

# Nuclear Emergency

## During a Nuclear Emergency

- If you have advanced warning, take your 72-Hour kit and go to an approved shelter or your basement. Huddle close to the floor and as near to a wall as possible. Get under a table for protection from falling objects.
- DO NOT attempt to evacuate your shelter until advised.
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one to two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible. Go to a shelter once the heat and blast effects have cleared.
- Never look at the light of a nuclear explosion.



## After a Nuclear Emergency

- Take cover in an underground shelter, basement, etc.
- Remove contaminated clothing.
- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If source of radiation is known and travel advisable, travel in the opposite direction and go up wind from radiation.
- Remain in protective shelter for three days. Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm, give emotional support and plenty of fluids.
- Wipe food and water containers with a clean cloth to remove particles of fall out, which resemble sand or salt.