

Terror/Emergency Preparedness¹

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Terror is the most effective when it creates a sense of uncertainty, confusion and traumatic, paralyzing fear. Your best defense against terror is the ability to keep calm and to make rational decisions. Be alert. Be suspicious of abnormal or unusual situations. But, do not spend time and energy worrying about the situation. There are unexpected events that occur. Terror preparations are similar to preparations for other emergencies and disasters.

During any emergency situation there are unethical people who take advantage of those who panic or are overcome with fear. There are scam artists who will use fear to sell unneeded and worthless items. Before buying any terror related items carefully evaluate their potential use, quality, who is selling them and the cost.

Remember a terrorist attack may involve traditional explosions, chemicals, biological or disease related pathogens, or nuclear materials and irradiation. The way you respond to a terror attack depends on whether it involves physical injury, illness, property damage or air pollution. Treating a chemical burn would be very different from a burning home or broken leg.

There are things that you can do that will help you in any type of emergency including a terror attack. They are easy and do not require large out-of-pocket expenses for items which may never be used.

- Keep a copy of major important papers in a small container that you can quickly grab and run if leaving the scene.
- Keep some cash on hand (but not all of your bank account)! Have a credit card with a good balance available.
- Be sure you have your checkbook and a pen.
- Be sure your car is in good repair with more than a half of a tank of gasoline.
- Have at least 3-days food supply on hand. Foods should be those that can be eaten without heating and do not require refrigeration, (ex: canned and dried foods.)
- Be sure to include foods for any required special diets (example: diabetes) and for babies and small children.

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- Have a hand operated can opener, a knife and some disposable plates and eating utensils.
- Water is essential. Have a supply on hand. Use bottled or tap water in clean containers.
- Have a roll of paper towels, toilet tissue or hand tissue and antibacterial hand wipes.
- Have a battery-powered radio and extra batteries.
- Have a flashlight with extra batteries.
- Have readily available a change of clothing for each family member in case it is necessary to evacuate.
- Keep a supply of prescription medicines so they can be carried with you. Also have over-the-counter medication such as aspirin/Advil, something for diarrhea or digestive distress, Band-Aids and an anti-biotic cream.
- Have personal care products such as toothbrush and dental cream.
- Work out a location where family members can meet or contact if they are displaced. Help children know how to contact you and where you can contact them. Include an alternate site and contact person in case the original location is inaccessible. Be sure the alternate person is aware that your children may contact them. (Take care not to panic the children but do help them realize your information is important.)