism. Recent events make this unwise. The world faces a determined foe with the means to construct deadly weapons from cars or airplanes or even fertilizer. As rogue nations such as North Korea and Iran develop nuclear technology, the danger of nuclear weapons reaching the hands of terrorists becomes more and more real. **A nuclear explosion within an American city during this century is more than just a possibility.** Civilians who learn how to deal with this probable disaster will improve their potential to survive and to protect their families.

Terrorists have already gained access to biological weapons. The Anthrax attack in the U.S. had deadly results. A miniscule amount of spores created panic throughout the nation and forced Congress to close its buildings. A more widespread attack would have quickly depleted stores of antibiotics and could have caused extensive death and disruption.

Armies introduced chemical weapons during WWI and have continued to use them in multiple wars since that time including the Iraq/Iran War. More recently terrorists used sarin nerve gas to kill civilians in subways in Tokyo.

Every man and woman should have a plan of action to protect his or her family in the event of the use of weapons of mass destruction. Therefore, methods are presented for surviving acts of biological, chemical, and nuclear terrorism.

PREPARATION FOR DISASTER

1. **Read this book** and keep it available for reference.
2. **Prepare a list of telephone numbers that you may need in an emergency.** Space is provided in the front of this book for that purpose
3. **Take a BLS (basic life support) course.** Cardiopulmonary resuscitation (CPR) is not easy, and it is important to know the proper techniques. Courses are available through the National Safety Council and the American Red Cross as well as a number of local groups.
4. **Monitor your home with carbon monoxide and smoke detectors and keep the batteries fresh.**
5. **Keep fire extinguishers** in your home. Make sure that every occupant knows where they are.
5. Devise a **plan of escape** in the event of a fire. Rehearse the plan at least twice a year.
5. If you have gas appliances, have them **inspected** annually.
6. **Label all medications and poisonous chemicals and store these dangerous substances where children cannot reach them.**
7. **Keep children away from poisonous plants,** or better yet, don't grow poisonous plants where children might reach them.
8. **Keep family members current in their immunizations,** particularly for **tetanus and Hepatitis B.** Keep records of these immunizations readily available.
- 9 Keep a **first aid kit** in your home. Its contents should include as a minimum those in the following table.

FIRST AID KIT FOR THE HOME

Tweezers

Matches

Candle

Sterile Gloves

Disposable Gloves

Adhesive Tape

Sterile Cotton Balls

Sterile Gauze Pads

Sterile Dressings

Sterile Eye Pad

Sling

Adhesive Dressings

Roller Bandages

Safety Pins to secure bandages

Scissors

Face Mask

Face Shield for protection from infection during CPR

Pocket Mask for protection from infection during CPR

Thermometer

Flashlight

Notebook and Pencil

Alcohol-Free Wipes

Benadryl®

Aspirin

Acetaminophen

Ibuprofen

Epinephrine Auto-Injector Kit

(if occupant of house has significant allergy)

Antibiotic Ointment

Calamine Lotion

Antacids

COMMON SENSE APPROACH TO RESCUE

1. **“Do no harm”** is a basic principle of medicine. Be sure that whatever you do does not make the situation worse. In cases of doubt, wait for experienced help to arrive.
2. Unless the injury is minor, **summon help from other people and do not delay contacting EMS.**
3. **Do not give the victim anything to eat or drink if surgery is even a remote possibility.** He could vomit and aspirate the contents of his stomach into his lungs when the anesthesiologist puts him to sleep.
4. **Do not put yourself in undue danger** when trying to rescue another person. Increasing the number of victims to include yourself helps no one and complicates the work of trained professionals when they arrive.
5. Infections can be spread from the rescuer to the patient or from the patient to the rescuer. Therefore use soap and water to **wash your hands. Wear gloves.** If you have sores on your hands, you should cover them with an adhesive dressing. Take care to avoid touching a wound or a contaminated dressing with unprotected hands.
- 6, **Wear protective glasses** if splashing by body fluids into the eyes is a possibility. If this occurs, wash your eyes thoroughly.
7. **You should seal soiled material in a plastic bag,** and contact the local health department for instructions on disposal of the bag.
8. If CPR is required, **use a face shield or a pocket mask** when available.
9. **Remember that the victim is legally entitled to refuse your assistance.** If he is awake, you should request his permission. If he is unconscious, permission may be assumed.

ACCESSING THE SCENE

The first step for the rescuer is to access the situation to determine if there is a true emergency. If you are unsure, you should proceed as if there is. Any situation that threatens severe or permanent injury or that poses a threat to the life of the victim should be considered an emergency even if the person appears fine. For example, an overdose of medication may have a delayed effect with the victim initially appearing fine but later progressing to loss of consciousness and death.

1. **Check the site of an accident for danger** such as fallen power lines or a car at risk of fire or explosion. Make sure that there are no victims hidden from view and try to determine the cause of the emergency.
2. **Examine the victim** to ensure that he is **breathing** adequately. Check for a pulse.
3. **In cases of trauma, evaluate for possible spinal injury. If the patient is unconscious, you should proceed with the assumption that spinal injury has occurred until medical personnel have proven that it has not.**
4. **If the victim is awake, ask him what happened and what symptoms he is having.**
5. Note his level of mental alertness. **Also ask about allergies and chronic medical conditions** such as diabetes, heart disease, or asthma.
6. **Evaluate the victim to see what injuries have occurred.** Examine all parts of his body for signs of tenderness, bruising, swelling, or lacerations. See if he is able to move all his extremities and if he is mentally alert. Check his eyes to see if the pupils are of normal and equal size and if they react to light. Make sure no foreign objects are embedded in the eyes and that there has been no trauma to the eyes. Make sure there is no blood or clear fluid in the nose. Check the inside of the mouth for any injuries or obstruction to breathing, and note if there is any odor on the breath.
7. **Feel along the full length of the spine without moving the patient to detect pain or swelling.**

8. **Feel the chest to determine if there is tenderness, swelling, or crepitation** (a crackling sensation due to air beneath the skin).

9. **Ask the victim to move the fingers, wrists, elbows, shoulders, toes, ankles, knees, and hips and note any pain or restrictions to movement.** Look for discoloration of the fingernails and for needle marks on the forearms.

10. **Check his abdomen** for tenderness, swelling, or rigidity.