



BIOLOGICAL EMERGENCIES

Biothreat Scenario Do's and Don'ts

Common Indicators

- It is really hard to recognise biological attacks, Clinical symptoms may indicate the disease caused by an agent's exposure.
- Unexplained human illness and/or death of animals and birds in large number.
- Instructions from local authorities and emergency responders should be followed.

Be communicative and help authorities

- Avoid overcrowding.
- Report any case of sickness in the family/ neighbourhood to health authorities.
- If authorities order an evacuation or quarantine, comply with the instructions. Failing to do so may put both you and others at greater risk.
- If you're advised to stay inside or shelter in place, avoid leaving the area unless explicitly told to do so by authorities.

Maintain basic sanitation and hygiene

- Keep your premises clean. Follow standard basic sanitation and body hygiene measures like regular trimming of fingernails, etc.
- Wash hands with soap and water before eating or drinking.
- Follow active immunization or other prophylactic measures as available and instructed by authorities.
- Thoroughly wash all vegetables/fruits before eating.
- Use insecticides to contain the vectors.
- Wear clothes with covered arms and legs after sunset. Use mosquito nets/repellents at night.
- Carry drinking water and check the seal if need to purchase a water bottle.



Stay Aware

- Stay informed and do so as advised by health agencies according to the specific nature of the bio-threat.
- If your skin or clothing and other wearable items comes in contact with a potentially infectious substance, remove them and wash yourself with soap and warm water immediately. Put on clean clothes and seek medical assistance.
- If you suspect you have been exposed to a biological agent, don't wait for symptoms of disease to appear. Seek medical attention immediately for appropriate treatment or testing.
- Shut all windows, doors and avoid use of fans and air conditioners/ coolers during suspected dispersion phase of such emergencies.
- Wear appropriate protective gear (e.g., masks, gloves, gowns, eye protection) that provide excellent protection.

Don'ts

- Don't panic and stay calm.
- Don't allow waste (particularly food waste) material and water to accumulate around your premises.
- Don't consume stale food material or contaminated water.
- Avoid contact with anything that may have been contaminated with the biological agent like door handles, clothing, or any surfaces in public place.
- Avoid entering or allowing others to enter areas that may have been exposed to the biological agents to reduce the risk of spreading the threat.
- Avoid sharing rumors or misinformation. Always verify information through trusted sources like public health Authorities or Government Agencies.