

Level One Antiterrorism Training

ANTITERRORISM THEMES

- **Anticipate:** Anticipate threats, make choices that reduce risk
- **Be vigilant:** Remain alert, note changing conditions and suspicious activities
- **Don't be a target:** Be anonymous, control access, be unpredictable
- **Respond & Report:** Respond appropriately, report suspicious or threatening activities

GENERAL ANTITERRORISM INFORMATION

Terrorism is the calculated use of unlawful violence or threat of unlawful violence to inculcate fear; intended to coerce or to intimidate governments or societies in the pursuit of goals that are generally political, religious, or ideological.

Considerations for Understanding the Terrorist Threat

There are eight factors you should consider to understand the threat in your environment:

1. Are terrorist groups in my area?
2. Do they attack Americans?
3. Are they violent?
4. How active are they?
5. How sophisticated are they?
6. Do they have local popular support?
7. What is their method of operation?
8. What are their tactics?

How Terrorists Select their Targets

Consider ways you might become a victim of a terrorist attack. Factors to keep in mind include:

- **Location:** Terrorists may target locations frequented by Americans or US military personnel such as certain hotels, apartment buildings, public transportation centers, and nightclubs.
- **Association:** Terrorists may focus on American tourists, personnel associated with the US Government, and individuals who appear to be high-ranking or important.
- **Opportunity:** Terrorists look for "soft targets."

To attack you, terrorists generally must perceive you, your association, or your location as a target.

Terrorist Planning Cycle

Terrorists prepare and conduct attacks through predictable steps. Through vigilance, you may be able to recognize preparations for an attack before it is executed.

- **Phase 1:** Broad Target Selection. Terrorists collect information on numerous targets to evaluate their potential in terms of symbolic value, casualties, infrastructure criticality, or public attention.
- **Phase 2:** Intelligence and Surveillance. Vulnerable targets able to meet attack objectives are selected for additional intelligence gathering and surveillance. This effort may occur quickly or over years depending upon the target and planning information needed. Terrorists seek to gather detailed information on guard forces, physical layout, personnel routines, and standard operating procedures.
- **Phase 3:** Specific Target Selection. Specific targets are identified for attack based on anticipated effects, publicity, consistency with overall objectives, and costs versus benefits of the attack.
- **Phase 4:** Pre-Attack Surveillance and Planning. Terrorists may conduct additional surveillance to confirm previous information and gain additional details. During this stage, terrorists will select attack method, obtain weapons and equipment, recruit specialized operatives, and design escape routes.
- **Phase 5:** Rehearsals. Terrorists often rehearse the attack scenario to confirm planning assumptions, enhance tactics, and practice escape routes. They may also trigger an incident at the target site to test the reaction of security personnel and first responders.
- **Phase 6:** Actions on the Objective. Terrorists choose to execute attacks when conditions favor success with the lowest risk. Factors they consider include surprise, choice of time and place, use of diversionary tactics, and ways to impede response measures.
- **Phase 7:** Escape and Exploitation. Unless an operation is a suicide attack, escape routes are carefully planned and rehearsed. Terrorists may exploit successful attacks by releasing pre-developed statements to the press.

Force Protection Conditions

Force Protection Conditions (FPCONs) are a system of protective measures used by DOD installations and organizations to guard against and deter terrorist attack:

- **FPCON-NORMAL:** is the basic security posture when there is no known threat.
- **FPCON-ALPHA:** provides increased security readiness against nonspecific threats.
- **FPCON-BRAVO and CHARLIE:** provide incrementally greater security measures and have greater impact on unit activities.
- **FPCON-DELTA:** is a full alert status used when an attack has occurred or is believed to be imminent.

Higher FPCONs can impose delays and inconveniences. These may include more detailed vehicle inspections, 100% ID checks, gate closures, use of barriers, and extra guard duty for troops. Random Antiterrorism Measures (RAMs) are the random use of various security measures normally employed at higher FPCONs to rehearse procedures, heighten unit awareness, and frustrate terrorist planning.

AT FUNDAMENTALS

Anticipate

Anticipating threats, risks, and vulnerabilities is fundamental to antiterrorism and personal security. By doing this, you can make choices that enhance your personal protection.

Ways to do this include:

- Researching criminal activity in your area.
- Understanding the tactics and techniques commonly used by criminals and terrorist organizations in the area.
- Knowing the types of targets and locations that have been selected for illegal activity.

Consider consulting these sources:

- A threat briefing from your security officer, antiterrorism training officer, or force protection officer prior to traveling overseas.
- Police crime reports.
- Other internet and media resources.

Be prepared:

- Use a security network: tell associates or family of your destination and expected time of arrival when leaving the office or home.
- Before traveling, consult the DoD Foreign Clearance Guide to ensure you know and meet all requirements for travel to a particular country.
- Plan your itinerary and anticipate security conditions and measures at each stop.
- Memorize key phone numbers -- office, home, police, security, etc.
- If overseas, learn and practice key phrases in the local language, such as "I need a policeman, doctor," etc.
- Maintain a family emergency preparedness kit.

These will help you:

- Anticipate and avoid high crime areas.
- Identify appropriate security measures.
- Recognize possible threats and respond appropriately.
- Develop security and emergency plans for the home and family.

Be Vigilant

Learn your environment and report suspicious behavior:

- Learn your environment so you recognize people and objects that are out of place.
- Be alert to strangers who are on government property for no apparent reason.
- Changes in local conditions, a decrease in activity by local citizens, and repetitious activities can be significant.
- Local citizens might hear rumors of violence and may change routines to maintain personal safety.

Don't be a Target

Do not be an easy target:

- Vary daily routines, such as departure times and routes to and from work.
- Remain low key and do not draw attention to yourself.
- Travel with a friend or in a small group.
- Refuse to meet with strangers outside your work place.

Protect personal information:

- Instruct family and associates not to give strangers information about you or your family.
- Avoid giving unnecessary personal details to anyone.
- Do not give out information about family travel plans or security measures and procedures.
- Monitor family internet acquaintances and information posted on social media sites.

Minimize exposure:

- Do not open doors to strangers.
- Select places with security measures appropriate for the local threat.
- Avoid places of high criminal activity.

Clothing:

- Travel in conservative civilian clothing; do not wear distinct military items such as organizational shirts, caps, or military issue shoes or glasses.
- Do not wear US identified items such as cowboy hats or boots, baseball caps, American logo T-shirts, jackets, or sweatshirts.
- Wear a long-sleeved shirt if you have a visible US affiliated tattoo.

Respond and Report

Response to Changing Threat:

- When the Threat Level is increased, review your personal activities to reduce exposure and increase awareness.
- When the Threat Level is increased, comply with unit instructions and support enhanced security efforts on you installation.

Report Suspicious Behavior:

- Report suspicious persons or activities near your home or office; provide a complete description of the person and/or vehicle to security officials.

If you are attacked:

- Small arms attack: ricocheting bullets tend to hug the floor; crouching (not lying) on the floor may reduce exposure.
- Attack with explosives: grenade shrapnel rises from the detonation; lying on the floor reduces exposure and having feet toward the blast may protect the head.
- Follow the instructions of emergency personnel and first responders.

SURVEILLANCE DETECTION

Terrorists secretly observe potential targets to detect vulnerabilities and plan attacks. Surveillance may be conducted over a long period of time and employ various methods:

- **Stationary surveillance:** a common method in which operatives observe from a fixed location.
- **Moving surveillance:** conducted on foot or in vehicles, generally in teams.
- **Technical surveillance:** uses electronic means to record or gain access to security information.
- **Casual questioning:** used to elicit security information from approachable personnel.

Detection of Surveillance:

- Be vigilant and constantly scan people and vehicles in your vicinity.
- Be familiar with normal surroundings so you can recognize abnormal things.
- Look for signs that normal patterns are violated: vendors in areas without customers, utility workers without proper equipment, people at bus stands who don't depart on buses, and repeated drive-bys.
- Look for familiar faces among strangers and repeated vehicle sightings.
- People that appear preoccupied with a specific building or area, to include taking pictures, making notes, or drawing sketches.
- Electronic audio and video devices in unusual places or that are not DOD property.

Respond To Surveillance:

- If you suspect you are under surveillance, move directly to a secure location and report details to security personnel.
- Report suspicious individuals near your installation or home, with detailed descriptions, to security personnel.

GOVERNMENT FACILITY

Government facilities employ security systems to protect persons and property. You need to understand and cooperate with security measures in use at your location.

Maintain Workplace Security:

- Be alert for surveillance, or attempts to test security systems and emergency response.
- Keep exterior doors secure; cooperate with ID checks, metal detectors, visitor logs, and badge control systems.
- Do not give out information concerning security like guard schedules, inspection procedures, or security pass requirements. Report elicitation to security personnel immediately.
- Report inattentive guard personnel.
- Report weapons, identification badges, or keys managed in a non-secure manner.
- Report gaps in procedures that leave unauthorized persons unsupervised in sensitive areas.
- Report persons with an inappropriate curiosity in security measures, attempting to photograph security measures or sensitive areas, attempting to conceal contents of bags or cargo, or are suspiciously present in residential areas.

Support Installation Security:

- Comply with fire and security drills and know actions for medical emergencies, security violations, and alert procedures.
- Be aware of the current Force Protection Condition (FPCON) and comply with security and response protocols.
- Recognize problems in non-malicious compromises in security and take steps to correct them.
- Recognize potentially malicious threats to security and report them.
- Remove installation decals from cars before selling them.
- Immediately report stolen identification cards, access badges, cars, license plates, or vehicle passes.
- Observe and report abandoned boxes, cars, or briefcases.
- Report suspicious mail or delivery packages.

INSIDER THREAT

Types of Insider Threats related to antiterrorism include:

- **Terrorism Intended to Coerce or Intimidate:** Persons who plot and execute attacks to further the agenda of an extreme ideology.
- **Mental Instability:** Persons that have a mental illness that impairs their judgment.
- **Espionage:** The divulgence of classified or sensitive information that may result in attacks or provide information on vulnerabilities that facilitate an attack. Motivations may be financial or ideological.
- **Negligence:** The disregard for standard security measures that potentially allow the collection of vulnerability-related information or information that could precipitate an attack.

Pre-attack indicators of terrorism intended to coerce or to intimidate mostly in pursuit of ideological, religious, or political reasons includes:

- Anti-American statements asserting that US policy and authority is illegitimate.
- Aggression or threats toward coworkers.
- Presence of unauthorized weapons.
- Attempts to communicate with US enemies.
- Associations with known extremist groups.
- Distribution of propaganda materials in support of an extremist position.
- Unfounded allegations of US persecution or prejudice against a minority group or religion.
- Repeated violation of policies.

Indicators of a potentially mentally unstable person may include:

- Abnormal mood swings or depression, withdrawn behavior, decrease in hygiene, and paranoia.
- Flashbacks to prior traumatic events.
- Abuse of alcohol or drugs.
- Repeated violation of policies.
- Talk of domestic or financial problems.
- Talk of suicide.
- Intense anxiety in social situations.

Responding to an Insider Threat:

- If you perceive an immediate violent threat, alert security or law enforcement personnel immediately.
- If you witness behavior that might indicate an unstable person, alert your supervisor or appropriate medical personnel immediately.

ACTIVE SHOOTER

Active shooter situations are unpredictable and can evolve quickly. Potential responses include:

Evacuate: If there is an escape path, attempt to evacuate. Be sure to:

- Have an escape route and plan in mind.
- Evacuate regardless of whether others agree to follow.
- Leave your belongings behind.
- Help others escape, if possible.
- Prevent others from entering an area where the active shooter may be.
- Keep your hands visible.
- Follow the instructions of first responders.
- Do not attempt to move wounded people.
- Call emergency services when you are safe.

Shelter in Place: Find a place where the active shooter is less likely to find you. Remember to silence your cell phone, remain quiet and calm, and call emergency personnel if possible. The place you choose should:

- Be out of the shooter's view.
- Provide protection against shots fired your way.
- Not trap you.
- Have locks on the door.
- Have furniture to blockade the door.

Take action against the active shooter: As a last resort, and only when your life is in imminent danger, try to disrupt or incapacitate the shooter by:

- Acting aggressively.
- Throwing items and improvising weapons.
- Yelling.
- Committing to your actions.

Support first responder efforts:

- Remain calm and follow instructions, avoid pointing, screaming, or yelling.
- Put down any items in your hands, raise hands, spread fingers, and keep hands visible at all times.
- Avoid quick movements.
- Do not cling to emergency personnel.
- Do not stop to ask first responders for help or direction when evacuating.
- Evacuate in the direction first responders are entering.
- Provide first responders with information on active shooter, including; location, number of shooters, descriptions, number and type of weapons, and number of potential victims.

Respond to the type of weapon used by an attacker:

- Attack with small arms: Ricocheting bullets tend to hug the floor; crouching (not lying) on the floor may reduce exposure.
- Attack with explosives: Grenade shrapnel rises from the detonation; lying on the floor reduces exposure and having feet toward the blast may protect the head.

RESIDENTIAL SECURITY

When you are choosing a residence, look for features that provide better security.

Exterior:

- More than one access road and proximity to police and emergency services.
- A high perimeter wall or fence (6-8 feet).
- A clear view of approaches.
- A garage or off-street parking.
- Good lighting.

Entrances and exits:

- Solid doors with deadbolt locks.
- One-way peep holes in door.
- Bars and locks on skylights.
- Metal grating on glass doors and ground floor windows, with interior release mechanisms that are not reachable from outside.

Interior:

- Alarm and intercom systems.

Generic House Preparations:

- Put emergency numbers on telephone and / or pre-program these phone numbers: military/security police, local police, fire department, hospital.
- Make a family emergency plan for evacuation to a safe area like a nearby police station, mall, or store.
- Establish household security rules and review all residential security tips.
- Store fire extinguishers and emergency kit.
- Cut shrubs to reduce hiding places for prowlers.
- Do not put your name on the outside of your residence or mailbox.

When The House Is Empty:

- Leave the house looking lived-in; use a timer to turn lights on and off at varying times and locations, leave a radio on.
- Stop deliveries of mail and papers, have a neighbor pick them up.
- Do not leave notes on doors.
- Do not hide keys outside the house.
- Hide valuables.
- Notify the police or trusted neighbor of your absence.
- Ask a trusted friend/neighbor to periodically check residence.

When You Are At Home:

- Keep tight control of house keys. Change locks if keys are lost or stolen and when moving into a previously occupied residence.
- Lock all entrances at night, including the garage. Keep the house locked, even if you are at home.
- Destroy all envelopes or other items that show your name, rank, or other personal information; do not answer your telephone with your name and rank.
- Develop friendly relations with your neighbors.
- Avoid frequent exposure on balconies and near windows.
- Be alert to utility crews and others requesting access to your home. Call the utility company to confirm identities. Confirm identities through a peephole before allowing entry.
- Be cautious about salesmen, opinion poll takers, and strangers. Write down license numbers of suspicious vehicles; note descriptions of occupants.
- Be suspicious about questions from strangers about your family members.
- Report suspicious or threatening activity to police.

Domestic Employees:

- Conduct a background check with local police, neighbors, and friends.
- Inform employees about security responsibilities.
- Instruct them about phone or other emergency procedures.
- Do not discuss travel plans or sensitive topics within earshot of domestic employees.
- Discuss duties in friendly, firm manner.
- Give presents or gratuities according to local customs.

Family Security:

Familiarize your family with the local terrorist threat and regularly review protective measures. Teach children how to contact the police or neighbor in an emergency. Never allow children to leave without telling where they'll be and whom they'll be with. Use approved play areas supervised by responsible adults and where police protection is readily available.

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OFF-DUTY ACTIVITIES

Several basic measures can enhance your personal security when visiting public sites. These include:

- Travel in a small group.
- Pre-designate a location to meet if separated from your group.
- Let someone else know where you are going.
- Reduce exposure to crime by avoiding isolated, poorly lit areas and by concealing high value personal property.
- Understand there may be heightened risk associated with religious sites, holidays, political events, high crime areas, venues with large crowds and poor security.
- Be alert to local threats identified by law enforcement agencies.
- Stay away from known trouble spots or disreputable places.
- Do not go to off-base locations known to be frequented by Americans.
- Avoid open-air cafes in threatened areas.
- Identify an exit route to be used in an emergency.
- Notice objects that might conceal an improvised explosive device such as abandoned backpacks or unusual items in trash receptacles.

Consideration for Using Public Transportation:

- Vary mode of commercial travel.
- Select major hubs that might have better security.
- Do not wait in large groups.
- Be vigilant to suspicious behavior of other passengers.
- Watch for unattended bags or items consistent with an IED threat.

Considerations for the Use of Taxis:

- Look for legitimate taxi company markings.
- If a license is viewable, match the photo on the license to the driver.
- Do not always use the same taxi company.
- Do not let a stranger direct you to a specific cab.
- Ensure taxi is licensed and has safety equipment (seatbelts at a minimum).
- Specify the route you want the taxi to follow.

AIR TRAVEL SECURITY

General Preparations:

- Do not wear clothing with DOD symbols or slogans (check with your organization about clothing guidelines).
- Use standard civilian luggage instead of military duffle bags, do not include rank or organization information on luggage tags.
- Place any papers with DOD logos or other official documents in a sealed envelope.

Air Travel Planning:

- Use military air or US flag carriers.
- Avoid scheduling through high-risk areas.
- Do not use rank or military address on tickets or travel documents.

Seat Selection:

- Consider your seat selection. Window seat reduces your exposure in a skyjacking but also reduces your mobility.
- Mid-cabin seats offer more protection since they are farther from hostile action near the cockpit and at the rear of the cabin.
- Seats at an emergency exit may provide an opportunity to escape.

At the Terminal:

- Be vigilant for vehicles left unattended at the curbside check-in areas, individuals that appear nervous, or any activity that is out of place in an airport environment.
- Pass through security without delay since all passengers and baggage are screened at that time. To avoid delays, ensure your travel documents are in order and use online check-in options.
- Use a tourist passport if you have one with necessary visas and if the country you are visiting allows it.
- Identify objects suitable for cover in the event of attack; pillars, trashcans, luggage, large planters, counters, and furniture can provide protection.
- Avoid secluded areas that provide concealment for attackers.
- Be extremely careful with personal carry-on luggage. A terrorist can plant objects in unguarded luggage. A weapon or drugs can make you the focal point of an incident.
- If you must carry military or governmental documents on your person, select a hiding place onboard the aircraft to "ditch" them in case of a hijacking.
- Observe the baggage claim area from a distance. Retrieve your bags after the crowd clears. Go to customs lines at the edge of the crowd.

Skyjackings:

- If your aircraft is skyjacked, choose carefully to cooperate or actively resist. In making this decision, try to understand the skyjackers' intent. For example:
 - Are pilots left in control of the aircraft? This may indicate a desire to land the plane safely.
 - Have passengers or crew been physically abused? This may indicate their mindset.
 - Are passengers singled out by nationality or religion? This may indicate something about their goal.
- All skyjackers may not reveal themselves at the same time. A lone skyjacker may draw out security personnel for attack by other skyjackers.

- Surrender your tourist passport if asked for identification. Do not offer any information; but confirm your military status if directly confronted with the fact. Explain that you always travel on your personal passport and that no deceit was intended.

GROUND TRAVEL SECURITY

For many decades, DOD personnel have had to protect themselves against threats while traveling in vehicles.

Prepare adequately:

- Keep maps of the local area, a cell phone, and a first aid kit in your car.
- Vary routes to work and home.
- Avoid late night travel.
- Avoid isolated roads or dark alleys.
- Wear seatbelts, lock doors, and close windows.
- Keep your car well maintained with tires properly inflated and the gas tank at least half full.

Vehicles Overseas:

- Select a plain car; avoid the "rich American" look.
- Avoid rental agency bumper stickers that mark you as a tourist.
- Do not display decals with military or unit affiliations on vehicle.
- Do not display military equipment or field gear in your vehicle.
- Consider not using an official government car.

Vehicle Inspections:

- Perform a vehicle inspection each time your vehicle is left unattended or in an unsecured area:
 - Visual exterior inspection: Without touching the vehicle, look for any evidence of tampering on the undercarriage and in the wheel wells.
 - Visual interior inspection: Without touching the vehicle, look through the windows for anything unusual on the seats or floorboards.
 - Complete interior inspection: Look under the hood, in the trunk, in the glove compartment, behind the gas cap cover, under the seats, in the interior console — anywhere something may be hidden.

On The Road:

- Before leaving buildings to get into your vehicle, check the surrounding area to determine if anything of a suspicious nature exists. Use the same caution before leaving your car.
- Do not get boxed in by traffic; maintain 8-feet between you and the car in front. Avoid the inner lanes. Be alert while driving or riding.
- Be vigilant to the possible presence of IEDs. IEDs may be disguised as:

- Potholes or recent road construction.
- Dead animals.
- Roadside planters and landscaping.
- Abandoned vehicles.
- Almost any other ordinary object.

If you are followed:

- Check during turns to confirm surveillance.
- Do not stop or seek a confrontation.
- Do not drive home. Go to a military base or police station.
- Get a description of the car and its occupants.

Recognize events that can signal the start of an attack:

- Cyclist falls in front of your car.
- Flagman or workman stops your car.
- Unusual police or government checkpoint.
- Disabled vehicle or accident victims on the road.
- Unusual detours.
- Another car strikes your car.
- Cars or pedestrians box you in.
- Motorcyclist drives between lanes of traffic to approach your car.

If you are attacked:

- Sound the horn to draw attention.
- Put another vehicle between you and your attacker.
- Immediately turn and escape; jump a curb or median at 30-45 degree angle, 35 mph maximum.
- Ram the blocking vehicle.
- Go to closest safe haven.
- Report incident to police.

Parking Your Car:

- Always lock your car.
- Do not leave your car on the street overnight, if possible. Check for suspicious persons before exiting car. If in doubt, drive away.
- Leave only the ignition key with parking attendant.
- Do not leave garage doors open or unlocked.
- Use a remote garage door opener. Enter and exit your car in the security of the closed garage.

HOTEL SECURITY

Hotels present special security challenges since they are restrictive areas and unfamiliar.

Hotel Selection:

- Stay in military or government temporary lodging if available. Choose a hotel for safety. Obtain a recommendation from the US Embassy or unit security officer.
- Consider the surrounding neighborhood, proximity to police, and reputation for good administration.
- Choose a hotel with centralized access control and strong perimeter defenses.
- Protection by hotel security personnel.
- Electronic key card security to reduce vulnerability to crime.
- Closed-circuit television (CCTV) monitoring in the lobby, elevators, and other common areas.

Room Selection:

- 3rd to 5th floors — rooms on the 1st and 2nd floors are easily accessible from the outside, and rooms above the 5th floor are difficult to reach by emergency services.
- Choose a room that opens to the hotel interior; threat activities are deterred by the observation of hotel staff. Exterior entrances may be less protected.
- No balcony - criminals use balconies to enter rooms and go from room to room.
- Rooms directly next to emergency exits are often targeted for theft, but rooms far from emergency exits may hinder your ability to evacuate.
- Rooms with solid doors make more effective barricades in the event of an attack.
- Request a room that does not have a door to an adjoining room.
- Request a different room upon check-in; this may protect you from someone who managed to get your room number from a reservation. Change rooms every few days to be more unpredictable if you suspect you are at risk.

Room Inspection:

- Functioning locks on all doors and windows.
- Scratches or marks on door frame that might indicate a prior attempt to break-in.
- Location of emergency exits and escape routes.
- Operational telephone.

Activities in the Hotel:

- Minimize your public exposure and recognizability. Blend in.
- Vary routines and patterns in the hotel. Conceal room location by entering when hallway is empty. Get off elevator on wrong floors; change elevators or take stairs.
- Pre-plan emergency actions; write down emergency numbers.
- Do not accept unexpected deliveries and visitors. Call hotel desk to confirm identities of hotel employees.

- Maintain control of your room key.
- Make your room look occupied when you are out. Keep TV and lights on; put "do not disturb" sign on door.
- Lock valuables in hotel safe; don't carry DOD documents.

HOSTAGE SURVIVAL

(This section applies to all hostage incidents; e.g. traditional hostage situation, skyjacking, etc.).

The chances of being taken hostage are remote and hostage survival rates are high. Your personal conduct can influence treatment in captivity. The State Department is responsible for US government personnel and dependents overseas. In a hostage situation, the State Department will follow plans designed to gain release of hostages.

General Considerations:

- Try to remain on the best terms with the captors possible, but be cognizant of the Stockholm Syndrome.
- Do not draw attention to yourself with sudden movements, verbal remarks, or hostile looks.
- Prepare yourself for possible verbal and physical abuse, and lack of food, drink, and sanitary conditions.
- Discretely observe your captors and memorize their physical descriptions. Include voice patterns and language distinctions, as well as clothing and unique physical characteristics.
- Try to prepare yourself for the situation and stay mentally active.

Maintain Self-Control:

- The moment of attack is the point of maximum danger since your captors are most likely to panic or use excessive force.
- Recognize the moment when resistance is futile. Your instinct may be to struggle, but you should stop when faced with deadly force.
- Regain your composure and recognize your fear. Your captors are probably as apprehensive as you are, so your actions are important. Take mental notes of directions, times of transit, noises, and other factors to identify your location.
- Anticipate isolation and efforts to disorient and confuse you.
- If you attempt an escape, plan your escape for times that maximize your chance of success.

Dealing With Your Captors:

- Do not aggravate them.
- Do not get into political or ideological discussions. Listen, but don't debate.
- Try to limit conversation to topics like sports, family, clothing.
- Comply with instructions, but always maintain your dignity.

- Attempt to develop a positive relationship with them. Try to be seen as an empathetic person, not a symbol of their hatreds.
- Be proud of your heritage, government, and military association, but use discretion and don't be offensive.

While in Captivity:

- Exercise daily.
- Read anything and everything.
- Eat what is offered to you. You must maintain your strength.
- Establish a slow, methodical routine for every task.

Being Interrogated:

- If you need to make up a story to protect sensitive information, make it a simple, believable story you will be able to remember and stick to it.
- Be polite and keep your temper.
- Give short answers. Talk freely about nonessential matters, but be guarded when conversations turn to matters of substance.
- Do not be lulled by a friendly approach. One terrorist may play "Good Guy" and one "Bad Guy."
- Briefly affirm your belief in basic democratic principles.
- If forced to present terrorist demands to authorities, in writing or on tape, state clearly that the demands are from your captors.

During Rescue:

- Drop to the floor and be still. Avoid sudden moves. Wait for instruction.
- Once released, avoid derogatory comments about your captors; such remarks will only make things harder for those still held captive.

Preparing the Family:

- Have family affairs in order; a current will, powers of attorney, and family financial plans.
- Discuss with family members children's education, family relocation, and disposition of property.
- Tell your family that discussing your military affiliation with non-DOD people may put you, or them, in great danger.
- Assure them the US government will work to obtain your safe release.
- Tell them negotiations can take a long time. Your chances of survival actually increase with time.
- Tell your family to cooperate with authorities and to remain optimistic when dealing with the press.

CBRNE

General response to a chemical, biological, radiological, or nuclear attack:

- Cover your body, especially nose and mouth.
- Wash any exposed part of your body with soap and water.
- Seek medical attention as soon as possible.
- Obey local authorities and first responders.

Detection of a Chemical Attack:

- A chemical attack or incident may not be immediately apparent. Many agents are odorless and colorless. Be alert to indicators of such agents:
 - Droplets of oily film on surfaces.
 - Dead or dying animals in the area.
 - Liquid sprays or vapors.
 - Odors (bitter almonds, peach kernels, newly mowed hay, or green grass).
 - Low-lying clouds of fog unrelated to weather; clouds of dust; or suspended, possibly colored particles.
- Most chemical agents are liquids, often aerosols, and though some effects are delayed, most induce an immediate response.
- Attackers might dress unusually (long-sleeved shirts or overcoats in the summertime) or wearing breathing protection, particularly in areas where large numbers of people tend to congregate, such as subways, or stadiums.
- Victims might display symptoms of nausea, difficulty breathing, convulsions, disorientation, or patterns of illness inconsistent with natural disease.

Defense in a Chemical Attack:

- Protection of breathing airways is key. Unless you have a gas mask, the only sure way to protect an airway is to get away from the source of the agent. While evacuating, cover your mouth and nose with a handkerchief, coat sleeve, or any piece of cloth to provide some means of protection.
- Move upwind from the source of attack.
- If evacuation is impossible, move outdoors or to a room on a higher floor. Many agents are heavier than air and will stay close to the ground.
- If indoors and no escape is possible, close all windows and exterior doors; shut down air conditioning or heating systems to prevent air circulation.
- Cover bare arms and legs and bandage any cuts or abrasions. If splashed with an agent, wipe it off immediately with lots of warm soapy water or a diluted 10:1 bleach solution.
- Many chemical agents will break down when exposed to sun, diluted with water, or dissipated in high winds.
- If water is not available, use talcum powder or flour to decontaminate liquid agents. Sprinkle liberally over affected skin areas, wait 30 seconds, gently wipe off with a rag or gauze pad. Get immediate medical attention, even if the exposure is thought to be limited.

Detection of a biological attack:

- Public officials may not immediately provide information on what you should do. It will take time to determine what the illness is, how it should be treated, and who is in danger. Watch television, listen to radio, or check the Internet for official news and information, including signs and symptoms of the disease, areas in danger, if medications or vaccinations are being distributed, and where you should seek medical attention if you become ill.
- The first evidence of an attack may be when you notice symptoms of the disease caused by exposure to an agent. Be suspicious of any symptoms you notice, but do not assume that any illness is a result of the attack.
- Biological threats may show initial symptoms like common ailments such as the flu or allergies.

Defense in a Biological Attack:

- If you suspect a biological attack, avoid infected areas and watch for signs of illness in yourself and others.
- Move away quickly.
- Wash with soap and water.
- Listen to the media for official instructions.
- Get immediate medical attention, even if the exposure is thought to be limited.

Detection of a Radiological Attack:

- Although the explosive blast will be immediately obvious, the presence of radiation will not be known until trained personnel with specialized equipment are on the scene. It would be safer to assume radiological contamination has occurred -- particularly in an urban setting or near other likely terrorist targets -- and take the proper precautions.

Defense in a Radiological Attack:

- If the explosion or radiological release occurs inside, get out immediately and seek safe shelter.
- If the release occurs outside, and you are outdoors:
 - Seek shelter indoors immediately in the nearest undamaged building.
 - If appropriate shelter is not available, move as rapidly as is safe upwind and away from the location of the explosive blast. Then seek appropriate shelter as soon as possible.
 - Listen for official instructions and follow directions.
- If the release occurs outside, and you are indoors:
 - Seek shelter immediately, preferably underground or in an interior room of a building, placing as much distance and dense shielding as possible between you and the outdoors where the radioactive material may be.
 - If you have time, turn off ventilation and heating systems, close windows, vents, fireplace dampers, exhaust fans, and clothes dryer vents. Retrieve your disaster supply kit and a battery-powered radio and take them to your shelter room.

- Seal windows and external doors that do not fit snugly with duct tape to reduce infiltration of radioactive particles. Plastic sheeting will not provide shielding from radioactivity or from blast effects of a nearby explosion.
- Listen for official instructions and follow directions.

After finding safe shelter, those who may have been exposed to radioactive material should decontaminate themselves. To do this, remove and bag your clothing (and isolate the bag away from you and others) and shower thoroughly with soap and water. Seek medical attention after officials indicate it is safe to leave shelter.

Follow these additional guidelines after an RDD event:

- Continue listening to your radio or watch the television for instructions from local officials, whether you have evacuated or sheltered-in-place.
- Do not return to or visit an RDD incident location for any reason.

Defense in a Nuclear Attack:

- Consider sheltering in place and tightly close doors and windows.

Improvised Explosive Devices:

- IEDs can be disguised as everyday objects. Look for:
 - Suspicious objects and packaging
 - Unattended items that could conceal a bomb (suitcase, briefcase, flower planter, trash can, parked cars)
 - Items with unusual batteries, wires, cables, and strings

Suspicious Packages or Mail:

- Be alert for suspicious packages:
 - Unusual or unknown place of origin.
 - No return address.
 - Excessive postage.
 - Abnormal or unusual size.
 - Oily stains on the package.
 - Attached wires or strings.
 - Incorrect spelling on the label.
 - Return address different than the postmark.
 - Appearance of foreign style handwriting.
 - Peculiar odor. (Some explosives smell like shoe polish or almonds.)
 - Unusual heaviness or lightness.
 - Uneven balance or shape.
 - Springiness in the box walls.
- If you suspect a package is a threat: don't cut tape, strings, or other wrappings or immerse it in water. These could cause an explosive device to detonate.
- Never touch or move a suspicious package or letter.

- Many chemical agents will break down when exposed to sun, diluted with water, or dissipated in high winds.

FOR ADDITIONAL INFORMATION, CONTACT YOUR ANTITERRORISM OFFICE:

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