

Suicide Bomb Extended and Short Messages

Health and Safety Information for the First Hours

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Suicide Bomb Extended Message

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What is happening?

- This is an urgent message from U.S. Department of Health and Human Services (HHS). Please pay careful attention to this message to help protect your health and the health of others.
- There has been a report that a suicide bomb(s) has exploded in the *xxx area* at *xxx time* and people may have been injured or killed. (*if known*)
- Emergency responders and health officials are on the scene and are helping people who were injured.
- Local, state, and federal officials are working together to determine exactly what happened and will provide updated information as soon as possible. If there are other possible threats, they will inform the public.
- Stay informed and follow the officials' instructions so you can protect yourself, your loved ones, and others.
- Although it is natural to be frightened, you can take steps to help protect your health and the health of others.
- While the physical injuries from this bomb may be limited to people in a small area, the intent is to cause widespread fear and uncertainty. Cooperation and courage are our best response.

What should you do?

- If you think you may be seriously injured, go to the nearest hospital (*give name of hospital*). If you or someone else has minor injuries seek first aid as a first step until those more severely injured can be cared for first. Also, consider going to a hospital that is not in the immediate area of the blast. It may be less crowded.
- If someone appears to be seriously injured, provide first aid and call 911 or get help from others at the scene.
- Listen to emergency officials at the scene. If no one is near you to give instructions and you are in the immediate area of the blast(s), leave as soon as you can.
- To keep safe, avoid crowds, unattended cars and trucks, and stay away from damaged buildings.
- Follow the instructions of local officials who are responding to this situation. Listen to the television news, radio, or Internet to stay informed.

What to do if you or others are in the immediate area of the blast(s) and have been seriously injured

- Follow directions from emergency responders and health officials on the scene if you are able to do so.

- If you or others have life-threatening injuries, such as severe bleeding, burns, chest pains, or difficulty breathing, provide or seek first aid and get help from officials or others at the scene. Call 911 if there is no one at the scene to help you.
- Move away from damaged buildings to avoid falling glass and bricks.

What to do if you are in the immediate area of the blast(s) but have not been injured or you have minor injuries

- Help others who need assistance in leaving the area if you are able.
- If you see someone who is seriously injured, provide first aid and seek help from officials on the scene or call 911.
- If you are indoors and your building is not damaged, stay there until officials tell you it is safe to leave. Staying indoors will help you stay safe from materials from the explosion that may cause injuries.
- The risk of another attack is unknown at this time (*situation specific*). Avoid crowds to stay as safe as possible. Officials are investigating this incident and will let the public know when more is known.
- If you are in a vehicle, follow emergency workers' directions, avoid the area, and continue to listen to the radio for up-to-date information.

What to do if you live in the surrounding area (clarify surrounding area as needed)

- If you live near the blast(s), staying away from the area and following the officials' instructions.
- It is natural to be concerned or afraid at a time like this.
- Public officials are on the scene and are working to determine if there are any other threats in the area.
- Until authorities learn more about the situation, staying away from the area of the blast(s).
- To help keep safe, avoid crowds, unattended cars and trucks, and stay away from damaged buildings.
- Don't drive unless absolutely necessary; keep the roads clear for emergency workers.
- To stay as safe as possible avoid public transportation, such as buses or subways, until officials tell you otherwise.
- Stay informed by turning to the radio, television, or Internet news for updated health and safety announcements.
- If you have loved ones who are not with you, and who are not in the area of the blast(s), call them and avoid driving if possible, to keep the roads open for emergency workers.
- Let your children know it is okay to feel upset and to express their feelings without judging them. Try to keep to your usual routine at home.
- To protect your pets, confine or secure them indoors.
- Continue to remain calm. Everyone reacts differently to traumatic events such as this one. It is normal to feel afraid, or angry.
- For additional information, go to www.bt.cdc.gov/masscasualties/ or www.redcross.org/preparedness/cdc.

What is a suicide bomb attack?

- Suicide bombers use explosive materials attached to their bodies or loaded in vehicles with the intent to kill themselves and others in the area of the blast.
- Suicide bombs may be used because the explosives do not have to be set off using remote devices, and they allow the bomber to guide the bomb to the target.
- Continue to stay calm and as safe as possible by following the advice of local emergency officials.

What kind of injuries might be caused by a suicide bomb?

- Severe injuries can include severe bleeding, lung damage, traumatic brain injuries, crush injuries and burns. However, the most common injuries are eye injuries, sprains, strains, minor wounds, and ear damage.
- Severe injuries can be caused by flying debris, falling, or pressure from the explosion(s). Sprains and strains can occur when people are forced down by others or when trying to help.
- Blast lung injury (BLI) is a major cause of injury and death.. Signs of this type of injury may include difficulty breathing, coughing and coughing up blood, and chest pain.
- People closest to the explosion(s) are at the highest risk for severe injuries, such as BLI.
- Other symptoms from a blast that may indicate a serious injury include a lot of bleeding, trouble walking, trouble using an arm or leg, stomach, back or chest pains, headache, and eye and vision problems.
- The most serious and life-threatening injuries are caused by explosions in small, closed spaces, such as buildings or large vehicles, or when a building collapses.
- Some injuries, such as those to the lungs or abdomen, may not be obvious at first. In the few first few days, people should seek medical help immediately if they have any symptoms that may be related to the blast.
- For more information, go to CDC's Emergency Preparedness and Response website, www.bt.cdc.gov.
- Even if a bomb blast like this one doesn't cause physical injuries, it will cause fear, confusion, and uncertainty. It is normal to have strong feelings after such an event. If these feelings stay with you for a long time or they are affecting the people you love or your job, you may want to seek support from family, friends, clergy, or a counselor.

What is being done and how to get more information

- Federal, state, and local officials are working together to help people who have been affected by the blast and will provide updated information as soon as they learn more.
- Go to xxxxxx for information from local officials.
- Please stay informed by listening to the television news, radio, or the Internet.
- For more information on suicide bombs and other types of mass casualties, go to <http://www.bt.cdc.gov/masscasualties/> or call the CDC Hotline at 1-800-CDC-INFO.

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Suicide Bomb Short Message

Health and Safety Information for the First Hours

What is happening?

- This is an urgent message from the U.S. Department of Health and Human Services (HHS). Please pay careful attention to this message to help protect your health and the health of others.
- There has been a report that a suicide bomb(s) exploded in the *xxx area* at *xxx time* and people may have been injured or killed. (*if known*).
- Emergency responders and health officials are on the scene and are helping people who were injured.
- Local, state, and federal officials are working together to determine exactly what happened and will provide updated information as soon as possible. If there are other possible threats, officials will inform the public.
- Stay informed and follow officials' instructions so you can protect yourself, your loved ones, and others.
- Although it is natural to be frightened, there are steps you can take to help protect your health and the health of others.
- While the physical injuries from this bomb may be limited to a small area, its intent is to cause widespread fear and uncertainty. Cooperation and courage are our best response.

What should you do if you are in the immediate area of the blast but have not been injured

- Follow emergency responders' and health officials' directions.
- If you or others have life-threatening injuries, such as severe bleeding or burns, chest pains, or difficulty breathing, provide first aid and seek help from officials or others at the scene. Call 911 if no one is at the scene to help you.
- If you are indoors and your building is not damaged, stay there until officials tell you it is safe to leave. Stay indoors to avoid injury from debris. (*Still being checked*)
- If you are in a vehicle, follow emergency workers' directions, avoid the area, and continue to listen to the radio for up-to-date information.

What to do if you live in the surrounding area (clarify surrounding area as needed)

- If you live in the area surrounding the blast(s), stay away from the area of the blast and follow the officials' instructions.
- While the physical injuries from this bomb may be limited to people in a small area, the intent is to cause widespread fear and uncertainty.
- Public officials are on the scene and are working to determine if there are any other threats in the area.
- To stay as safe as possible avoid public transportation, such as buses or subways, until officials tell you otherwise.
- If you have loved ones who are not with you, and who are not in the area of the blast(s), call them and avoid driving if at all possible to keep the road open for emergency workers.
- To help protect your pets, confine or secure them by bringing them indoors.
- Go to *xxxxxx* for information from local officials.
- Stay informed by turning to the radio, television or Internet news for updated health and safety announcements