

URBAN TERRORISM



More and more bomb blasts are occurring in Russian cities and it is vital to pay serious attention to this new problem. The causes vary from attempts to stir up panic among the populace, to trying to do away with business competitors.

Terrorists place explosive devices in the most unexpected places: on roads, in public places, in residential quarters and on public transport.

At present they might use hand grenades, mines or even home-made explosive devices hidden in any sort of object.



The consequences of a terrorist bomb explosion. Prime Minister (former, right) and Minister of the EMERCOM were among the first on the scene

Car bombs are on the increase. Bombs are simply placed inside the car so if you see any odd-looking package or object inside or outside the car, be on your guard and don't touch anything. If, on opening the car door you see an unfamiliar object or a hand grenade fall out, the first thing you need to do is run away because you will have only

three seconds before it goes off! Be wary of objects left on their own in public areas – suitcases, boxes etc. Inform the police or a driver on public transport but do not approach the object yourself and don't let other people do so.



EPIDEMICS IN CITIES



AN EPIDEMIC —

is the rapid spread of infection among the population.

Various steps should be taken to prevent the spread of infectious diseases in towns. These include finding the source of the infection and liquidating it, also preventing the further spread of the infection and immunizing the population.

SAFETY MEASURES:

- do not leave the house unless absolutely necessary and avoid crowded places;
- if you can take the temperature of all family members;
- wipe all the furniture with a damp cloth every day;
- make sure you wash yourself thoroughly and frequently;

- only use water taken from safe sources and do not drink water straight from the tap;
- rinse fruit and vegetables with boiling water after having washed them;
- wear a lab coat, cap and mask when treating infected persons;
- make sure the infected person has a separate bed and towel;
- disinfect the common patients' room twice a day;
- people who are nursing infected persons must not go out to work or visit other apartments.

Drinking water being tested in laboratory conditions

Follow the advice of the local health authorities to the letter!





CITY AND ECOLOGY

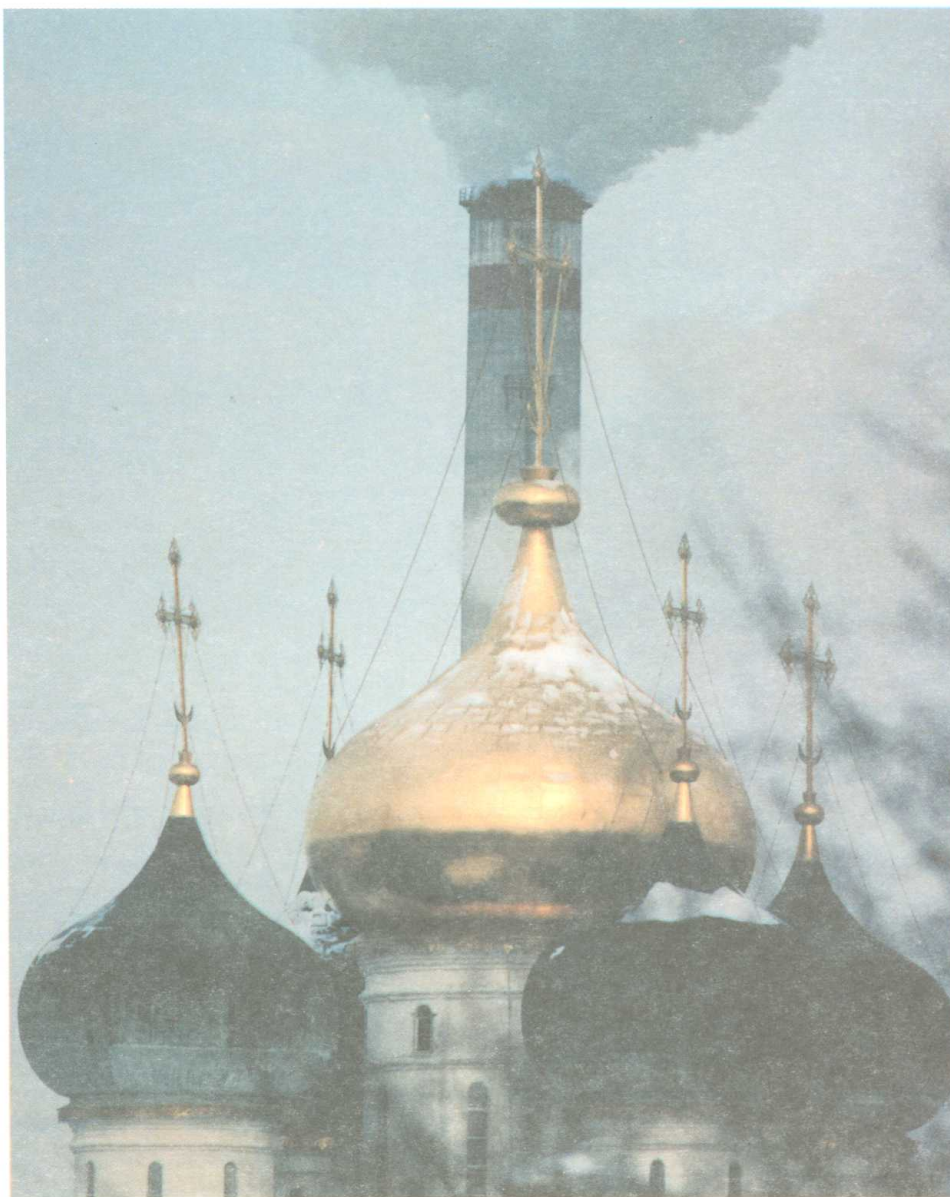
ECOLOGICAL CONDITIONS IN CITIES ARE AGGRAVATED BY:

- industrial facilities such as factories and other plants;
- road transport;
- the reduction of green areas which help to purify the air.

As a result, the incidence of bronchitis, pneumonia, allergic reactions and blood circulation deficiencies are more common among city dwellers than those who live in the country.

SAFETY MEASURES:

- do not spend long periods of time in factories producing pollution;
- try to stay away from highways;
- don't walk along city streets in foggy weather – it may be smog;
- don't swim in water reservoirs where factory waste is dumped;
- do not go outside in rainy weather without a hat;
- boil water before drinking;
- rinse fruit and vegetables in warm boiled water.



More and more people are coming to live in the city. Cities are therefore growing and turning into vast municipalities but the concentration of all sorts of factories and industrial plants together with car exhaust, leads to the pollu-

tion of the atmosphere, the soil and the water.

Entire regions are now considered ecologically unsafe.

The worsening ecological climate poses an increasing threat to public health.