



## ACTS OF TERRORISM

There is an extremely small chance that you will experience an act of terrorism first hand. That being said, you should use your family emergency plan should an act of terrorism happen in your community.

### 1. A Word on What Could Happen

An act of terrorism may have wide-spread and devastating results. You should be prepared for the following scenarios and conditions after an attack:

- There can be significant numbers of casualties and/or damage to buildings and the infrastructure. So employers need up-to-date information about any medical needs you may have and on how to contact your designated beneficiaries.
- Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.
- Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
- Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
- Clean-up and recovery may take many months.

### 2. What You Can Do to Prepare

Finding out what can happen is the first step. Once you have determined the events possible and their potential in your community, it is important that you discuss them with your family or household. Develop a disaster plan together.

- **Create an emergency communications plan.**

Choose an out-of-town contact your family or household will call or e-mail to check on each other should a disaster occur. Your selected contact should live far enough away that they would be unlikely to be directly affected by the same event, and they should know they are the chosen contact. Make sure every household member has that contact's, and each other's, e-mail addresses and telephone numbers (home, work, pager and cell). Leave these contact numbers at your children's schools, if you have children, and at your workplace.

- **Establish a meeting place.**

Having a predetermined meeting place away from your home will save time and minimize confusion should your home be affected or the area evacuated. You may even want to make arrangements to stay with a family member or friend in case of an emergency. Be sure to include any pets in these plans, since pets are not permitted in shelters and some hotels will not accept them.

- **Assemble an emergency preparedness kit.**

If you need to evacuate your home or are asked to "shelter in place," having some essential supplies on hand will make you and your family more comfortable. Prepare a disaster supplies kit in an easy-to-carry container such as a duffel bag or small plastic trash can. Include "special needs" items for any member of your household (infant formula or items for people with disabilities or older people), first aid supplies (including prescription medications), a change of clothing for each household member, a sleeping bag or bedroll for each, a battery-powered radio or television and extra batteries, food, bottled water and tools. It is also a good idea to include some cash and copies of important family documents (birth certificates, passports and licenses) in your kit.

Copies of essential documents-like powers of attorney, birth and marriage certificates, insurance policies, life insurance beneficiary designations and a copy of your will-should also be kept in a safe location outside your home. A safe deposit box or the home of a friend or family member who lives out of town is a good choice.

- **Check on the emergency plan for your schools and family care providers**

Families with school age children, seniors and those with special needs will need to know the policies of the programs that provide care to their loved ones. Schools, assisted living facilities and other care facilities are required to have emergency operations plans. As an example, parents should know if the school will keep children on campus until a parent or designated adult can pick them up or send them home on their own. Be sure that the school has updated information about how to reach parents and responsible caregivers to arrange for pickup. Build this information into your family communications plan. Ask what type of authorization the school may require to release a child to someone you designate, if you are not able to pick up your child. During times of emergency the school telephones may be overwhelmed with calls.

### **3. If A Terrorism Event Occurs**

These are general guidelines to assist you in any emergency situation:

- Remain calm and be patient.
- **Follow the advice of local emergency officials.**
- Stay informed; listen to your radio or television for news and instructions.
- If the event occurs near you, check for injuries. Give first aid and get help for seriously injured people.
- If the event occurs near your home while you are there, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Confine or secure your pets.
- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those who are elderly or disabled.
- If you see something that might be helpful to local authorities, say something to your local authorities.

#### **4. If You Must Evacuate The Area**

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television and follow the instructions of local emergency officials and keep these simple tips in mind:

- **Listen to local authorities**
- Wear long-sleeved shirts, long pants and sturdy shoes so you can be protected as much as possible.
- Take your emergency or disaster supplies kit.
- Take your pets with you; do not leave them behind. Because pets are not permitted in public shelters, follow your plan to go to a relative's or friend's home, or find a "pet-friendly" hotel.
- Lock your home when you leave.
- Use travel routes specified by local authorities—don't use shortcuts because certain areas may be impassable or dangerous.
- Stay away from downed power lines.
- Your local authorities will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television, and following their instructions is your safest choice.
- If you're sure you have time before you must leave:
  - Call your family contact to tell them where you are going and when you expect to arrive.
  - If you have a land line phone, forward your house phone to your cell phone.
  - Shut off water and electricity before leaving, if instructed to do so. Leave natural gas service ON unless local officials advise you otherwise. You may need gas for heating and cooking, and only a professional can restore gas service in your home once it's been turned off. In a disaster situation it could take weeks for a professional to respond.

#### **5. If You Must Shelter In Place**

If you are advised by local officials to "shelter in place," what they mean is for you to remain inside your home or office and protect yourself there.

- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air conditioning systems.
- Close the fireplace damper.
- Get your disaster supplies kit, and make sure the radio is working.
- Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.
- Using duct tape, seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate.
- Local officials may call for evacuation in specific areas at greatest risk in your community.

#### **6. Additional Considerations**

Carefully consider if you want to let your children watch television news reports about such events, especially if the news reports show images over and over again about the same incident. Young children do not realize that it is repeated video footage, and may think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. However, listening to local radio and television reports will provide you with the most accurate information from responsible governmental authorities on what's happening and what actions you will need to take. Take turns listening to the news with other adult members of your household.

And finally, when an opportunity exists, take the time to **Let Your Family Know You Are Safe.**

For additional information on emergency preparedness, please visit any of the following on-line resources:

**Bookmark important mobile or internet sites:**

- American Red Cross  
[www.redcross.org/mobile](http://www.redcross.org/mobile)
- FEMA  
[www.FEMA.gov](http://www.FEMA.gov)
- National Weather Service  
[www.weather.gov](http://www.weather.gov)
- American Red Cross Safe and Well  
[www.redcross.org/safeandwell](http://www.redcross.org/safeandwell)

**City of Long Beach:**

Disaster Preparedness:

<http://www.longbeach.gov/disasterpreparedness>

Police Department

<http://www.longbeach.gov/police/default.asp>

Health and Human Services

<http://www.longbeach.gov/civica/filebank/blobdload.asp?BlobID=9067>

**County Agency:**

Los Angeles County Office of Emergency Management

<http://www.lacoa.org/>

**State Agency:**

The Governor's Office of Emergency Services

<http://www.oes.ca.gov/>

**Federal Agency:**

Department of Homeland Security

<http://www.dhs.gov/index.shtm>

U.S. Geological Survey – Specific earthquake information and maps.

<http://www.usgs.gov/>

Center for Disease Control and Prevention

<http://www.cdc.gov/> or <http://www.bt.cdc.gov/planning/index.asp>

**City of Long Beach Emergency Phone Numbers:**

**Emergencies Dial 911**

- **Gas Department:** 562.570.2140
- **Water and Sewer:** 562.570.2390
- **Public Works:** 562.570.2700
- **Police Non-Emergency** 562.435.6711
- **Fire Non-Emergency** 562.570.9400

## Social Media:

You can also sign up for any of the City of Long Beach social media accounts and receive updates on the City's disaster responses, as well as information to assist you.

[www.facebook.com/CityofLongBeachCA](http://www.facebook.com/CityofLongBeachCA)

<https://twitter.com/LongBeachCity>

[www.youtube.com/user/LongBeachCityCA](http://www.youtube.com/user/LongBeachCityCA)

