

Chemical, Explosive or Radiological Terrorism

If you are exposed to a chemical or radiological element following an explosion or other form of release, it is important for you to stay in the area and wait for assistance from the fire department, police or emergency medical service. Protect your eyes, nose and mouth as well as possible, or by placing a moist cloth over your face.

Rescue workers will be prepared to decontaminate you quickly and meet your medical needs. Be prepared to:

- Turn over all personal belongings. If your belongings can be returned to you, they will be. If they are contaminated, they will have to be destroyed.
- You may be directed to a decontamination tent for thorough washing. Follow directions from the emergency workers.
- Direct children or other individuals in your charge through the process.
- Exit the decontamination area wearing protective garments that the rescue workers will give you.

Resources

Your local mental health agency or public health agency will have many other educational brochures to provide you with the necessary information to keep you and your family safe. The following is a brief listing of these resources:

- Traumatic Stress and Grief
- Stress Management
- Anger: Understanding It and Using it Constructively
- Age-Related Reactions of Children to

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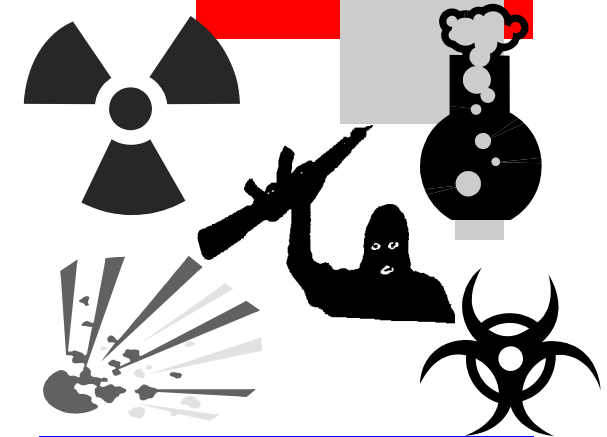
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Colorado Department of
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Colorado Mental Health Disaster Response System

Division of Mental Health



Terrorism:
Helpful Hints
Following an Event

The Goal of Terrorism

Terrorism's primary goal is to affect the psychological well-being of the community and of the nation with the aim of effecting change. We have had an increase in terrorist events over the past decade, with little or no real impact on the general population. However, this all changed on September 11, 2001, with multiple attacks on the World Trade Center in New York City and the Pentagon in Washington, D.C.

This brochure will help you in taking steps to prepare yourself and your family for a terrorist event and/or help you take steps to recover from such an event.

General Information

If the event did not happen in your immediate community, there are many steps that you can take following a terrorist attack that will help to limit the emotional impact that it has on you and your family.

- Return to and then maintain your routine.
 - √ Work
 - √ School
 - √ Errands
 - √ Extracurricular activities
 - √ Eating, sleeping and exercise
- Limit time listening to or watching

the news. Repeated viewing of the traumatic event tends to increase your anxiety. It can cause problems with sleeping and eating, and a disruption in the daily routine, **ESPECIALLY FOR CHILDREN AND TEENS.**

- Do something for your community.
 - √ Organize a Community Watch program.
 - √ Organize or join a CERT Team (Community Emergency Response Team). <http://training.fema.gov/EMIWeb/CERT/>
 - √ Volunteer at one of the Colorado volunteer organizations active in disaster relief.
- Reassure children. Very young children need cuddling and verbal support.
- Answer questions about the event honestly but don't dwell on frightening details.
- Encourage discussion of the event, and expression of emotions through verbal discussion, art or play.

Terrorism is the unlawful use of force or violence against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof, in furtherance of political or social objectives. — FBI Definition

Bioterrorism

Diseases such as anthrax, smallpox, Q fever, tularemia, and plague are just some of the potential bioterrorist weapons. It is important for you to know that your local health department, state health department and the national Centers for Disease Control and Prevention have mechanisms in place to quickly control the spread of such agents, but your cooperation is essential.

If credible news sources announce a potential bioterrorist event and if you believe you have been exposed, take direction from your local media. Public health officials will communicate with area residents through television and radio, to let people know what steps to take to prevent exposure or limit its effects.

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