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Nuclear Explosion and Radiation Emergencies

Nuclear explosions can cause significant damage and casualties from blast, heat, and radiation but you can keep your family safe by knowing what to do and being prepared if it occurs.

A nuclear weapon is a device that uses a nuclear reaction to create an explosion.

NUCLEAR WEAPON

What is a nuclear weapon?

A nuclear weapon is a device that uses a nuclear reaction to create an explosion. This explosion is much more powerful than that of conventional explosives (like TNT). When a nuclear weapon explodes, it gives off four types of energy: a blast wave, intense light, heat, and radiation. Nuclear weapons can be in the form of bombs or missiles.

When a nuclear weapon explodes, a large fireball is created. Everything inside of this fireball vaporizes and is carried upward. This creates a mushroom-shaped cloud. The material in the cloud cools into dust-like particles and drops back to the earth as **fallout**. Fallout can be carried by the wind and can end up miles from the site of the explosion. Fallout is radioactive and can contaminate anything it lands on.



What are the main dangers of a nuclear weapon?

A nuclear weapon would cause great destruction, death, and injury and have a wide area of impact. People close to the blast site could experience:

- Injury or death (from the blast wave)
- Moderate to severe burns (from heat and fires)
- Blindness (from the intense light)
- Radiation sickness, also known as acute radiation syndrome or ARS (caused by the radiation released)

People farther away from the blast, but in the path of fallout, could experience health effects from:

- Fallout on the outside of the body or clothes (external contamination) or on the inside of the body (internal contamination)
- Radiation sickness
- Contaminated food and water sources

What should I do to protect myself?



GET INSIDE



STAY INSIDE



STAY TUNED



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

<http://emergency.cdc.gov/radiation>

Nuclear devices range from a small portable device carried by an individual to a weapon carried by a missile.

A nuclear explosion may occur with or without a few minutes warning.

Fallout is the most dangerous in the first few hours after the detonation when it is giving off the highest levels of radiation. It takes time for fallout to arrive back to ground level, often more than 15 minutes for areas outside of the immediate blast damage zones. This is enough time for you to be able to prevent significant radiation exposure by following these simple steps: **GET INSIDE, STAY INSIDE, STAY TUNED.**

GET INSIDE

- Get inside the nearest building to avoid radiation. Brick or concrete are best.
- Remove contaminated clothing and wipe off or wash unprotected skin if you were outside after the fallout arrived.
- Go to the basement or middle of the building. Stay away from the outer walls and roof.

STAY INSIDE

- Stay inside for 24-72 hours unless local authorities provide other instructions.
- Family should stay where they are inside. Reunite later to avoid exposure to dangerous radiation.
- Keep your pets inside.

STAY TUNED

- Tune into any media available for official information such as when it is safe to exit and where you should go.
- Battery operated and hand crank radios will function after a nuclear detonation.
- Cell phone, text messaging, television, and internet services may be disrupted or unavailable.

Make A Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which [types of disasters](#) could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

Questions to be posed as follows:

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?

Before an Evacuation

- [Plan](#) how you will leave and where you will go if you are advised to evacuate.
- Check with local officials about what shelter spaces are available for this year.
- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
- If needed, identify a place to stay that will accept [pets](#). Most public shelters allow only service animals.
- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- Come up with a family/household plan to stay in touch in case you become separated; have a meeting place and update it depending on the circumstance.
- Assemble supplies that are ready for evacuation. Prepare a "go-bag" you can carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a car.
- If you have a car:

- Keep a full tank of gas if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
- Make sure you have a portable [emergency kit in the car](#).
- If you do not have a car, plan how you will leave if needed. Decide with family, friends or your local emergency management office to see what resources may be available.

-

During an Evacuation

- Prepare a list of open shelters during an active disaster in your local area.
- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your [emergency supply kit](#).
- Take your pets with you but understand that only service animals may be allowed in public shelters. [Plan how you will care for your pets in an emergency now](#).
- If time allows:
 - Call or email the out-of-state contact in your [family communications plan](#). Tell them where you are going.
 - Secure your home by closing and locking doors and windows.
 - Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
 - Leave a note telling others when you left and where you are going.
 - Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
 - Check with neighbors who may need a ride.
- Follow recommended evacuation routes. Do not take shortcuts, they may be blocked.

- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

After an Evacuation

- If you are returning to disaster-affected areas, after significant events prepare for disruptions to daily activities and remember that returning home before storm debris is cleared is dangerous.
- Let friends and family know before you leave and when you arrive.
- Charge devices and consider getting back-up batteries in case power-outages continue.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car ride.
- Avoid downed power or utility lines, they may be live with deadly voltage. Stay away and report them immediately to your power or utility company.
- Only use generators outside and away from your home and NEVER run a generator inside a home or garage or connect it to your home's electrical system.

4. What is my family/household communication plan?

- Name of family members and their contact numbers or email address
- Provide their Address
- Emergency Contacts name, address, contact number or email address
- Decide on Emergency Meeting Places
- Provide their Medical information, allergic to any medication

5. Do I need to update my emergency preparedness kit?

Yes this should be updated and any expired items replaced.

Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of

children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Create a Family Emergency Plan

Make a Family Emergency Plan quickly and easily with our fillable form.

Step 4: Practice your plan with your family/household

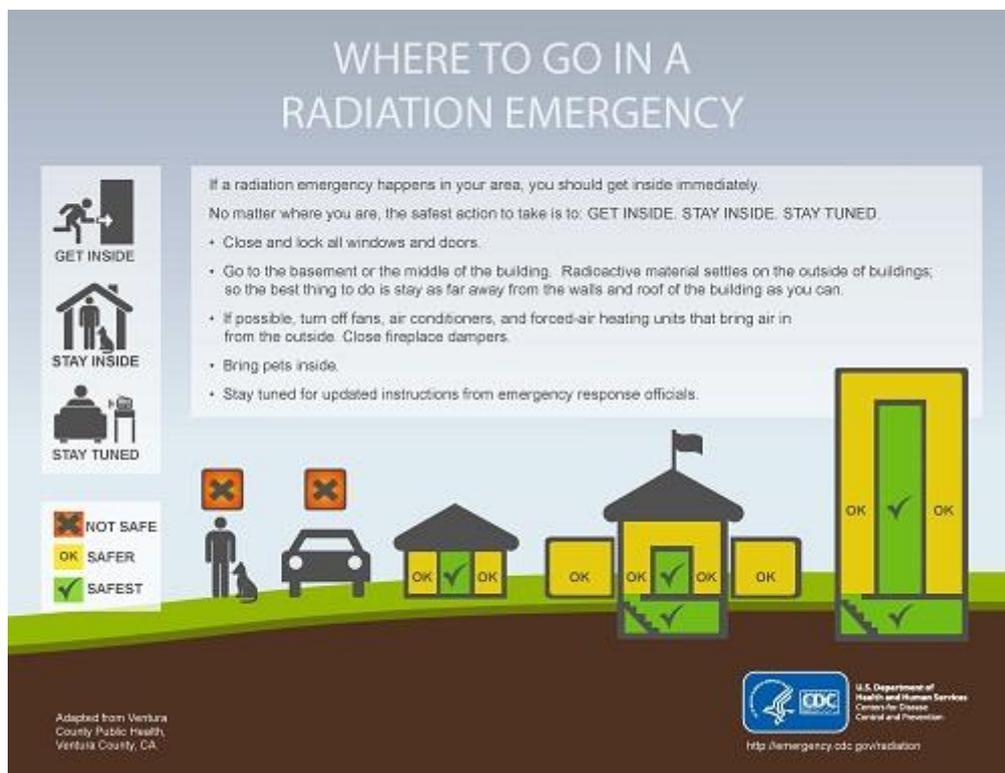
How to Stay Safe in the Event of a Nuclear Explosion

What to do NOW: Prepare

- Identify shelter locations. Identify the best shelter location near where you spend a lot of time, such as home, work, and school. The best locations are underground and in the middle of larger buildings.
- While commuting, identify appropriate shelters to seek in the event of a detonation.
- Outdoor areas, vehicles, mobile homes do NOT provide adequate shelter. Look for basements or the center of large multistory buildings.
- Make sure you have an Emergency Supply Kit for places you frequent and might have to stay for 24 hours. It should include bottled water, packaged foods, emergency medicines, a hand-crank or battery-powered radio to get information in case power is out, a flashlight, and extra batteries for essential items. If possible, store supplies for three or more days.
- To learn more visit <https://www.ready.gov/build-a-kit>.

What to do DURING: Survive

- [Get Inside, Stay Inside, Stay Informed](#)



- If warned of an imminent attack, immediately get inside the nearest concrete building and move away from windows. This will help provide protection from the blast, heat, and radiation of the detonation.
- Find the nearest building, preferably built of brick or concrete, and go inside to avoid any radioactive material outside.
- Stay where you are, even if you are separated from your family. Inside is the safest place for all people in the impacted area. It can save your life.
- Expect to stay inside for at least 24 hours unless otherwise told by authorities.

If Caught Outside

- Do not look at the flash or fireball - It can blind you.
- Take cover behind anything that might offer protection.
- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Be inside before the fallout arrives. The highest outdoor radiation levels from fallout occur immediately after the fallout arrives and then decrease with time.
- Take shelter as soon as you can, even if you are many miles from ground zero where the attack occurred - radioactive fallout can be carried by winds for miles. Remember the three protective factors: Distance, Shielding and Time.

Here are some tips for sheltering in place:

- Local authorities may not immediately be able to provide information on what is happening and what you should do.
- Pay attention to local media outlets for official news and instructions as they become available.
- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows if possible.
- Seal all windows, doors and air vents with thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.

- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.

“Sealing a room” is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. This type of sheltering in place requires pre-planning, by purchasing plastic sheeting and duct tape that you would keep in your [emergency supply kit](#).

What to do after: Be Safe

- If you were outside during or after the blast, get clean as soon as possible, to remove radioactive material that may have settled on your body.
- Remove your clothing to keep radioactive material from spreading. Removing the outer layer of clothing can remove up to 90% of radioactive material.
- If practical, place your contaminated clothing in a plastic bag and seal or tie the bag. Place the bag as far away as possible from humans and animals so that the radiation it gives off does not affect others.
- When possible, take a shower with lots of soap and water to help remove radioactive contamination. Do not scrub or scratch the skin.
- Wash your hair with shampoo, or soap and water. Do not use conditioner in your hair because it will bind radioactive material to your hair.
- Gently blow your nose and wipe your eyelids and eyelashes with a clean wet cloth. Gently wipe your ears.
- If you cannot shower, use a wipe or clean wet cloth to wipe your skin that was not covered by clothing.
- Clean any pets that were outside after the fallout arrived. Gently brush your pet's coat to remove any fallout particles and wash your pet with soap and water, if available.
- It is safe to eat or drink packaged food items or items that were inside a building. Do not consume food or liquids that were outdoors uncovered and may be contaminated by fallout. Do not drink water from tap sources.
- If you are sick or injured, listen for instructions on how and where to get medical attention when authorities tell you it is safe to exit.

DECONTAMINATION FOR YOURSELF AND OTHERS

① TAKE OFF OUTER LAYER OF CLOTHING



Taking off your outer layer of clothing can remove up to 90% of radioactive material.

Be very careful in removing your clothing to prevent radioactive dust from shaking loose.



Put the clothing in a plastic bag or other sealable container.

Put the bag in an out-of-the-way place, away from other people and pets.



② WASH YOURSELF OFF

If you can take a shower:

Use soap and shampoo. Do not use conditioner because it will cause radioactive material to stick to your hair.

Do not scald, scrub, or scratch your skin.

Keep cuts and scrapes covered when washing to keep from getting radioactive material in open wounds.



If you cannot take a shower:

Wash your hands, face, and parts of your body that were uncovered at a sink or faucet. Use soap and plenty of water.



If you cannot use a sink or faucet:

Use a moist wipe, clean wet cloth, or damp paper towel to wipe the parts of your body that were uncovered. Pay special attention to your hands and face.



Blow your nose and wipe your eyelids, eyelashes, and ears with a moist wipe, clean wet cloth, or damp paper towel.



③ PUT ON CLEAN CLOTHES

If you have clean clothes:

Clothes stored in a closet or drawer away from radioactive material are safe to wear.



If you do not have clean clothes:

Take off your outer layer of clothing, shake or brush off your clothes, and put your clothes back on.



Rewash your hands, face, and exposed skin at a sink or faucet.



④ HELP OTHERS AND PETS



Wear waterproof gloves and a dust mask if you can.

Keep cuts and scrapes covered when washing to keep radioactive material out of the wound.



Rewash your hands, face, and parts of your body that were uncovered at a sink or faucet.

STAY TUNED FOR UPDATED INFORMATION FROM PUBLIC HEALTH OFFICIALS.



<http://emergency.cdc.gov/radiation>

Hazards related to nuclear explosions

- BRIGHT FLASH can cause temporary blindness for less than a minute.
- BLAST WAVE can cause death, injury, and damage to structures several miles out from the blast.
- RADIATION can damage cells of the body. Large exposures can cause radiation sickness.
- RADIATION POISONING, also called "**radiation sickness**" or a "**creeping dose**", is a form of damage to organ tissue due to excessive exposure to [ionizing radiation](#). The term is generally used to refer to acute problems caused by a large dosage of [radiation](#) in a short period, though this also has occurred with long-term exposure to low-level radiation. Many of the symptoms of radiation poisoning occur as ionizing radiation interferes with cell division. There are numerous lethal radiation syndromes, including [prodromal syndrome](#), [bone marrow death](#), [central nervous system death](#) and [gastrointestinal death](#).

Prodromal syndrome

The "prodromal syndrome" is not a diagnosis, but the technical term used by health professionals to describe a specific group of symptoms that may precede the onset of an illness. For example, a fever is "prodromal" to measles, which means that a fever may be a risk factor for developing this illness. The prodromal symptoms for radiation poisoning can include symptoms such as feelings of nausea, increased thirst, loss of appetite, discomfort, fever, and diarrhea.^[11]

Bone marrow death

[Bone marrow death](#) is caused by a dose of radiation between 2 and 10 Gray and is characterized by the part of the bone marrow that makes the blood being broken down. Therefore, production of [red](#) and [white blood cells](#) and platelets is stopped due to loss of the blood-making [stem cells](#) (4.5 Gray kills 95% of stem cells). The loss of [platelets](#) greatly increases the chance of fatal [hemorrhage](#), while the lack of white blood cells causes infections; the fall in red blood cells is minimal, and only causes mild [anemia](#).^[10]

The exposure to 4.5 Gray of penetrating gamma rays has many effects that occur at different times:

In 24 hours:^[10]

- [vomiting](#)
- [diarrhea](#)

These will usually abate after 6-7 days.

Within 3-4 weeks there is a period of extreme illness.^[10]

- severe bloody diarrhea, indicating intestinal disorders causing fluid imbalance
- extensive [internal bleeding](#)
- [sepsis](#) infections

The peak incidence of acute BM death corresponds to the 30-day nadir in blood cell numbers. The number of deaths then falls progressively until it reaches 0 at 60 days after irradiation. The amount of radiation greatly affects the probability of death. For example, over the range of 2 to 6 Gray the probability of death in untreated adults goes from about 1% to 99%, but these figures are for healthy adults. Therefore, results may differ, because of the thermal and mechanical injuries and infectious conditions.^[10]

Gastrointestinal death

Gastrointestinal death is caused by a dose of radiation between 10 and 50 Gray. Whole body doses cause damage to [epithelial cells](#) lining the [gastrointestinal tract](#) and this combined with the bone marrow damage is fatal. All symptoms become increasingly severe, causing exhaustion and [emaciation](#) in a few days and death within 7-14 days from loss of water and electrolytes.^[10]

The symptoms of gastrointestinal death are:^[10]

- gastrointestinal pain
- anorexia
- nausea
- vomiting
- diarrhea

Central nervous system death

[Central nervous system](#) death is the main cause of death in 24-48 hours among those exposed to 50 Gray.^[10]

The symptoms are:^[10]

- vomiting
- nausea
- diarrhea
- [drowsiness](#)
- [lethargy](#)
- tremors
- [delirium](#)

- frequent [seizures](#)
- [convulsions](#)
- [heat prostration](#)
- [coma](#)
- [respiratory failure](#)
- [death](#)

Short-term effects (6–8 weeks)

Skin

The [skin](#) is susceptible to beta-emitting radioactive fallout. The principal site of damage is the [germinal layer](#), and often the initial response is [erythema](#) (reddening) due to [blood vessels](#) congestion and [edema](#). Erythema lasting more than 10 days occurs in 50% of people exposed to 5-6 Gray.^[10]

Other effects with exposure include:^[10]

- 2-3 Gray—temporary [hair loss](#)
- 7 Gray—permanent [epilation](#) occurs
- 10 Gray—itching and flaking occurs
- 10-20 Gray—weeping [blistering](#) and [ulceration](#) will occur

Lungs

The [lungs](#) are the most radiosensitive organ, and [radiation pneumonitis](#) can occur leading to [pulmonary insufficiency](#) and death (100% after exposure to 50 Gray of radiation), in a few months.

Radiation [pneumonitis](#) is characterized by:^[10]

- Loss of epithelial cells
- [Edema](#)
- [Inflammation](#)
- Occlusions of airways, air sacs and blood vessels
- [Fibrosis](#)

Ovaries

A single dose of 1-2 Gray will cause temporary damage and suppress [menstruation](#) for periods up to 3 years; a dose of 4 Gray will cause permanent sterility.^[10]

Testicles

A dose of 0.1 Gray will cause low sperm counts for up to a year; 2.5 Gray will cause sterility for 2 to 3 years or more. 4 Gray will cause permanent sterility.^[10]

Long-term effects

Cataract induction

The timespan for developing this symptom ranges from 6 months to 30 years to develop but the median time for developing them is 2-3 years.^[10]

- 2 Gray of gamma rays cause opacities in a few percent
- 6-7 Gray can seriously impair vision and cause [cataracts](#)

Cancer induction

[Cancer](#) induction is the most significant long-term risk of exposure to a nuclear bomb. Approximately 1 out of every 80 people exposed to 1 Gray will die from cancer, in addition to the normal rate of 20 out of 80. About 1 in 40 people will get cancer, in addition to the typical rates of 16-20 out of 40. Different types of cancer take different times for them to appear:^[10]

- 2 years for [leukemia](#) to appear
- 20 or more years for [skin cancer](#) or [lung cancer](#)

In utero effects on human development^[edit]

A 1 [Gy](#) dose of radiation will cause between 0 and 20 extra cases of [perinatal mortality](#), per 1,000 births and 0-20 cases per 1000 births of severe mental sub-normality. A 0.05 Gy dose will increase death due to cancer 10 fold, from the normal 0.5 per 1000 birth rate to a rate of 5 per 1,000.^[citation needed] An antenatal dose of 1 Gy in the first trimester causes the lifetime risk of fatal cancer sometime in the child's life to increase from c. 25% in non-exposed humans to 100% in the first trimester after exposure.^[10]

Transgenerational genetic damage

Exposure to even relatively low doses of radiation generates genetic damage in the progeny of irradiated rodents. This damage can accumulate over several generations.^[12] No statistically demonstrable increase of congenital malformations was found among the *later conceived children born to survivors of the Nuclear weapons at Hiroshima and Nagasaki*.^{[13][14][15]} The surviving women of Hiroshima and Nagasaki, that could conceive, who were exposed to

substantial amounts of radiation, went on and had children with no higher incidence of abnormalities than the Japanese average.^{[16][17]}

Infectious diseases resulting from nuclear attack

It was assumed in the 1983 book *Medical Consequences of Radiation Following a Global Nuclear War* that, although not caused by radiation, one of the long-term effects of a nuclear war would be a massive increase in [infectious diseases](#) caused by [fecal matter](#) contaminated water from untreated [sewage](#), crowded living conditions, poor standard of living, and lack of [vaccines](#) in the aftermath of a [nuclear war](#), with the following list of diseases being cited:^[7]

- [Dysentery](#)
- [Typhoid](#)
- [Infectious hepatitis](#)
- [Salmonellosis](#)
- [Cholera](#)
- [Meningococcal meningitis](#)
- [Tuberculosis](#)
- [Diphtheria](#)
- [Whooping cough](#)
- [Polio](#)
- [Pneumonia](#)

There would be billions of disease carrying [vectors](#), in the form of city residents,^[18] lying deceased in cities caused by the direct nuclear weapons effects alone, with the surviving few billion people spread out in rural communities living agrarian lifestyles, with the survivors therefore posing a way of living far less prone to creating the crowded [slum](#) living conditions required for infectious diseases to spread. Moreover, as reported in a paper published in the journal *Public Health Reports*, it is also one of a number of prevalent myths that infectious diseases always occur after a disaster in cities.^{[19][20]}

[Epidemics](#) seldom occur after a disaster, and dead bodies do not lead to catastrophic outbreaks of [infectious diseases](#). Intuitively, epidemic diseases, illnesses, and injuries might be expected following major disasters. However, as noted by de Goyet, epidemics seldom occur after disasters, and unless deaths are caused by one of a small number of infectious diseases such as smallpox, typhus, or plague, exposure to dead bodies does not cause disease ... [Cholera](#) and [typhoid](#) seldom pose a major health threat after disasters unless they are already endemic.

- FIRE AND HEAT can cause death, burn injuries, and damage to structures several miles out.
- ELECTROMAGNETIC PULSE (EMP) can damage electrical power equipment and electronics several miles out from the detonation and cause temporary disruptions further out.
- FALLOUT is radioactive, visible dirt and debris raining down from several miles up that can cause sickness to those who are outside

EMERGENCY SUPPLY CHECK LIST

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

Recommended basic Items to Include in an Emergency Supply Kit:

- Water and non-perishable food for several days
- Life straws
- Extra cell phone battery and or charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Feminine supplies, personal hygiene items and hand sanitizer
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Manual Can opener (if kit contains canned food)
- Local maps
- Plastic sheeting and duct tape (to [shelter in place](#))
- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription medications if needed
- Non-prescription medications such as pain relievers, anti-diarrhea (Great Plain Bentonite Detox) medication, antacids or laxatives and prescription eyeglasses

-Milk thistle 1000

-Zeolite Pure

-Nac 600mg

-Apple pectine DIY

<https://www.youtube.com/watch?v=az-BO2Au7rA>

<https://www.youtube.com/watch?v=mkbY-IWLun0>

-Vitamin C

-Potassium Idoine

- Infant formula, diapers, diaper rash creams, wipes , bandages etc
- Pet food, water and supplies for your pet
- Bible, Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- Cash and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Fire Extinguisher
- Matches in a waterproof container
- Mess kits, Paper cups, plates and disposable utensils, paper towels
- Paper and pencil or pens
- Books, games, puzzles or other activities for children

Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned [food](#) in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case you are stranded, keep a kit of emergency supplies [in your car](#).

Safety Skills

- Learn First Aid and CPR
- Learn to Use a Fire Extinguisher
- Know How to Shut Off Utilities

Natural Gas

Natural gas leaks and explosions cause a significant number of fires after disasters. It's important that all household members know how to shut off natural gas.

There are different gas shut-off procedures for different gas meter configurations, so it's important to call your gas company. They can help you prepare for gas appliances and gas service to your home in the event of an emergency.

Make sure everyone in your household knows the proper shut-off procedure for your meter. Do not actually turn off the gas when practicing shutting it off.

- If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas using the outside main valve if you can and call the gas company from a neighbor's home.
- Caution: If you turn off the gas for any reason, only a qualified professional can turn it back on. NEVER attempt to turn the gas back on yourself.
- Protect your family by putting natural gas detectors in your home. #LifeSavingSkills
- Install natural gas detectors throughout your house. #LifeSavingSkills
- If you live in an apartment, talk to your building manager or landlord about how to turn off the gas in an emergency. #LifeSavingSkills
- Carbon monoxide is deadly, colorless, and odorless. Put natural gas detectors in your home to detect carbon monoxide. #LifeSavingSkills
- If you ever smell natural gas, Get Out! Call 9-1-1 once you get to a safe distance from your house. #LifeSavingSkills
- Know how to turn off the gas in your home in case you ever have a gas emergency. #LifeSavingSkills
- #DidYouKnow most natural gas detectors can detect propane and carbon monoxide? Select a detector that can handle both. #LifeSavingSkills
- Get a detector that can check for several types of gases including natural, propane, and carbon monoxide. #LifeSavingSkills

- Save money and get a natural gas detector that can check for propane and carbon monoxide too. #LifeSavingSkills
- Gas shut-off procedures vary by gas meter. Learn your proper shut off procedure and tell everyone in your household. #LifeSavingSkills
- Practice the proper gas shut-off procedure for your unit, BUT do not actually turn off the gas when practicing.
- If you turn off the gas in an emergency, get a qualified professional to turn it back on.

Water

Water quickly becomes a precious resource following many disasters. It is important that everyone in your household learn how to shut off the main water valve to the house.

- Find the shut-off valve for the main water line that enters your house and tag it for easy identification. Make sure everyone in your household knows where it is.
- Make you can shut the valve off completely. Your valve may be rusted open or it may not close all the way. If so replace it.
- Cracked lines may pollute the water supply to your house. It's a good idea to shut off your water until authorities say it's safe to drink.

The effects of gravity may drain the water in your hot water heater and toilet tanks unless you trap it in your house by shutting off the main house valve. (This is not the street valve in the cement box at the curb - the street valve is extremely difficult to turn and requires a special tool.)

Electricity

Electrical sparks can ignite natural gas if it is leaking. Teach all responsible household members how to shut off the electricity.

- Locate you electrical circuit box. For your safety, always shut off all the individual circuits before shutting off the main circuit.

What You Should Know About Life Saving Skills

- Know basic preparedness skills to protect your family and home.
- Eliminate common electrical and fire hazards around your house and property.

- Install smoke, carbon monoxide, and natural gas alarms and test them monthly.
- Teach children what to do when they hear smoke, carbon monoxide, and natural gas alarms.
- Place natural gas detectors on every level of your home and test them monthly.
- Know how to turn off utilities like natural gas in your home.
- Talk to your landlord or building manager about evacuation routes and fire safety.
- Develop and practice a family communication plan and discuss it with your family.
- Have emergency supplies in place at home, at work, and in the car.
- Pay attention to alerts and warnings.
- Know two ways out of your home in the event of a fire and practice evacuation plans.
- Set some money aside from your income in case of an emergency.

Fire Safety

- Do a fire drill with your children regularly. #LifeSavingSkills
- Make sure your family knows two ways out of your home. #LifeSavingSkills
- Identify two ways out of every room when making your fire escape plan. #LifeSavingSkills
- Meet with your landlord or building manager to learn about the fire safety features in your apartment building. #LifeSavingSkills
- #DidYouKnow your apartment building should hold a fire drill with residents once a year? You should participate. #LifeSavingSkills
- Know your apartment building's evacuation plan, in case of a fire. #LifeSavingSkills
- Identify each exit in your apartment building before an emergency like a fire. #LifeSavingSkills
- Memorize the number in case you have to find the exit in the dark. #LifeSavingSkills

- Talk to your family about what they should do in a fire. #LifeSavingSkills
- Put smoke, carbon monoxide, and natural gas alarms on every level of your home and close to bedrooms. #LifeSavingSkills
- Be sure your smoke, carbon monoxide, and natural gas alarms work by testing them monthly. #LifeSavingSkills
- Get a smoke, carbon monoxide, and natural gas alarm with flashing lights or vibrating signals if you're deaf or hard of hearing. #LifeSavingSkills
- Keep electrical cords tangle free to help prevent possible fires. #LifeSavingSkills
- Remove electrical cords from under a carpet or rug. It is a fire hazard! #LifeSavingSkills
- Do not overload power strips. This can cause a fire. #LifeSavingSkills

Power Outage

- Create or update your emergency supplies with this list: www.ready.gov/kit #LifeSavingSkills
- Have emergency supplies at home in case there is a power outage. #LifeSavingSkills
- Learn what supplies you may need when a power outage happens at <https://www.ready.gov/kit> #LifeSavingSkills
- Stock up on batteries for flashlights, radios, medical devices, and phones in case there is a power outage. #LifeSavingSkills
- Always have extra batteries in your emergency kit: <https://www.ready.gov/kit> #LifeSavingSkills
- Ask your doctor or health care provider about how you can prepare for a power outage if you have medical needs. #LifeSavingSkills
- Make sure your loved ones who use medical equipment can keep using it if there is a power outage. #LifeSavingSkills
- Have medication for at least three days in your emergency supplies. #LifeSavingSkills
- If you have medical needs and rely on medical equipment, make a plan before a power outage or other emergency: <https://www.ready.gov/power-outages> #LifeSavingSkills
- Keep water, non-perishable food and other supplies at home. #LifeSavingSkills
- Check the expiration date on your emergency supplies, and replace any old items. #LifeSavingSkills

Emergency Contact Numbers in Trinidad and Tobago

Agency	Telephone Number
Emergency	911
Police	999
Fire	990
Ambulance	811
ODPM	800-ODPM