

Strategies of Preparing Emergency Supplies within the Home

Emergency Essentials

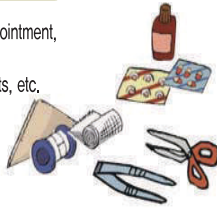
- Food: Rice, noodles, flour, and canned goods that can easily be stored and cooked (enough for 30 days)
- Cooking tools: Dishes (copel), burner, and butane gas (for more than 15 days)
- Bedding and clothing: Blankets, underwear, etc.
- Radio (inc. batteries), backpack, portable light, candles, matches, etc.

Check the expiration date.



Emergency Medicines for the Home

- Medicine: Disinfectant, fever reducer, digestive medicine, paregorics, burn ointment, styptic, anti-inflammatory ointment, etc.
- Other supplies: Tweezers, scissors, bandages, cotton balls, plasters, cravats, etc.



Supplies for CBR

- Gas masks or towels
- Protective or vinyl clothing, raincoat
- Protective boots and gloves or rubber boots and gloves
- Detoxicants, skin decontaminants, or soap/synthetic detergent
- Enough adhesion tape to seal windows, doors, etc.



Strategies of Using the Fire Extinguisher and Hydrant

Strategies of Using the Fire Extinguisher



Remove the safety pin from the fire extinguisher (hold the top lever with the hand when doing so)



With your back against the wind, direct the hose towards the fire from a point 3~5 m away from the fire.



Fire the chemical thoroughly on both sides of the fire while firmly holding the handle.

Cautions When Using the Fire Extinguisher



Take care not to get too close to the fire, to avoid burns.



There is risk of suffocation when using the fire extinguisher in an underground area or in an area with no windows.



Immediately ventilate, and do not inhale the discharged gas.

Strategies of Using the Fire Hydrant



Open the fire hydrant box and get hold of the hose and untangle it until it reaches the fire.



Slowly rotate the fire hydrant valve counterclockwise to loosen it.

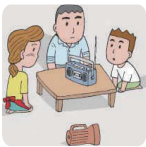


Hold the end of the hose with both hands, and point it towards the fire to extinguish it.

Behavioral Strategies in Emergency Cases

The occurrence of an emergency situation requires the government's response as well as the public's voluntary cooperation and preparation.

You must act calmly at home.



- Do not immediately believe in rumors, and listen to broadcasts and trust and follow the government's instructions.
- Check emergency supplies and rapidly evacuate to shelters, following the related instructions, when the need for such arises.
- Do not make unnecessary phone calls.

Participate in mobilizations and damage recovery.



- Those applying for military, labor, and physical resources from the government must immediately go to the appointed location and at the appointed time.
- Participate in volunteer services, including blood donations, treatment of the injured, and war victim relief.

Active cooperation with the government



- Cooperation with residence and vehicle movement control for recovery from damages and for military actions.
- Do not stock up on supplies, and actively cooperate when the government enforces the distribution system.
- Residents of the regions closer to the source of the aggression (Gyeonggi, Incheon, Gangwon) must evacuate to a safe place according to the instructions of the applicable administrative organization.

'심폐소생술'이란? What is Cardiopulmonary Resuscitation (CPR)?

갑작스런 심장마비나 사고로 인해 폐와 심장의 활동이 멈추게 되었을 때 인공호흡으로 혈액을 순환시켜 조직으로 산소를 공급함으로써 뇌의 손상 또는 사망을 지연시키고자 현장에서 신속하게 실시하는 기술입니다.

CPR is a technique rapidly used on site to prevent death or damage to the brain by using artificial respiration to supply oxygen to tissues through blood circulation when activity of the lungs or heart stops due to a sudden heart attack or accident.

심폐소생술 구성도 CPR Compositional Chart

심폐소생술 = 흉부압박 + 인공호흡 CPR = Chest compression + artificial respiration

흉부압박 : 인공호흡 = 30 : 2
Chest compression : artificial respiration = 30 : 2

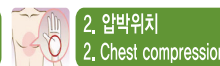


환자가 움직일 때까지 또는 119가 도착 할 때까지 심폐소생술을 반복 시행합니다.
Repeat the CPR maneuver until 119 arrives or until the patient regains consciousness or begins to move.

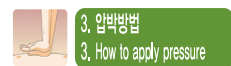
성인 심폐소생술 Adult CPR



1. 의식확인
1. Check if the patient is conscious.
어깨를 두드리며 의식 확인 후 반응이 없으면 119신고 도움요청
Tap the shoulders to check for consciousness, and if the patient shows no response, call 119 for medical assistance.



2. 압박위치
2. Chest compression
손을 모아 가슴의 정중앙에 위치함
Place your hands on the center of the patient's chest.



3. 압박방법
3. How to apply pressure
수직으로 최소 5cm 깊이, 분당 최소 100회 속도
Apply pressure at least 5cm deep, at a speed of at least 100 times per minute



4. 흉부압박(30회)
4. Chest compression (30 times)
30회의 흉부압박 시행
※ 압박된 가슴은 완전히 이완되도록 함
Apply pressure to the chest 30 times.
※ Fully relieve the compressed chest



5. 기도유지
5. Maintain airway
머리를 젖히고 턱을 들어 기도유지
Bend the head back and lift the chin to maintain the airway.



6. 인공호흡(2회)
6. Artificial respiration (2 times)
코를 막고 입속으로 2회 불어넣기
Block the nose and breathe through the mouth twice.



7. 압박 대 호흡(30:2)
7. Compression to respiration (30:2)
회복되거나 119가 올 때까지 가슴압박과 인공호흡 반복함
Repeat chest compression and artificial respiration until 119 arrives or until the patient recovers.



8. 압박 중단시간
8. Suspension of compression
흉부압박 시 중단 시간이 10초 미만인 되도록 함
Do not stop chest compression for more than 10 seconds

※ 구조자가 인공호흡을 모르거나 능숙하지 않은 경우에는 인공호흡을 제외하고, 지속적으로 가슴압박만을 시행(가슴압박 소생술)
※ If the rescuer does not know or is incompetent in giving artificial respiration, exclude artificial respiration and continually apply "chest compression" (chest compression resuscitation)

Behavioral Strategies during Chemical Attacks

Chemical attacks can cause serious damage to the body as they involve the use of poison, such as phosgene, nerve, and chlorine gases.

Rapid action must be taken within a few seconds.



- Attack with poisonous gases, liquids, and solids
- Sudden diseases or deaths of birds and fish must be suspected as indicative of chemical attacks.
- The following symptoms manifest: irritated eyes, difficulty breathing, body spasms, and red skin rashes.

Evacuate considering the topography and wind direction.



- As poisonous gases are heavier than air, evacuate to a high building or area.
- When the wind blows from your direction to the contaminated region, evacuate to a place in the direction of the wind.
- When wind blows from the contaminated region towards you, evacuate to the right or left.

Contaminated substances must be rapidly removed.

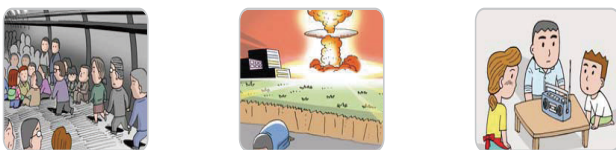


- Take care not to come in contact with contaminated substances or patients.
- If you accidentally come in contact with contaminated substances, wash the contacted area under running water for at least 15 minutes.
- Go to a hospital or an emergency clinic for treatment.

Behavioral Strategies during Nuclear Weapon and Radioactive Attacks

Exposure to nuclear weapon attacks (heat, storms, radioactivity) or to radioactive attacks (destruction of nuclear power facilities, radioactive weapons) is very dangerous.

Rapidly evacuate, following the government's instructions.



- Rapidly evacuate to an underground facility (underground tunnel, etc.) when a nuclear attack warning alarm sounds off.
- When you feel a nuclear explosion, lie down in the direction opposite the explosion, and block your eyes and ears with both hands, but open your mouth.
- Radioactivity cannot be sensed with the five senses as it has no light, smell, and taste; thus, follow the instructions of the health authorities.

Physical exposure to radioactivity must be minimized.



- A greater distance from the radioactivity substance and contaminated location is safer.
- A shorter radioactivity exposure time is safer. • Concealing the body behind a lead or concrete wall is safer.

Radioactive dust must be avoided at all costs.



- Rapidly evacuate if radioactive dust (rain, snow, dust, etc.) falls after a nuclear explosion.
- Take care not to get radioactive dust on your body by using raincoats or umbrellas.
- If there is no time to evacuate to a safe region, evacuate to the deepest underground area.

Behavioral Strategies during Biological Attacks

Biological attacks can cause serious diseases as they involve pathogenic organisms such as anthrax, plagues, and smallpox.

Infections and contaminations must be rapidly dealt with.



- Symptoms of high fever, vomiting, and stomach aches manifest in many people.
- Diseases many spread within a short time, through skin contact and respiration.
- There was an anthrax attack using mail and packages at the time of the 9-11 terrorist attack.

Take care not to come in contact with contaminated substances and patients.



- Do not touch contaminated substances or patients.
- Block your nose and mouth with a mask or handkerchief, and rapidly evacuate.
- Check for infections at a safe region after evacuating, and receive vaccinations and treatment.

Perform thorough sanitary management of the body and home.



- Boil food and water for at least 15 minutes before consumption.
- Thoroughly check and manage contaminations to block infections based on livestock or pets.
- Prevent additional infections by following the government's instructions and keeping abreast with recent related information.

Behavioral Strategies in the Event of the Issuance of a Civil Air Defense Warning

Rapid notification of an actual or expected enemy attack, such as by aircrafts or with cannons or atomic, biological, and chemical weapons, and creation and preparation of a national alarm system by the government.

Alarm Types	Alarm Methods	Behavioral Strategies in the Event of the Issuance of a Warning
Warning (when an enemy attack is expected)	1-minute siren, flat noise (—); notification via radio, television, loudspeaker, etc.	<ul style="list-style-type: none"> • Listen to television and radio broadcasts (government instructions). • Prepare to evacuate to an appointed shelter or underground facility. • Remove any element with fire or explosion risk (oil, gas, electric radiator).
Air raid siren (when an enemy attack is impending or in progress)	3-minute siren, wavy sound (~~~~); notification via radio, television, loudspeaker, etc.	<ul style="list-style-type: none"> • Rapid evacuation to an appointed shelter or underground facility. • Evacuation instructions after parking vehicles on the right side. • Active cooperation of civil defense officers, and police control. • All lights must be turned off after dark.
CBR warning (when there is an enemy CBR attack or when a CBR attack is expected)	Notification via radio, television, loudspeaker, etc.	<p>[Chemical Attack]</p> <ul style="list-style-type: none"> • Outdoors: Evacuation to the upper floors of high buildings, or to hilly areas • Indoors: Close all doors to prevent the inflow of external air. <p>[Biological Attack]</p> <ul style="list-style-type: none"> • Consume only boiled water and clean food. • Exercise caution to avoid infections via pets and pests. <p>[Nuclear Weapon Attack]</p> <ul style="list-style-type: none"> • Evacuate to the appointed shelters or underground facilities. • Lie in the opposite direction of the nuclear explosion, and block eyes and ears.
All clear (when signs of enemy attacks and additional attacks are not expected)	Notification via radio, television, loudspeaker, etc.	<ul style="list-style-type: none"> • Participate in blood donations and in helping the injured. • Cleanse contaminated facilities and devices with soapy water or detergent.

Check the emergency water supply and evacuation facilities:

The National Emergency Management Agency Website (www.safekorea.go.kr) National Disaster Information Center's Civil Defense Corner