



## PERSONAL EMERGENCY PREPAREDNESS COURSE

### CLASS # 8 - NUCLEAR ATTACKS, PANDEMIC FLU, SECURING & RETROFITTING YOUR HOUSE

**I. INTRODUCTION:** Thank you to all of you who have stuck it out through this whole course. You have now made it to the end! The time and effort you have spent and will continue to spend to get yourself and your family prepared are well worth it! There will be a lot to cover in this class, so please be patient.

**II. COURSE OBJECTIVE:** As you are now well aware, the intention of this course was not only to provide you the necessary information to face a disaster, but also for you to really get prepared by gathering the supplies you need. So continue to do what you need to do to become prepared, and continue to pass on this information to your family, friends and colleagues so that they can become Disaster and Emergency Prepared also.

**III. NEIGHBORHOOD PREPAREDNESS:** Keep working to get your neighbors together and prepare your entire neighborhood. See the web page titled Neighborhood Prepare for lots of information on how to do this.

**III. DISASTERS OF THE MONTH:** We have two disasters to discuss for this class, since both of these are possible anywhere. The first being *Nuclear Accidents or Attack*. If there is a nuclear accident or attack, stay inside your home or work place, unless instructed to leave. Close windows and doors, and turn off ventilation systems. Stay near the center of the building. The more heavy material that is between you and the radiation, the better off you will be. Listen to authorities and follow their instructions. Be very careful of what you eat and drink and wash any food, cans or containers that may have nuclear fallout on them. For safety, eat canned food and drink bottled water. Take Potassium Iodide once daily: One 130 mg pill per day for Adults 18 and over and adolescents who are adult size (including pregnant and lactating women), One 65 mg pill (or 1/2 130 mg pill) per day for children from 3 – 18 years of age, 1/4 of a 130 mg pill or 1/2 of a 65 mg pill (32 mg) per day for babies from 1 month through 3 years of age, and 1/16 of a 65 mg pill or 1/8 of a 65 mg pill per day for infants birth through one month of age. This should be taken daily until significant exposure risk no longer exists. Check with your doctor before purchasing Potassium Iodide to make sure it is OK for you to take. Listen to your TV or radio and FOLLOW THE ADVICE OF AUTHORITIES!

The next disaster we are going to talk a little about is the *Pandemic or Bird Flu*. Hopefully a lot of you made it to the presentation last month by the Health

Department. A pandemic flu is always a possible disaster, and with the way the world is connected now with air travel, it will happen again, the question is when? In 1918, a flu pandemic spread from troops returning home from World War One. It rapidly killed 50,000 people in the USA, and 500,000 people worldwide. The problem with a bird flu is that by the time it mutates and begins to transfer from person to person (which has not happened yet with the H5N1 Virus), it will spread very quickly. It will take 4 – 5 months for the vaccine to be created and produced in enough quantity in order to vaccinate everyone. Experts predict that 25% to 50% of the population would become infected, as compared to 5% - 20% with the seasonal flu. Pandemic flu's also attack all age groups, not just the at risk groups such as the very young, very old, and those with medical conditions. The best protection is to learn good hygiene habits now and teach them to children. Wash your hands! Use hand sanitizer with at least 60% alcohol whenever you have been in a public place – doorknobs and shopping carts are major germ havens! Viruses can live up to eight hours on surfaces! Don't touch your mouth, nose or eyes, these are a direct highway for viruses to enter your body. If you are ill and need to go out in public, wear a surgical mask. If you cough or sneeze, don't use your hands, cough into your shirt sleeve instead. Stay a minimum of 3 feet away from other people if you or they are sick. If a Pandemic Flu should occur, as with all disasters, follow the advice of authorities.

**V. RETROFITTING YOUR HOUSE:** Review handouts Garage and Storage Safety, and if you live in an earthquake prone area review Retrofitting Your House, Securing Tall Furniture, and Securing Wall Hangings.

**VI. SUMMARY:**

Continue to gather your supplies, and continue securing your home. DON'T GIVE UP and take your time!! Thank you for your participation in this class and please spread the word about this class to your friends, neighbors and colleagues.

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