

It is important to be prepared for emergencies. Emergencies include natural ones like tornadoes or earthquakes. Other types include man-made ones such as biological, chemical, or nuclear emergencies.

### READY IN 3

**W**e don't know when an emergency will happen. But there are things we can do to prepare for emergencies of any kind. Preparing now will help protect you and your family in the future. The state of Missouri developed a program called **Ready in 3**. It is an easy way to learn how to prepare for an emergency.

#### Ready in 3 includes three steps.

- ▶ Create a plan for you, your family, and your business.
- ▶ Prepare a kit for home, car, and work.
- ▶ Listen for information about what to do and where to go during an actual emergency.

This brochure will help you learn about three types of emergencies: **biological**, **chemical**, and **nuclear**.

### BIOLOGICAL EMERGENCIES

**B**acteria, viruses, and poisons made by bacteria can cause biological emergencies. They can be sprayed into the air or put into food sources or drinking water. They can also be spread by person-to-person contact.

#### What should I do during a biological emergency?

Listen to a radio, television, or an emergency-alert system for instructions. Have a battery-powered radio available, if needed. Officials will tell you whether to stay inside or leave your home. They will tell you where to go if you need to leave your home.

Missouri Department of  
Health and Senior Services  
P.O. Box 570  
Jefferson City, MO 65102-0570

[www.dhss.mo.gov](http://www.dhss.mo.gov)

To report a public health emergency,  
call 1-800-392-0272.  
This toll-free phone number is staffed  
24 hours a day, seven days a week.



Alternate forms of this publication for persons with disabilities may be obtained by contacting the office listed above. Hearing impaired citizens telephone 1-800-735-2966.

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER  
Services provided on a nondiscriminatory basis



## Emergency Threats What You Need to Know



### Will a biological emergency make me sick?

You may not know right away if you were exposed to the germs or poisons that caused the emergency. Symptoms depend on the type of germ or poison that caused the emergency. Some common signs include trouble breathing and flu-like symptoms. If you feel sick, call your doctor right away. They may tell you to:

- ▶ Take off your clothes and put them in a plastic bag.
- ▶ Wash yourself with soap and water.
- ▶ Put on clean clothes.

### What should I do after a biological emergency?

Continue to listen to the radio, television, or emergency-alert system for instructions.

## CHEMICAL EMERGENCIES

**C**hemical emergencies happen when the air is poisoned with harmful chemicals or when chemicals are put into food sources or drinking water. These chemicals can be breathed in or absorbed through the skin.

### What should I do during a chemical emergency?

Listen to a radio, television, or an emergency-alert system for instructions. Have a battery-powered radio available, if

needed. Officials will tell you whether to stay inside or leave your home. They will tell you where to go if you need to leave your home. You may be told to stay at home and:

- ▶ Turn off all ventilation systems. This includes furnaces, air conditioners, vents, and fans.
- ▶ Stay in an inside room with no windows. Make sure there is enough space for everyone in the room.
- ▶ If instructed, seal the room openings with heavy-duty tape and plastic sheets. Room openings include doors and all vents.

### Will a chemical emergency make me sick?

During a chemical emergency, you may have some of these symptoms:

- ▶ Watery eyes
- ▶ Burning feeling on your skin
- ▶ Trouble breathing
- ▶ Twitching
- ▶ Choking
- ▶ Trouble walking in a straight line
- ▶ Confusion

If you have these symptoms, call your doctor right away. If you have watery eyes and burning skin, you should:

- ▶ Take off your clothes and put them in a plastic bag.
- ▶ Wash yourself with soap and water, but do NOT scrub your skin.
- ▶ Put on clean clothes.
- ▶ Call your doctor right away.

### What should I do after a chemical emergency?

Continue to listen to the radio, television, or emergency-alert system for instructions.

## NUCLEAR OR RADIATION EMERGENCIES

**P**eople are exposed to very small amounts of radiation every day. Nuclear or radiation emergencies could expose people to large amounts of radiation, depending on the type of emergency.

A radiation emergency could include a nuclear power plant accident, the explosion of a small nuclear device, or a dirty bomb. A dirty bomb is an explosive, like dynamite, that contains radioactive materials.

### What should I do during a radiation emergency?

Officials will monitor the amount of radiation and decide what to do. Listen to a radio, television, or an emergency-alert system for instructions. Have a battery-powered radio available, if needed. Officials will tell you whether to stay inside or leave your home. You may be told to stay at home and:

- ▶ Close and lock all doors and windows.
- ▶ Turn off all ventilation systems. This includes furnaces, air conditioners, vents, and fans.

- ▶ Stay in an inside room with no windows. Make sure there is enough space for everyone in the room.

If you are told to leave, follow the instructions that your local officials provide and take your emergency preparation kit.

### Will a radiation emergency make me sick?

Dirty bombs probably do not have enough radiation to make you sick. The main danger is the blast. But a large nuclear explosion could make you sick. It can take from several hours to days for any signs to appear. Some people have no symptoms. Others have only one or two symptoms. Some common symptoms include:

- ▶ Reddening of the skin
- ▶ Feeling sick or throwing up
- ▶ Diarrhea
- ▶ Feeling very tired
- ▶ Headache
- ▶ Sore mouth or bleeding gums

If you feel sick, call your doctor right away.

### What should I do after a nuclear or radiation emergency?

Continue to listen to the radio, television, or emergency-alert system for instructions.