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## **FACT SHEET**

Recent terrorist attacks have left many concerned about their safety. There are things you can do to prepare for an emergency that may be the result of an act of terrorism or a natural disaster. Houston is subject to year-round conditions which could pose a threat and create a disaster situation. A severe storm, flood, fire, windstorm, utility failure, hazardous materials spill, or act of terrorism may require the implementation of an emergency preparedness plan. Public information announcements will provide you with more information during emergencies.

### **Personal Preparedness:**

Depending on the situation, you could be asked to evacuate or to shelter-in-place. It is best to be prepared for either occurrence. For more information on both, visit the American Red Cross at

<http://www.redcross.org/services/disaster/beprepared/Fdp.pdf> (evacuation) and

<http://www.redcross.org/services/disaster/beprepared/shelterinplace.html>.

A family disaster supplies kit checklist can be found at

<http://www.redcross.org/disaster/safety/fdsk.pdf>. It should definitely include:

- Nonperishable food
- First Aid Supplies
- Tools and Emergency Supplies
- Special Items (prescription medication, important documents, etc.)

### **Family Preparedness:**

Have you prepared your home for an emergency that would require family members to remain in the home for several days?

- Devise an emergency plan. Visit Ready.gov for an example.  
<http://www.ready.gov/america/makeaplan/index.html>
- Protecting you and your family  
<http://www.redcross.org/disaster/safety/fdsk.pdf>
- Effects of bioterrorism threats on children  
<http://www.aap.org/healthtopics/terrorism.cfm>



**Workplace Preparedness:**

What would you and your office staff do if they could not get home from the office for several days?

- Personal Workplace Disaster Supplies Kit  
<http://www.ready.gov/business/plan/emersupply.html>
- Preparing Your Business For the Unthinkable  
<http://www.ready.gov/business/index.html>

**Information and Resources:**

For more information about preparing for an emergency situation please visit the following websites. They have a wealth of detailed information to help you create an emergency preparedness plan.

- American Red Cross  
<http://www.redcross.org/services/disaster/beprepared>
- United States Department of Homeland Security  
<http://www.ready.gov>
- Arizona Division of Emergency Management  
<http://www.dem.state.az.us/>
- American Academy of Pediatrics  
<http://www.aap.org/healthtopics/terrorism.cfm>

**Emergency Preparedness and Children:**

- Children, Terrorism, and Disasters (AAP)  
<http://www.aap.org/terrorism/index.html>
- Children, Terrorism, and Disasters: Psychosocial Aspects (AAP)  
[http://www.aap.org/terrorism/topics/psychosocial\\_aspects.html](http://www.aap.org/terrorism/topics/psychosocial_aspects.html)
- National Advisory Committee on Children and Terrorism (CDC)  
<http://www.bt.cdc.gov/children/index.asp>
- FDA Guidelines for Pediatric Dosing and Medicines  
<http://www.fda.gov/cder/drugprepare/default.htm#Pediatrics>
- Pediatric Preparedness for Disasters and Terrorism (NCDP)  
<http://www.bt.cdc.gov/children/pdf/working/execsumm03.pdf>
- Disaster Response (American Academy of Childhood and Adolescent Psychiatry)  
<http://www.aacap.org/>

You can also help prepare for emergencies by donating blood on a regular basis. To find out more about donating blood, please call 1-800-GIVELIFE (1-800-448-3543) for American Red Cross, or visit their web site at <https://www.givelife.org/index.cfm>.