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FEATURED ARTICLE

Preparing for Possible Nuclear Disasters in the U.S.

By Sharon Packer, TACDA Vice-President

Observing the large number of nuclear power plants around the world, and the ever-growing popularity and availability of nuclear weapons to other countries, the likelihood of some type of nuclear disaster, whether it be a power plant mishap or a terrorist strike, occurring somewhere in the United States is on the increase.

Many people are under the impression that there is absolutely nothing that they can do to prepare for or even survive such an unspeakable tragedy. They ask "Why prepare? There is no chance that I can survive a nuclear disaster!" However, this statement and assumption is entirely false. There are several precautions and preparatory measures that we as individuals and communities can take to greatly improve our chances of surviving such an emergency.

What should you do as a U.S. citizen, to protect yourself and your family from the effects of nuclear disaster?

FIRST, one recommendation is that you consider your radiation risks based on where you (or your loved ones) live. If needed, obtain a supply of Potassium Iodide (KI) tablets to protect you, your family, and friends. These tablets are inexpensive and represent a form of inexpensive insurance for you or for those you care about against not only nuclear power plant emergencies, but also radioactive/nuclear terrorism and nuclear war, whether in the USA or overseas. In addition, if you or your loved ones live relatively close to a nuclear power plant, you may also want to purchase inexpensive HEPA masks to protect you and your family from inhaling radioactive particles, especially if you may have to evacuate.

SECOND, another recommendation is that you write or talk with your local, state, and national government officials and let them know that you think they should locally stockpile KI tablets in communities and homes to protect the public in time of nuclear emergencies.

As a minimum, citizens should have at least 10 to 14 doses of KI pills readily available (preferably, pre-distributed) within the 10 mile emergency planning zones around each nuclear power plant as well as out to 20 miles from each nuclear power plant. One dose would allow people in the most likely evacuation areas to protect themselves while preparing to evacuate and during the actual evacuation, if needed. Subsequent doses would allow people more options on how far to evacuate, and if necessary, to take additional doses if the radioactive fallout follows them to the area they evacuated to.

Since radioactive iodine disperses and decays relatively rapidly (half-life of 8 days) and stable iodine continues to fill the thyroid for some time, 10 to 14 doses would normally be all that is needed if people evacuate to an area that is generally free from fallout (**note:** newborns and pregnant women should probably only take KI pills for 2 days duration according to the WHO). If people do not evacuate to a fallout free zone and may continue to be exposed to radioactive iodine in food supplies, then a dose duration of as long as 80 days may be needed. A strong case could also be made for pre-distributing at least 10 to 14 doses of KI pills for the 20 to 50 mile regions around nuclear power plants to minimize the need for evacuation in these regions. Outside of these zones, perhaps larger regional stockpiles could be used to provide distribution to the public who are predicted to be exposed to dangerous levels of radioactive iodine (although this requires a lot of planning on how to then distribute the KI during an actual emergency). Your voice can truly make a difference, as was illustrated when a small group of concerned citizens helped to change the KI stockpiling policy in Maine.

For more information on how you can obtain your own personal supply of Potassium Iodide (KI) tablets through TACDA, see this issue's "**Featured Product**" section for details.

Disclaimer: TACDA provides the above information as a public service. While we have worked hard to ensure the accuracy of all of the above information, we are not infallible. We welcome any questions or comments you may have. TACDA and the author are not medical professionals and are not providing specific medical or professional advice or recommendations to any specific individual. For specific medical advice for you or your associates, please consult a physician.

CIVIL DEFENSE NEWS

North Korea warns of World War January 10, 2003

North Korea pulled out of a global treaty that bars it from making nuclear weapons, and warned of the chance of a "Third World War". The rogue state's communist regime said it had quit the Nuclear Non-proliferation Treaty because of US aggression, but said it had no plans to build any nuclear weapons "at this stage". But, chillingly, it warned that a "new Korean War will finally lead to the Third World War" and, said Pyongyang, would triumph in any "fire-to-fire stand-off" with its American enemies. The withdrawal from the treaty was partly symbolic. North Korea already violated it by secretly pursuing weapons development and flouting UN safeguards.

Rumblings of War With Iraq The Straits Times Interactive January 10, 2003

With events moving closer to a possible war with Iraq, below is a look at some of the latest developments around the world:

B-1 Bombers leave base - THREE United States Air Force B-1 bombers have left their South Dakota home base for deployment in the Persian Gulf. The bombers are the first of many expected to be deployed from Ellsworth Air Force Base, home to 26 of the sleek, supersonic B-1 Lancers that are capable of carrying dozens of bombs, including precision-guided weapons.

Exercises in Jordan - BRITAIN has said it will send 14 Royal Air Force jet fighters to Jordan later this month, officially on military exercise. But their deployment in Iraq's neighbor is seen as further preparation for a possible war against Baghdad. Warplanes based on the aircraft carrier USS Abraham Lincoln will carry out bombing practice in Western Australia next week, said the Australian Broadcasting Corporation.

Aussie leave cancelled - AUSTRALIA, a staunch ally of the United States, has cancelled all leave for its elite troops as part of a contingency plan in case of war in Iraq.

Islamic support sought - BRITAIN has appealed for Islamic support for efforts to make Iraq comply with United Nations resolutions as religious leaders in the world's most populous Muslim nation warned of a backlash if Iraq was attacked. Speaking in Indonesia on January 9, as both Britain and the United States build up their military forces ahead of a possible conflict, Foreign Secretary Jack Straw told Muslim leaders that Iraq posed a threat to the Islamic world as well as the West. "The consequences of a failure of nerve to deal with the threat posed by Iraq's weapons of mass destruction are potentially devastating for Muslims and non-Muslims alike," Mr Straw said.

US to rope in Czechs - THE US government has asked fellow Nato member the Czech Republic for assistance, especially from its anti-chemical warfare troops, in a possible war against Iraq. Defense Minister Jaroslav Tvrdik said US officials have asked for permission for international coalition military units to pass through Czech territory and airspace in the event of a war.

China paper slams US - OFFICIAL Chinese media has slammed US plans for a military presence in Iraq after ousting Mr Saddam Hussein, calling it illegal. The English-language China Daily said it was becoming clear that the real issue was the removal of Mr Saddam, not weapons of mass destruction. China has called repeatedly for a diplomatic and political end to the issue within the framework of the UN.

[The points of view and opinions expressed in this article are those of the author(s) and do not necessarily indicate a direct or indirect endorsement by TACDA or reflect specific policies, opinions or view points held by TACDA or any of its officers.]

Iraq Gets Mixed Report Card By John Goldman, January 11, 2003

Top UN arms experts have told the Security Council that no "smoking gun" has been found in Iraq so far, but said that President Saddam Hussein's government had not cooperated fully with weapons inspectors.

"We need more proactive support on the part of Iraq," the director-general of the International Atomic Energy Agency, Mohamed ElBaradei, told the council in a report on the inspectors' efforts to uncover weapons of mass destruction. Chief inspector Hans Blix

also reported to the council that Iraq had violated UN sanctions by buying engines for missiles and raw material for their fuel. He said inspectors had confirmed the presence of a "relatively large number" of the engines, and some were imported as late as last year.

Dr Blix said although the Baghdad regime had provided ready access to facilities, important gaps still existed in the information needed to determine whether Iraq was concealing forbidden weapons. "Prompt access is by no means sufficient to give confidence that nothing is hidden in a large country with an earlier record of avoiding disclosures," he said. "The absence of smoking guns and the prompt access which we have had so far and which is most welcome is no guarantee that prohibited stocks or activities could not exist at other sites."

Dr Blix and Dr ElBaradei told council members that major issues need to be resolved. Discrepancies exist in the number of chemical munitions left over in Iraq after its 1980-88 war with Iran. Lists of scientists who worked in weapons programs are incomplete and don't even include people who were previously named in documents submitted to the UN. "We do not feel that the Iraqi side has made a serious effort to respond to the request we made," Dr Blix said. Dr ElBaradei said the willingness of Iraqi scientists and others to be interviewed privately "remains a limiting factor".

The Bush administration said the absence of evidence was proof that Baghdad had managed to keep weapons from being discovered by the UN-mandated inspections. "The heart of the problem is that Iraq is very good at hiding things," White House press secretary Ari Fleischer said. "We know for a fact that there are weapons there." But in signs that the drumbeat of war may be slowing, both the US and its close ally Britain played down the significance of January 27, the date when inspectors are due to deliver their first major assessment to the Security Council. Mr Fleischer said the president would wait until the inspectors had completed more of their task before deciding whether to declare war. Secretary of State Colin Powell said the date "isn't necessarily a D-Day".

In Baghdad, the government's chief science adviser disputed the inspectors' assessments that Iraq's 12,000-page weapons declaration, submitted last month, was incomplete. "People who claim there were gaps, I could tell you right away they have not read it," General Amir Saadi said.

During his appearance before the council, Dr Blix gave the massive document low marks. "It is rich in volume, but . . . practically devoid of new evidence," he said. Dr ElBaradei and Dr Blix are due to return to Baghdad on January 19 to press the Iraqis for a complete list of scientists.

Dr Blix told the council that to date no evidence of a prohibited nuclear program had been discovered, although laboratory tests of materials collected by the inspectors are not complete. Dr ElBaradei said aluminium tubes suspected of being part of an Iraqi nuclear arms program were in fact unsuitable for that use, but inspectors need to find out what happened to Iraq's stockpile of the high-explosive HMX, which can be used to detonate nuclear weapons.

The inspectors said they did not accept Iraqi assurances that illicit materials had been destroyed. "We have told them that if you cannot produce documents, at least you should be able to produce people who have participated in that destruction process," Dr ElBaradei said. "We cannot just simply take their word for it".

If the Iraqi Government fails to account for all illegal weapons it would constitute a material breach of the UN resolution that demands Iraq's disarmament. The US has warned that such a breach could lead to war.

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City of Disasters Sought for Emergency Training

By Patrick Courreges

State emergency response planners are hoping to build the unluckiest city in the country near Zachary, LA.

The state Office of Emergency Preparedness wants to create a mock city to conduct disaster-response training in as real a setting as possible, short of actual catastrophe.

Their dream of a disaster-prone city needs federal help to the tune of about \$10 million, and getting the money could take the best part of two years, said Col. Jay Mayeaux with the Office of Emergency Preparedness.

He laid out the state strategies for dealing with terrorist threats Thursday before a meeting of the state House Homeland Security Committee.

Mayeaux said State Police and Louisiana National Guard planners for the proposed Center for Emergency and Disaster Response envision a faux city complete with:

- Single and multistory buildings.
- A partial hospital.
- Electricity, water and sewerage lines.

"A facility like this is not available anywhere else in the United States," Mayeaux said. The idea is for emergency planners to conduct real-time drills involving all responders to a potential terrorist attack involving weapons of mass destruction, he said.

First responders would include local law enforcement, firefighters, emergency medical services, public works and local emergency managers, Mayeaux said.

Also part of such drills would be State Police, the National Guard, the Civil Support Team, the Office of Emergency Preparedness, the state fire marshal, the state Department of Health and Hospitals, federal response agencies and hospital workers.

Mayeaux said the security city would be an ideal way to find out how well the many different organizations would mesh in preparing for an incident, dealing with a crisis and responding once the initial event has occurred.

State emergency planners also would like to see the proposed center become a national center for terrorist response exercises.

The center would be in or near the State Police Joint Emergency Services Training Academy near Zachary.

To become a reality, Mayeaux said, Louisiana would first have to get a federal grant to conduct a demonstration model of what planners want to do.

The work of drumming up support for funding will begin before the month is out, but Mayeaux said he doesn't expect any funding before 2004.

Mayeaux also told the committee about the work state That planners have done in preparing strategies for dealing with potential terrorism attacks and getting the word out to state and local agencies on how they fit in.

He also described a smaller-scale training facility getting ready for a trial law-enforcement class in February.

The Southern Anti-Terrorist Regional Training Academy is a joint project of the Louisiana Sheriff's Association, Ascension Parish Sheriff's Department, State Police and Louisiana National Guard, Mayeaux said.

The academic part of the training will be housed at the Gillis Long Center in Carville.

Ascension Sheriff Jeff Wiley is allowing the use of his firearms training center, about 15 miles from Carville, and nearly 70 acres next to the center for use as a tactical operations training site.

The first class of the SARTA training center, which is focused on law-enforcement training, will be about 15 to 20 people, Mayeaux said.

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SPOTLIGHT ON EMERGENCY MANAGEMENT

Intro to Crisis and Emergency Risk Communications Part 1 of 2, Centers for Disease Control (CDC)

Crises, emergencies, and disasters happen. One of the reasons disaster response is difficult to coordinate is that disasters are different from routine daily emergencies. The difference is more than just one of magnitude. Disasters generally cannot be adequately managed merely by mobilizing more personnel and material. During crisis situations, decision-makers are often unable to collect and process information in a timely manner and, thus, rely on established routines for situations that are, by definition, novel. Communication during a crisis cannot be managed solely by mobilizing more people and material—the communication itself must change because crises are inherently low-probability but high-impact events in which established frames of reference for understanding may

breakdown. In major disasters, the incident is so shattering that both the sense of what is occurring and the means to rebuild that sense collapse simultaneously. Crisis and emergency risk communication is a vital component to help people cope and begin to rebuild a sense of order and understanding in their lives.

Crisis and emergency risk communication can work to counter some of the harmful human behaviors that are known to arise during a crisis. These potentially harmful individual, group, or community behaviors include:

- Demands for unneeded treatment.
- Disorganized group behavior (stealing/looting).
- Bribery and fraud.
- Reliance on special relationships.
- Increased alcohol and tobacco use.
- Increased multiple unexplained physical symptoms (MUPS).
- Unreasonable trade and travel restrictions.

Add bad communication practices to a crisis situation and the odds of a negative public response increase. Some of the bad communication practices that contribute to a poor public response that can be overcome with planning, coordination, research, and training include:

- Mixed messages from multiple experts.
- Information released so late that events make the issue moot.
- Messages that are over-reassuring.
- Recommendations to the public without a reality check.
- Leaving myths, rumors, and doomsayers unchallenged or corrected.
- Spokespersons who engage in improper behavior, exhibit a lack of affect, or use inappropriate humor.
- Public power struggles and confusion.

The purpose of a public health response to a crisis is to efficiently and effectively reduce and prevent illness, injury, and death and return individuals and communities to normal. The possibilities of harmful human behaviors, combined with bad communication practices, can lead to overwhelming harmful public health outcomes during the crisis response. The following are some of the negative situations public health professionals could face:

- Public demand for misallocation of limited emergency response resources.
- Public mistrust or circumventing public health recommendations.
- Opportunists who play on peoples' fear or uncertainties to provide fraudulent alternative treatments.
- Increased disease and death.
- Overreaction and wasted fiscal and medical resources during the emergency response.

Communication can reduce the tendencies of detrimental human behavior and prevent negative public health response outcomes by:

- Executing a solid crisis communication plan.
- Being the first source for information.
- Expressing empathy and caring.
- Exhibiting competence and expertise.
- Remaining honest and open.
- Committing and remain dedicated to the response and recovery.
- Applying emergency risk communication principles to the message.

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FEATURED PRODUCTS

[The following items are resources that are made available by The American Civil Defense Association (TACDA) in an effort to generate revenues to assist us in our normal day-to-day operations as well as to help fund special projects and events. As a service to TACDA members, these items are offered at discounted rates. If you have any suggestions as to additional resources or supplies that you would like to see made available through TACDA, please let us know.]

RAD BLOCK™ Potassium Iodide (KI) Tablets

- 200-tablet bottle at 65 mg KI/tablet
- Member Cost - \$19.95
- Nonmember Cost - \$21.95
- Free shipping within the 48 contiguous states.
- Quantity discounts available

In the event of a nuclear accident or disaster, such as an explosion at a nuclear power plant, a terrorist attack using some form of nuclear device, or nuclear war (either at home or abroad), exposure to the fallout associated with such an event could prove extremely harmful, or even deadly. In a radiation emergency, radioactive iodine may be released into the air. This material may be breathed or swallowed or ingested with food and drinks. Because the thyroid gland is extremely susceptible to Iodine, it will readily absorb this radioactive Iodine, hence causing damage to the thyroid. In some cases, this damage may not appear for several years after exposure. By taking RAD BLOCK™, Potassium Iodide (KI) tablets, as soon as possible after being alerted to a radiation emergency, you can help protect your thyroid from the dangerous radioactive Iodine associated with nuclear fallout. The RAD BLOCK™ is designed to saturate the thyroid with non-contaminated Iodine and prohibit it from absorbing the radioactive Iodine. This works because the thyroid gland can only hold a limited amount of Iodine at a given time. Once it is saturated with "good" Iodine, it is unable to absorb any "bad" Iodine.

Each light yellow, round, scored tablet contains 65 mg of potassium iodide (that yields 50 mg of ingestible iodine). The light yellow surface is a coating used to prevent any bitter taste as opposed to many other KI pills on the market today.

Dosimeters & Charging Units

- Member Cost - \$84.95
- Nonmember Cost - \$99.95
- Free shipping within the 48 contiguous states.

Range & Model Information:

AT138, 0 to 200 mR (low-range)
AT500, 0 to 500 mR (low-range)
AT1000, 0 to 1,000 mR (low-range)
AT725, 0 to 5 R (high-range)
AT730, 0 to 20 R (high-range)
AT742, 0 to 200 R (high-range)
AT746, 0 to 600 R (high-range)
AT750, Jordan Dosimeter Charger (DC-powered)

If you were a first responder to a nuclear disaster, such as a terrorist attack on your city, how would you know whether or not there was any radioactive materials present? If you live in a region near a nuclear power plant or in an area that may potentially be the focus of a terrorist attack, how would you know if you needed to evacuate or to take shelter from radioactive contamination? If we are ever so unfortunate as to have a nation, like North Korea, Iran or China detonate a nuclear weapon on our soil, how would you know what radiation threat you faced?

A dosimeter or rate meter is the simplest and most portable means of determining whether you need to seek protection. These tools can also help you manage your risk by showing you, in real time, your level of exposure, and can help you decide how much longer you want to keep working in a warm or hot zone. The dosimeters, offered through the TACDA Store, can be extremely useful to personal, medical, scholastic, airport x-ray, industry, and military applications. These dosimeters are rugged precision instruments about the size of a pocket fountain pen, and are used to measure accumulative doses or quantities of gamma (X-ray) radiation. They are not effected by nearby electronic devices as some other dosimeters are. A metal clip is used to attach the dosimeter to an

individual's pocket or to any available object in an area to be monitored for total radiation exposure. They utilize an extremely sensitive fiber electrometer type voltmeter and a small volume of air to measure the total amount of radiation to which the instrument has been exposed. A reading may be made at any time by merely looking at a source of light through the eyepiece end of the instrument. These instruments may be totally immersed in water without affecting their performance, and are ruggedized in order to operate reliably in harsh military environments.

Before dosimeters can be used to measure gamma radiation, the self-contained fiber voltmeter and ion chamber (electrometer) must be charged to approximately 165 volts DC with the central charging pin being positive in respect to the barrel. Most all available dosimeter charging units, like the Jordan AT750 offered by TACDA, may be used to charge dosimeters. Charger electronic circuitry provides the proper adjustable output voltage and polarity required. All dosimeter models are shipped fully charged and calibrated by the manufacturer.

To order Rad Block, Potassium Iodide (KI) tablets or any of the dosimeter models and accessories listed above, visit TACDA online at www.tacda.org or call 1-800-425-5397.

LETTER TO MEMBERS

Dear TACDA member,

First of all, we would like to take this opportunity to say that we hope that all of you had a very happy and safe holiday season and would like to offer our best wishes for the New year. The purpose of this letter is to introduce an idea that we believe will help tremendously in our efforts to keep TACDA growing stronger and stronger in the coming weeks and months and to increase our overall effectiveness as an organization.

Do to the new/renewed threats that our country faces today and the rapid changes that we are witnessing in all areas of civil defense, emergency management and overall national security, it is apparent now, more than ever, that it is virtually impossible to effectively keep our members informed and alerted to these changes through a publication published on a quarterly basis. It is this observation that has led us to alter the format and frequency of the Journal of Civil Defense in such a way as to maximize its effectiveness and efficiency and to make it a more useful tool for you, our member. The new Journal will now follow the same format as this current issue, and will be published on a monthly basis, as opposed to quarterly.

The TACDA staff is working hard to improve the services and benefits that we provide to our members and are always particularly interested in your suggestions, thoughts and opinions on how to accomplish this goal. You are the reason that we are here, and we want to serve you in the best manner possible. So, if you have any comments or ideas, please feel free to share them with us. We are truly looking forward to hearing from you.

Finally, I would like to personally thank you for your support of The American Civil Defense Association (TACDA) and our efforts to save lives through the promotion of reasonable disaster preparedness activities at all sectors of American society.

Most Sincerely,
Kathy Eiland
Executive Director

TACDA MEMBERSHIP INFORMATION

The Journal of Civil Defense is the official publication of The American Civil Defense Association (TACDA). Published monthly, the Journal is designed to aid both the private and professional sectors of American society by providing thought-provoking content that encourages the reader to take appropriate actions and steps toward preparing themselves and their communities to lessen the effects of both natural and manmade disasters and to learn how to react and respond effectively in the event of a disaster or emergency situation. The main function of the Journal is to present these concepts and to relate them to the need for a structured national volunteer Civil Defense program.

The American Civil Defense Association (TACDA) is a non-profit, non-political 501(C)3 organization dedicated to the promotion of reasonable civil defense, disaster preparedness and disaster mitigation activities at all sectors of American society. This is done in an effort to help protect America and its citizens from the effects of natural and manmade disasters, and to lessen the likelihood of certain types of disasters through public awareness and the implementation of a national civilian-based Civil Defense strategy and program.

TACDA's ability to continue alerting its members and the public to validated dangers, assisting them in making reasonable emergency and disaster preparations, and advocating improved civil defense measures nationwide is made possible by the financial support of our members and friends. This financial support comes via revenues generated from annual membership dues, direct gifts and donations, special fund-raising projects, and from the sales of Medical Emergency Triage Tags (METTAG).

TACDA's member base is currently comprised of a variety of individuals, organizations, institutions and agencies all possessing the common goal of protecting America and its communities from all types of natural and manmade disasters and threats.

Currently, the cost of a one-year (annual) TACDA membership is only \$36.00. By becoming a member of The American Civil Defense Association (TACDA), you will be entitled to the following special member's benefits:

- A one-year subscription to the monthly Journal of Civil Defense.
- Preferred rates at annual seminars and other conventions.
- Member discounts on civil defense and disaster preparedness supplies offered through TACDA as special fund-raising projects.
- Exclusive access to special members-only areas of the TACDA web site.

If you or your organization, institution or agency would like to become a member of The American Civil Defense Association (TACDA), please visit us online at www.tacda.org or call 800-425-5397. We currently accept VISA, MasterCard, American Express, personal checks and money orders. Send membership dues to the address shown at the top of this issue.

***The American Civil Defense Association
Saving Lives
Through the Promotion of
Reasonable Disaster Preparedness Activities
At All Sectors of American Society***