

Bombing or Explosion Emergencies

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.
 - 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.

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.