

Are YOU Prepared?



The Combat Center's Individual and Family Emergency Preparation Guide

*For more information on preparing for emergencies,
visit the following websites:*

www.ready.marines.mil

www.fema.gov

www.calema.ca.gov

or call: (760) 830-6074





First things first...

Create a Family Communications Plan and Emergency Kit

To be completely prepared for any emergency, you should prepare a family communications plan for you and your family. You also should create an emergency kit that will provide enough supplies to keep your family safe for up to 72 hours. The following information will assist you in completing both these steps.

Communications plan

You and your family might not be together during an emergency. You should plan in advance how each of you will get to a safe place, how you will contact each other, and how you will get back together. You should also make plans for different situations such as if a child is at school, or if a parent is at work or in the field.

On the FEMA website, www.ready.gov/make-a-plan, you can download a template for a family communications plan. Using the template can ensure you don't miss anything when creating your family's plan. The page also provides other helpful guides, checklists and documents that can help you to prepare your family's plan.

Ready. **Family Emergency Plan**

Prepare. Plan. Stay Informed.

Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Neighborhood Meeting Place: _____ Phone: _____
Out-of-Neighborhood Meeting Place: _____ Phone: _____
Out-of-Town Meeting Place: _____ Phone: _____

Fill out the following information for each family member and keep it up to date.

Name:	Social Security Number:
_____	_____
Date of Birth: <th>Important Medical Information:</th>	Important Medical Information:
_____	_____
Name: <th>Social Security Number:</th>	Social Security Number:
_____	_____
Date of Birth: <th>Important Medical Information:</th>	Important Medical Information:
_____	_____
Name: <th>Social Security Number:</th>	Social Security Number:
_____	_____
Date of Birth: <th>Important Medical Information:</th>	Important Medical Information:
_____	_____
Name: <th>Social Security Number:</th>	Social Security Number:
_____	_____
Date of Birth: <th>Important Medical Information:</th>	Important Medical Information:
_____	_____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site specific emergency plans that you and your family need to know about.

Work Location One	School Location One
Address: _____	Address: _____
Phone: _____	Phone: _____
Evacuation Location: _____	Evacuation Location: _____
Work Location Two	School Location Two
Address: _____	Address: _____
Phone: _____	Phone: _____
Evacuation Location: _____	Evacuation Location: _____
Work Location Three	School Location Three
Address: _____	Address: _____
Phone: _____	Phone: _____
Evacuation Location: _____	Evacuation Location: _____
Other place you frequent	Other place you frequent
Address: _____	Address: _____
Phone: _____	Phone: _____
Evacuation Location: _____	Evacuation Location: _____

Name	Telephone Number	Policy Number
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Dial 911 for Emergencies

Family emergency plan cover sheet.
Source: www.ready.gov



Emergency kit

The following items are recommended for your emergency kit:

Essential emergency kit items:

- Water (It is normally recommended that you have 1 gallon of water per person, per day for at least three days. Because we live in the desert, the amount of water per person doubles to 2 gallons of water per person per day for at least three days.)
- Food (At least a three-day supply of non-perishable food for each person)
- Battery-powered or hand-crank radio and a NOAA weather radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- Whistle to signal for help
- First aid kit (for items to include in your kit, visit www.ready.gov)
- Dust mask to help filter contaminated air, and plastic sheeting and duct tape to create shelter
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Command Muster Information

Other emergency kit items:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and water for your pet
- Cash or travelers checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the Emergency Financial First Aid Kit from www.ready.gov
- Emergency reference material such as this booklet
- Sleeping bag or warm blanket for each person
- Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes
- Household chlorine bleach and medicine dropper (when diluted, this solution of nine parts water to one part bleach can be used as a disinfectant)
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Communications Plan & Emergency Kit





Are you prepared for... Extreme Heat?

In the desert, summer temperatures can soar well above 100 degrees Fahrenheit. It is important that you take care of yourself and your family on these days to avoid heat exhaustion and heat stroke.

Before extreme heat

- Install window air-conditioners snugly; insulate if necessary
- Check air-conditioning ducts for proper insulation
- Keep blinds or insulated drapes closed to help reduce cooling loss
- Weather-strip doors and sills to keep cool air in
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent)
- Listen to local weather forecasts and stay aware of upcoming temperature changes
- Know those in your neighborhood who are elderly, young, sick or overweight; they are most likely to become victims of excessive heat and may need help.
- Get training in first aid to learn how to treat heat-related emergencies

Extreme heat terms you should know

Heat wave: Prolonged period of excessive heat, often combined with excessive humidity.

Heat index: A number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat cramps: Muscular pain and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat exhaustion: Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. The result is a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

During extreme heat

- Listen to local radio stations for critical updates from the National Weather Service
- Never leave children or pets alone in closed vehicles
- Stay indoors as much as possible and limit sun exposure
- Stay on the lowest floor and out of the sunshine if air-conditioning is not available
- Postpone outdoor games and activities
- Consider spending the warmest parts of the day in public buildings
- Eat well-balanced, light and regular meals
- Drink plenty of water, even if you don't feel thirsty
- Avoid caffeinated and alcoholic drinks
- If you must go outside, dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible, and protect your face and head by wearing a wide-brimmed hat
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks
- Check on family, friends and neighbors who do not have air-conditioning and who spend much of their time alone
- Avoid extreme temperature changes
- Check your animals frequently to ensure they are not suffering from the heat. Go to a designated public cooling shelter if your home loses power during periods of extreme heat or if you become uncomfortably hot

More extreme heat terms you should know

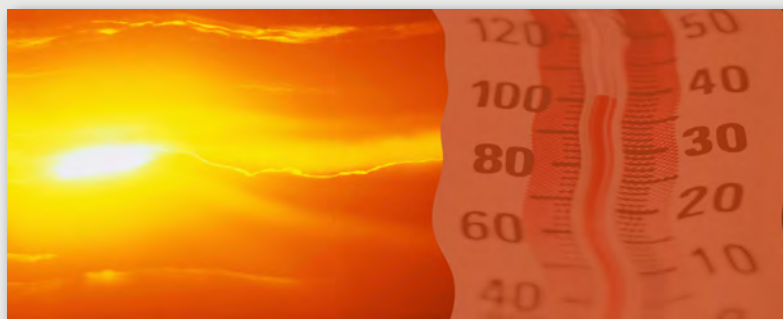
Heat stroke: A life-threatening condition. The victim's temperature control system stops working. The body temperature can rise so high that brain damage and death may result if not cooled quickly.

Sun stroke: Another term for heat stroke.

Excessive heat watch: Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive heat advisory: Heat Index values are forecast to meet locally defined advisory criteria for one to two days (daytime highs of 100 to 105 degrees Fahrenheit).

Excessive heat warning: Heat Index values are forecast to meet or exceed locally defined warning criteria for at least two days (daytime highs of 105 to 110 degrees Fahrenheit).



Extreme Heat



Are you prepared for...

Flu Season?

Influenza (the flu) is a contagious respiratory illness caused by several types and subtypes of viruses. One or more virus strains cause a surge in flu nearly every year. The viruses undergo continuous genetic changes, so people don't achieve permanent immunity, and vaccines must be updated annually to combat the anticipated predominant strains.

Flu terms you should know

Flu season: In the United States, flu season occurs in the fall and winter. Seasonal flu activity peaks in January or February, but it can occur as early as October and as late as May.

Seasonal flu: The illness that strikes every flu season, infecting 5 percent to 20 percent of the U.S. population. Flu-related complications require 200,000 hospitalizations annually and kill 36,000 people on average.



Preventive measures & healthy living habits

- Get a flu vaccine every year. Vaccines are available at the naval hospital, as well as at several local drug stores
- Avoid close contact with others who are sick. When you are sick, stay away from others to avoid spreading whatever is making you sick
- Cover your mouth and nose with a tissue when you cough or sneeze. It may help prevent others around you from getting sick
- Wash your hands often. This will help protect you from germs
- Avoid touching your eyes, nose or mouth. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or an object that has flu virus on it and then touching their own mouth, eyes or nose



Are you prepared for... a Flash Flood?

Flooding may seem unlikely in the desert, but flash floods are actually common here, and they can be life-threatening. Flash floods occur when the dry desert soil is unable to soak up large amounts rainwater, which can cause torrents of water to move swiftly down washes and across roadways. These floods often occur without warning.

Before a flood

- Avoid building in a floodplain unless you elevate and reinforce your home
- Elevate the furnace, water heater and electric panel in your home
- If feasible, construct barriers to stop floodwater from entering the building

During a flood

- If you are in a flood-prone area and there is a possibility of a flash flood, move to higher ground immediately. Do NOT wait for instructions to move
- Do not walk through moving water. Six inches of moving water can make you fall. IF you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you

Flood terms you should know

Flood watch: Flooding is possible. Tune into NOAA Weather Radio, commercial radio or television for information.

Flood warning: Flooding is occurring or will occur soon. If advised to evacuate, do so immediately.

Flash flood watch: Flash flooding is possible. Be prepared to move to higher ground; listen to NOAA Weather Radio, commercial radio or television for information.

Flash flood warning: A flash flood is occurring. Seek higher ground on foot immediately.

After a flood

- Avoid floodwaters as they may be contaminated
- Service damaged septic tanks as soon as possible as these are serious health hazards

Driving during a flood

- Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling
- A foot of water will float many vehicles
- Two feet of rushing water can carry away most vehicles, including sport utility vehicles and pick ups
- Do not attempt to drive through a flooded road. The depth of water is not always obvious. The roadbed may be washed out under the water, and you could be stranded or trapped
- Do not drive around a barricade. Barricades are there for your protection. Turn around and go the other way
- Do not try to take shortcuts. They may be blocked. Stick to designated evacuation routes
- Be especially cautious driving at night, when it is harder to recognize flood dangers



Photo courtesy of The Desert Trail

Flash Flood



Are you prepared for... an Earthquake?

Earthquakes are hard to predict and that can lead to a lot of stress, especially for those who are new to the area. To combat this anxiety, there are several things to do before and during an earthquake that can help you stay safe.

Before an earthquake

- Fasten shelves securely to walls so they won't fall over
- Place large or heavy objects on lower shelves
- Store breakable items such as bottled foods, glass and china in low, closed cabinets with latches
- Fasten heavy items such as pictures and mirrors securely to walls and away from beds or seating areas
- Brace overhead light fixtures and top heavy objects
- Secure your water heater, refrigerator, furnace and gas appliances by strapping them to the wall studs and/or bolting to the floor. Seek professional assistance if you see structural damage
- Be sure the residence is firmly anchored to its foundation
- Store weed killers, pesticides and flammable products in closed cabinets with latches and on bottom shelves
- Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during each drill
- Hold earthquake drills with your family members. Practice the three steps: drop, cover and hold on



A surface rupture from an earthquake. Photo courtesy of the USGS





During an earthquake

If you are indoors:

- DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON to the furniture until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms, and crouch in an inside corner of the building
- Stay away from glass, windows, outside doors and walls, and anything that could fall on you
- Stay in bed if you are there when an earthquake strikes, unless you are under a heavy light fixture. Hold on and protect your head with a pillow
- Don't use a doorway unless you know it is a strongly supported, load-bearing doorway and it's close to you
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location
- Don't use elevators
- Be aware that electricity may go out, and the sprinkler systems and fire alarms may turn on

If you are outdoors:

- Stay outside
- Move away from buildings, streetlights and utility lines
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls

If you are in a moving vehicle:

- Stop as quickly as safety permits, and stay in the vehicle. Avoid stopping near buildings, trees or power lines
- Proceed cautiously once the earthquake has stopped. Avoid roads that may have been damaged

If you are trapped under debris:

- Do not light a match (there may be a gas leak)
- Do not move about or kick up dust
- Cover your mouth with a handkerchief or clothing
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust



After an earthquake

- When the shaking stops, look around and make sure it is safe to move before exiting the building
- Expect aftershocks. These secondary shockwaves are usually less violent than the main quake, but can be strong enough to do additional damage to weakened structures, and can occur in the first hours, days, weeks or even months after the quake
- Help injured or trapped persons. Remember to help your neighbors who may require special assistance such as infants, the elderly, and people with access and functional needs. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake
- Inspect utilities including gas lines, electrical systems, water and sewage pipes. Turn off the gas supply at your meter until you are sure there are no leaks or extinguished pilot lights
- Listen to a battery-operated radio or television for the latest emergency information
- Use the telephone only for emergency calls
- Stay away from damaged areas. Keep away unless police, fire or relief organizations have specifically requested your assistance. Return home only when authorities say it is safe
- Be careful when driving after an earthquake, and anticipate traffic light outages
- After it is determined that it's safe to return, your safety should be your primary priority as you begin clean-up and recovery
- Open cabinets cautiously. Beware of objects that can fall off shelves
- Find out how to keep food safe during and after an emergency by visiting www.ready.gov
- Put on long pants, a long-sleeved shirt, sturdy work shoes and work gloves to protect against injury from broken objects
- Clean spilled medicines, bleaches, gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals
- Inspect the entire length of chimneys for damage. Unnoticed damage could lead to a fire
- **When you are in a safe place, report to your command**

For more information on what to do after an earthquake, visit www.ready.gov

Earthquake terms you should know

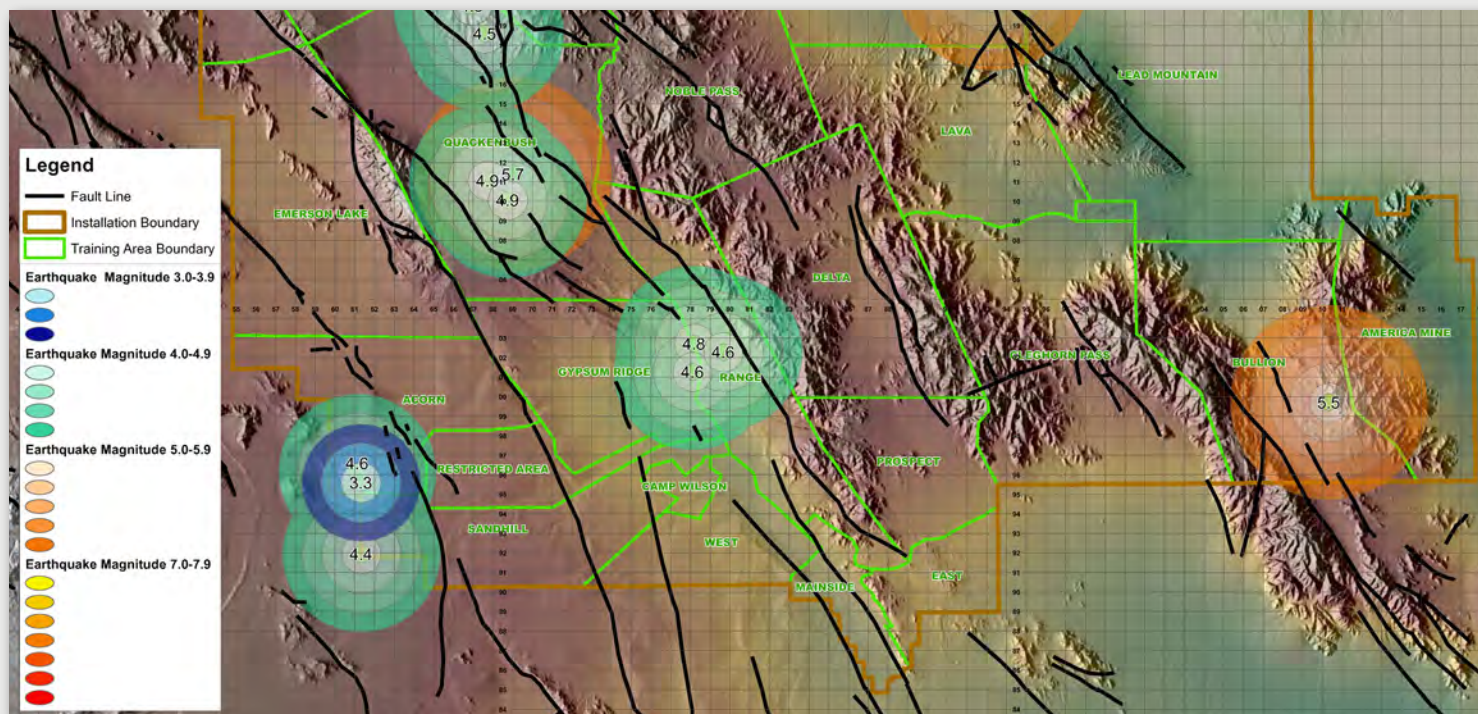
Aftershock: An earthquake of similar or lesser intensity that follows the main earthquake.

Earthquake: A sudden slipping or movement of a portion of the earth's crust that causes a series of seismic waves.

Epicenter: The place on the earth's surface directly above the point on the fault where the earthquake rupture began. Once fault slippage begins, it expands along the fault during the earthquake and can extend hundreds of miles before stopping.

Magnitude: The amount of energy released during an earthquake, which is computed from the amplitude of the seismic waves. A magnitude of 7.0 on the Richter Scale indicates an extremely strong earthquake.

Seismic waves: Vibrations that travel outward from the earthquake fault at speeds of several miles per second. Although fault slippage directly under a structure can cause considerable damage, the up-and-down or back-and-forth vibrations of seismic waves cause most of the destruction during earthquakes.



This map shows faultlines and earthquake magnitude in MCAGCC's general area

Are you prepared for... a Terrorist Attack?

There is always the possibility that the Combat Center could be the target of a terrorist attack. While there is no way to know if an attack will occur here, being prepared and knowing what to do is the best thing you can do for your family. Follow your family emergency plan for assembly and communication. Account for your family members and carefully supervise small children. **As with other emergencies, once you are in a safe place, report to your command.**

Explosive devices

Explosive devices are the most common terrorist weapons because their materials and technology are more readily available than those of biological, chemical, nuclear or radiological weapons. Such devices also may be used to disperse these and other threat agents. Manufactured or improvised explosive devices can be hidden, delivered by humans, transported in vehicles, and mailed or shipped. They may be detonated directly or remotely by timing, tampering or impact.

What to look for:

- Watch out, particularly at work, for unexpected, suspicious letters and packages that could contain explosives, as well as biological, chemical or radiological agents. Physically, they could be large or oddly shaped, and have excessive packaging material, protruding wires or aluminum foil, strange odors or stains. More likely, the postage and markings will be suspicious: The return address is missing, unfamiliar, unverifiable or different from the postmark
- If you detect a suspicious parcel, leave the area immediately. Keep others away, and alert security and authorities. If you handle the parcel, do not sniff or smell it, and wash with soap before touching, drinking or eating anything
- If you receive a bomb threat via telephone, try to keep the caller on the line and note everything said. Get as much information as possible about the bomb and the caller by asking questions:
 - » When will the bomb explode?
 - » Where is it right now?
 - » What does it look like?
 - » What will cause it to explode?
 - » What kind is it?
 - » Did you place it?
 - » Why?
 - » What is your name?
 - » What is your address?
 - » **Notify PMO and contact your supervisor with all pertinent information**





What to do if an explosion occurs

If you are indoors:

- Get under a sturdy table or desk until things stop falling around you
- Leave the building as soon as possible. Do not slow down to make phone calls or retrieve anything other than an emergency kit
- Do not attempt to use elevators
- Watch for weakened floors and stairways, falling debris, fire and other hazards

If there is a fire:

- If there is smoke, crawl low to the ground
- Cover your nose and mouth with a wet cloth if possible
- Use the back of your hand to feel up and down closed doors. If a door is hot, do not open it; look for another way out. If a door is not hot, brace yourself against it and open it slowly
- If you catch fire, do not run. Stop, drop and roll to put out the fire

If you are trapped in debris:

- To keep dust down, avoid unnecessary movement
- Cover your nose and mouth with anything that will filter the air
- Signal your location to help rescuers find you. Use a flashlight and whistle, if available. Tap on a pipe, wall or any hard surface
- Call out for help only as a last resort; yelling may increase inhalation of dangerous dust

Once you are out of the building:

- Move away from windows, glass doors or other potential hazards
- Make sure the fire department has been alerted
- Move off of sidewalks and streets to make way for emergency responders or others still exiting the building
- Never go back into a burning building



Report suspicious activity at www.USMCEagleEyes.org or (760) 830-3937

Terrorist Attack



Biological terrorism

Bacteria, viruses and toxins are the main types of potential biological agents that may be used by terrorists. They can be sprayed into the air, used to contaminate food and water, and to infect animals that carry disease to humans. Many must be inhaled, eaten or absorbed through a skin cut to make you sick, and some may cause contagious diseases. Biological agents can be hard to detect, and their effects may be delayed. The first alert may be from healthcare workers noting an unusual pattern of illness. Your first warning would likely be an emergency broadcast or some other type of communication used in your community.

Advance precautions for biological terrorism are limited, but you can:

- Stay informed through work channels, and by monitoring radio and TV alerts
- Stay healthy. Eat sensibly, get enough rest and practice good hygiene
- Ensure that all required and recommended immunizations are up to date. Children and the elderly are especially vulnerable to biological agents
- Consider installing a high-efficiency particulate air (HEPA) filter in your heating, ventilation and air-conditioning (HVAC) return duct, or using a stand-alone portable HEPA filter. Either can filter out most biological agents that may enter your house
- Include breathing filters in your emergency kit

In the event of a biological attack:

- It may take a while to determine the nature of the threat, who is at risk and the best steps to take, so watch TV, listen to the radio or check the Internet for reliable information about areas in danger, signs and symptoms, and the nature and location of available assistance
- Try to stay in an indoor location where the air is filtered
- If you notice a suspicious substance, move away, wear a breathing filter, wash with soap and contact authorities



If you are exposed to a biological agent:

- Wear a breathing filter. If you do not have a mask, layers of fabric like T-shirts, handkerchiefs or towels, or several layers of tissue or paper towels may help
- Remove clothes and personal items, bag them and follow official instructions for disposal
- Wash with soap and put on clean clothes
- Practice good hygiene
- Use common sense. Be alert for symptoms, but don't panic
- Seek medical attention. Medical treatments are available for some biological threats. You may be advised to stay away from others
- In most biological emergencies or epidemics, it is best to stay away from crowds where others may be infected
- If someone is sick, wash your hands with soap frequently, do not share food or utensils, cover your mouth and nose with the crook of your arm when coughing or sneezing, and consider breathing filters for patients, caregivers and others

For more information on preparing for a bioterrorism emergency, visit the Centers for Disease Control and Prevention website at <https://emergency.cdc.gov/bioterrorism/prep.asp>



Report suspicious activity at www.USMCEagleEyes.org or (760) 830-3937

Chemical terrorism

Chemical attacks involve using toxic chemicals as a weapon. Chemical agents can be delivered in various forms — vapors, aerosols, liquids and solids — and by a wide variety of methods, including sprays and bombs. Nerve agents, mustard gases and choking agents are chemical agents developed for use in war. Other chemical agents are used in industry, and still others can be made from natural or everyday household materials. Chemical agents can produce effects quickly (within a few seconds) or slowly (as much as two days after exposure), and some are odorless and tasteless. It is difficult to deliver chemical agents in lethal concentrations, and agents released outdoors often dissipate rapidly.

Types of hazardous chemicals:

- Long-acting anticoagulants cause uncontrolled bleeding
- Biotoxins are made from plants or animals
- Blister agents (vesicants) blister the eyes, skin, or throat and lungs
- Blood agents are absorbed into the blood
- Caustics (acids) burn on contact
- Choking, lung and pulmonary agents
- Incapacitating agents alter consciousness or thinking
- Metallic poisons
- Nerve agents prevent the nervous system from working properly
- Organic solvents damage living tissues by dissolving fats and oils
- Tear gas and riot control agents
- Toxic alcohols
- Vomiting agents

Advance precautions for chemical terrorism are limited, but you can:

- Stay informed through work channels, and by monitoring radio and TV alerts
- Choose an internal room for sheltering in place, preferably one without windows on the highest level of the building
- Build an emergency kit that includes duct tape, scissors and plastic sheeting to seal the room where you will shelter in place
- Consider precutting plastic sheeting to save critical time during an emergency. Cut each piece several inches larger than the door, window or vent you want to cover so that it lies flat against the wall, and label each piece so you know where it fits

How to recognize a chemical attack:

- People exposed to hazardous chemicals may experience eye irritation, become nauseated, lose coordination, or have difficulty breathing or a burning sensation in the nose, throat and lungs. The presence of many dead or ailing birds or insects may also indicate a chemical agent release. Your first warning may be an emergency broadcast or some other signal used in your community

If you are in or near an area contaminated by a chemical attack, or see signs of one:

- Try quickly to define the source or impacted area and find clean air quickly
- If the chemical is inside a building you are in, try to exit the building without passing through the contaminated area. If there is no safe path out, move as far away as possible from the contamination and shelter in place
- If you are outside, quickly decide the fastest way to find clean air. Move away upwind of the contamination or enter the closest building for shelter

If you decide or are instructed to remain inside and shelter in place:

- Close doors, windows and vents, and turn off all air-handling equipment. Conventional building filters and cloth breathing filters are ineffective against chemical agents
- Take a kit and go to an internal, upper-level room
- Seal the room with tape and plastic if possible
- Monitor radio, TV or the Internet for official information and instructions
- Do not go outdoors until authorities announce it is safe to do so

If you are exposed to hazardous chemicals, minimize health consequences by decontaminating yourself and others as soon as possible:

- Remove as much clothing as possible, and double-seal it in plastic. Cut it away if necessary to avoid contact with the eyes, nose and mouth
- Remove contact lenses or glasses. Seal lenses with your clothes and wash glasses in household bleach or soap and rinse before wearing again
- Find any source of water and flush the eyes
- Wash face, hair and other affected body parts gently with soap so as not to scrub the chemical into the skin. Washing is less critical if the chemical agent is a vapor instead of a liquid or solid
- Change into uncontaminated clothes. Clothing stored in drawers or closed closets is unlikely to be contaminated
- Seek immediate medical attention
- Avoid recontamination later by not touching affected areas and bagged items. Use uncontaminated tools and gloves, then decontaminate or dispose of them safely

For more information about preparing for a chemical emergency, visit the Centers for Disease Control and Prevention website at <https://emergency.cdc.gov/chemical/prep.asp>

Report suspicious activity at www.USMCEagleEyes.org or (760) 830-3937

Are you prepared for... an Active Shooter Situation?

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area. In most cases, active shooters use firearms, and there is no pattern or method to their selection of victims. Often, they have no regard for their own safety or capture. Active shooters pose an immediate risk of death or serious injury to anyone in the vicinity. They are often on the move and will accept random victims of opportunity while searching for intended victims or until stopped by law enforcement, suicide or other intervention. Active shooter situations are unpredictable and evolve quickly. Responding Marine Corps law enforcement personnel will act swiftly with a primary duty to protect innocent life by focusing their efforts on finding and neutralizing the active shooter(s). However, because most incidents last only 10 to 15 minutes, individuals at the scene must be prepared to deal with the situation until law enforcement personnel arrive.

How to prepare

Stay informed:

- Be aware of your environment and any possible dangers
- Ask your employer to explain the emergency action plan for your building
- Understand the plans for individuals with special needs and/or disabilities

Recognize signs of potential violence in those around you:

- Increased use of alcohol and/or drugs
- Unexplained increase in absences or tardiness
- Depression, withdrawal, paranoia or talk of revenge
- Increased severe mood swings and noticeably unstable, emotional responses
- Increased talk of problems at home
- Increased unsolicited comments about violence, firearms, or other dangerous weapons or violent crimes

Take violent acts or threats of violence seriously:

- Report violent acts or threats of violence at www.USMCEagleEyes.org or (760) 830-3977, and to your chain(s) of command, Provost Marshal's Office, Force Protection authorities, counterintelligence authorities, medical/mental health care professionals or local law enforcement personnel, as appropriate
- The chances for prevention improve with increased awareness of potential warning signs and rapid response to a problem. Friends, family, co-workers, neighbors and supervisors are typically the most likely to recognize potential threat indicators





Have a plan:

- Make note of your environment and any possible dangers
- Look for the two nearest exits in any place you visit, and have an escape path and plan in mind
- Make a plan with your family, and ensure everyone knows what they would do, if confronted with an active shooter

If there is an active shooter in your vicinity:

- Run and escape, if possible
- If safe to do so, use an accessible escape path
- Help others escape, if possible, but evacuate regardless of whether others agree to follow
- Leave your belongings behind
- Warn and prevent individuals from entering an area where the active shooter(s) may be
- Keep your hands visible

If escape is not possible:

- If you are in an office or classroom, stay there and lock and barricade the door
- If you are in a hallway, get into a room and secure the door
- Close, cover and move away from windows
- Your hiding place should be out of the shooter's view and provide protection if shots are fired in your direction
- Remain quiet with all sources of noise silenced

DO NOT seek out the shooter. Fight as an absolute last resort, and only when your life is in imminent danger:

- Attempt to disrupt and/or incapacitate the active shooter
- Act aggressively and be prepared to cause severe or lethal injury to the shooter
- Throw items and improvise weapons
- Yell
- Commit to your actions





Call 9-1-1 when it is safe to do so and provide the following information to law enforcement officers or 911 operators if you can:

- Location of the active shooter(s)
- Number of shooters, if more than one
- Physical description of the shooter(s)
- Number and type of weapons held by the shooter(s)
- Number of potential victims at the location

If there is an active shooter in your vicinity:

- Run and escape, if possible
- If safe to do so, use an accessible escape path
- Help others escape, if possible, but evacuate regardless of whether others agree to follow
- Leave your belongings behind
- Warn and prevent individuals from entering an area where the active shooter(s) may be
- Keep your hands visible

What to expect when law enforcement arrives:

- Law enforcement's immediate focus is to stop the active shooter as soon as possible. Officers will proceed directly to the area in which the last shots were heard
- The first officers to arrive on scene will not stop to help injured persons because their first priority is life safety. They will need to secure the scene first
- Rescue teams composed of other officers and emergency medical personnel will follow the first officers into secured areas to treat and remove the injured
- Officers arriving on scene may be coming from many different duty assignments and agencies, and additional officers may arrive in teams
- Officers will likely be in various types of uniforms, external bullet proof vests, Kevlar helmets and other tactical equipment, even in street clothes. Do not be surprised by the difference in appearance; they are trained to work together
- Officers may be armed with rifles, shotguns and/or handguns, and may use pepper spray or tear gas to control the situation
- Officers will shout commands and may push individuals to the ground for their safety
- Expect that officers will treat the entire area as a crime scene and everyone with suspicion
- Law enforcement will establish secure assembly points and will question all witnesses. Usually, officers will not allow anyone to leave designated assembly points until the situation is under control and all witnesses have been identified and debriefed. Expect to remain in the secure area until authorities release you





What to do after law enforcement arrives:

- Remain calm and follow instructions
- Do not attempt to assist unless specifically asked to do so by law enforcement personnel
- Slowly put down any items in your hands (bags, jackets)
- Raise your hands and spread your fingers, and keep your hands visible at all times
- Avoid quick movements toward officers, such as holding on to them for safety
- Avoid pointing, screaming or yelling
- Do not stop to ask officers for help or direction when evacuating. They will be focused on finding and incapacitating the shooter to prevent further loss of life. Not adhering to officers' instructions puts everyone in danger
- ***When you reach a safe location or assembly point:***
- Identify yourself as a witness and relay any medical needs you have
- Answer any questions law enforcement authorities ask you
- Do not leave until law enforcement authorities have instructed you to leave
- Seek medical care and counseling if needed



Report violent acts or threats of violence at www.USMCEagleEyes.org or (760) 830-3937



Emergency Numbers

If there is an emergency, dial **911** from a land line or call **(760) 830-3333/3334** from your cell phone.

If you have a non-emergency issue, call the following numbers:

PMO: (760) 830-6800

Combat Center Fire Department: (760) 830-5239

Naval Hospital 29 Palms (appointment line): (760) 830-2752

Report suspicious terrorist activity (Eagle Eye): (760) 830-3937

Command Duty Office: (760) 830-7200

Lincoln Housing Maintenance (toll-free): (888) 578-4141

Public Works: (760) 830-6271

Unit OOD phone number: _____

Work phone number: _____

Other important phone numbers: _____

All information in this guide was found on www.readymarines.mil, www.ready.gov, www.fema.gov, www.readycalifornia.gov and www.flu.gov. While this guide is a good source to begin your disaster preparation, it does not contain all the answers. Please visit each of the websites above for more information on what to do in the event of an emergency.

Cover photo courtesy of Matthew Hall