

C.B.R.N. ACCIDENTS

GETTING PREPARED

Actions during a CBRN accident depend on many factors (type, quantity and purity of the CBRN factor, method of dispersion, space, weather conditions etc). Therefore they are not the same for each case. Nevertheless the general actions recommended are summarized below:

- Limit your presence in the dangerous environment and therefore your exposure to the CBRN factor.
- Remove the CBRN factor from your body.
- Move away from the place of the accident and stay in a safe place.
- Follow the instructions given by the competent authorities and collaborate with their staff.

Listed below you will find the general instructions which should be followed until specific instructions are given by the authorities. You can also take a look at the technological hazards instructions.

If you find yourself in a place where a CBRN factor is released

- Stay calm. Do not panic.
- If the accident takes place outdoors, move away on foot without touching anything. Do not get off too far and do not make use of public or private transport (buses, metro, tram, taxi, cars, bicycles etc). Such behavior could result in a broader dispersion of the dangerous factor to the public transport means and the general public. The spread of the problem could make it more difficult for you to get help.
- If the accident takes place indoors, turn off ventilation and heating systems, and the central ones, get out of the building and wait for the authorities.
- Seek shelter in the nearest undamaged building. In case of an outdoor explosion, staying or finding shelter indoors reduces your CBRN exposure.
- Once in a "safe" place, take off your clothes as soon as possible. Take the clothes off carefully in a way that you don't expose more to the CBRN factors the sensitive parts and reception organs of your body (the eyes, nose and mouth). Shower with plenty of water by yourself or, even better, in couples in order to clean the difficult parts of the body (behind the ears, eyes, armpits etc). Put the clothes in a plastic bag that closes tightly.
- If it is not possible to take off as many clothes as possible (and if weather permits), wait for the authorities who will take care of your decontamination.

Be prepared that

1) You or someone else will take off your clothes (by tearing or cutting some of them). You will have to stand naked in front of strangers or people that you are familiar with. This is necessary for your best possible health protection.

2) If you wear jewelry or carry with you objects with personal value, be prepared to give them to the decontamination staff.

- If you have children or babies they will be allowed to be with you during the decontamination procedure.
- Cooperate with the authorities' staff tasked with the response to the incident for the best possible outcome (the best condition of your health). Follow the instructions given and don't disagree.
- Do not be surprised to see that the decontamination staff wears protective uniforms you don't have. Their protection is necessary to ensure the best possible assistance to you.
- Do not forget to report to the authorities anything that you have observed.

If you have been exposed to a CB factor without being aware of it

- It is possible that you have symptoms as if you had the flu or caught a cold, such as fever, cough, stomach or muscle pains etc (i.e. biological factor) or as if you exposed yourself to a toxic chemical substance (e.g. mustard gas, pesticide).

- Follow carefully the competent authorities' information - if there was any- and see if you meet the requirements mentioned in the bulletins. Otherwise inform the authorities.
- Call your personal doctor or the medical services and do not show up in any medical help centre (hospital, private practice) without informing first.

ANTHRAX INCIDENTS

BEFORE THE INCIDENT (Preventative measures)

- Get informed on the anthrax.
- Pay attention and learn to recognize suspicious mail.
- Do not open suspicious mail.

List of criteria for an initial assessment of an object (envelop or parcel) as suspicious

The envelope or the parcel is considered to be suspicious in case it fulfills criteria from the list below:

- Unknown or unexpected sender from an unexpected area.
- Country of origin of the object.
- Inexistence of sender or obscure data on the mail (return address not confirmed, etc).
- Wrong addressee.
- Marked "personal" or "confidential" without any sender.
- Absence of stamps or post mark.
- Absence of stamps from a post office.
- The stamp of the post office does not match the sender's address.
- Use of excessive number of stamps or material such as adhesive tape, rope or string.
- Sense of grainy material-dust on touch.
- Diffused odor.
- Oily stain or wet envelope.
- Weight does not fit with the size or has an unusual shape.
- Area, social significance, socio-economic position of the addressee.

It is stressed that if on the basis of the above criteria the object is considered to be suspicious it is very important **not to open it in any case** and leave it in the place where it was found. Special attention should be paid at your workplace and to the last criterion.

ACTIONS WHEN THE INCIDENT TAKES PLACE

Sealed suspicious object

- Stay calm. Do not panic.
- Do not open and do not move the parcel or envelope.
- Do not touch your face.
- Put it in a plastic bag or, if you don't have one, cover it with a cloth, a paper or an object.
- Close the windows and turn off the air conditioning.
- Evacuate the place where the suspicious object has been found.
- Close the door and prohibit entrance in the area.
- Wash your hands thoroughly using soap and water.
- Call one of the following responsible authorities, Hellenic Police (ELAS) 100, Hellenic Center for Infectious Diseases Control (KEELPNO) 210-5212000, Fire Service 199, General Secretariat for Civil Protection 210 3359000, if you are home or if you are at work inform a supervisor.
- Provide the authorities with any information they may ask for, to help them assess the situation.
- Wait for the arrival of KEELPNO and ELAS or for further communication with one of the above services.
- While waiting for the responsible authorities record all persons in the area where the suspicious object was found or who came previously into contact with it and ensure they don't leave.
- Give the above list to the staff of the ELAS or KEELPNO.
- Follow the instructions you will be given.

Open suspicious object and leakage of dust

- Stay calm. Do not panic.
- Do not try to clean the dust.
- Do not move the envelope or the parcel.
- Cover the envelope or the parcel with a sheet of paper or a cloth or some other object carefully so as to avoid creating strong air currents.
- Turn off the air conditioning of the place and the entire building if there is any.
- Close windows and doors carefully so as to avoid creating strong air currents.
- Evacuate the place where the suspicious object has been found.
- Prohibit entrance to the place.
- Wash your hands thoroughly with soap and water.
- Call one of the following responsible authorities, Hellenic Police (ELAS) 100, Hellenic Center for Infectious Diseases Control (KEELPNO) 210-5212000, Fire Service 199, General Secretariat for Civil Protection 210 3359000, if you are home or if you are at work inform a supervisor.
- Provide the authorities with any information you may be asked for, to help them assess the situation.
- Wait for the arrival of KEELPNO, ELAS, Fire Service or further communication with one of the above services.
- While waiting for the responsible authorities record all persons in the area where the suspicious object was found or who came previously into contact with it and ensure they don't leave.
- Remove all contaminated clothing, place it in a plastic bag and close the bag tightly.
- Wash your whole body with soap and water.
- Give the above list to the staff of the ELAS or KEELPNO.
- Follow the instructions you will be given by doctors and the competent authorities.

ACTIONS AFTER THE INCIDENT

- If the doctors decide to apply chemical protection, that is to give antibiotics, follow without any deviation the instructions.
- Inform them if you notice anything strange about your health.
- Follow the official announcements of the competent authorities.

Competent authorities

- ELAS Hellenic Police
- KEELPNO Hellenic Center for Infectious Diseases Control
- Fire Service
- GSCP General Secretariat for Civil Protection