A bombing or an explosion can occur in any place. Bombs are used to cause fear and harm. Plan ahead to help limit the effects of a bombing:

• Know your work, school and community disaster plans.
• Have a plan for getting out of the area and contacting family.
• Know of different places to receive medical care.

If you suspect someone is going to set off a bomb or a bomb is nearby:

• Leave the area right away.
• Consider personal safety at all times.
  ‣ Follow your work, school, community and family disaster plans for leaving the building and the area.
  ‣ Help others who are hurt or need help leaving the area.
  ‣ Stay away from damaged buildings to avoid falling debris.
• Call 911 after you have safely left the area if police, fire and emergency squads have not arrived.
• Go to a hospital or clinic away from the event, if you need medical care, but your injuries are not serious.
• Follow directions from state and local officials.
• Be alert for additional threats.

Seek medical care right away if you have:

• A head injury
• Broken bones
• Burns
• Bleeding that you cannot stop
• Eye injuries
• Trouble breathing
• Trouble walking or using an arm or leg
• Stomach, back or chest pain
• Vomiting or diarrhea

Less Serious Injuries

After a disaster, hospital and doctor offices are very busy treating life threatening injuries. Serious injuries are treated first and then minor injuries are treated. If your injuries are not serious, go to a clinic or hospital farther away from the event. This may take more travel time but you will get faster care. Less serious injuries may include:
• A cough
• A rash or burning skin
• An injury to a joint such as the ankle, wrist or shoulder
• Hearing problems
• Injuries that:
  ‣ Become more painful
  ‣ Have redness
  ‣ Have swelling
  ‣ Do not improve after 48 hours

Limited Information
After a disaster, hospital staff often cannot answer the phones and track each person they are treating. They may not be able to provide information right away about loved ones. Having a communication plan and telephone numbers for your family will help you locate family members during a disaster. An out of town contact may be the best contact person during an emergency since a local contact may also be involved in the event or local phone services may not be working. The American Red Cross can also help you locate a missing loved one during a disaster.