

JUST-IN-TIME: NUCLEAR DETONATION – 10 RULES FOR THE PUBLIC and CITIZEN RESPONDERS

Adapted by: Homeland Security Committee of the Health Physics Society - <http://hps.org/hsc/>

(1) Duck & cover when you see a flash: Stay down behind cover for at least two full minutes. Any type of cover could prevent serious burns and injuries from flying and falling debris such as broken glass. Keep your eyes closed during the bright light to prevent blindness.

(2) Go in. Stay in. Tune in. Shelter-in-place by going underground or to the center of a middle floor of a nearby, stable, large building. If at home, go to the basement or a ground floor room the farthest from outside. Close windows and doors. It may be necessary to shelter for 24 to 48 hours. Keep disaster kits containing food, water, medications, and other supplies in your vehicle, at work, and at home (see reverse side). Maintain communications (Rule 5).

(3) Radioactive fallout could look like sand, silt, smoke, or even ash that will fall and accumulate on the ground and horizontal surfaces. The direction of the fallout cloud spread depends on surface AND upper level winds. Stay upwind especially if it is daylight and you can see the direction of the fallout cloud. Any visible fallout represents immediate danger and exposure to even small amounts, only detectable by radiation monitoring instruments, should be avoided.

(4) Radiation levels from deposited fallout decrease rapidly in the hours after detonation. As a rule of thumb, if fallout deposition is complete by 1 hour after detonation, the radiation level at 7 hours drops to 10% of the radiation level at 1 hour, and the radiation level at 2 days drops to 1% of the radiation level at 1 hour. However, depending on wind and weather, fallout deposition miles from a detonation may continue or even begin after 1 hour, and the radiation level may rise at first before dropping off.

(5) Maintain communications with local authorities by monitoring the radio, TV, or the Internet. Follow the directions of local authorities.

(6) Protective equipment for the public: Fallout contamination will collect on outer garments and exposed body parts. Masks or improvised breathing protection (several layers of cloth) may be used during fallout cloud passage.

(7) Contamination removal: To avoid bringing fallout contamination into your shelter or home, most contamination can be removed by taking off the outer layer of clothes, wiping exposed hair and skin areas, and/or by taking a shower.

(8) Orderly evacuation of your shelter-in-place location when told by authorities it is safe to leave the area. Do not leave your shelter to pick up children. Children will be sheltered at their school or other care location and evacuated, as directed by authorities. Follow the directions of emergency responders.

(9) Hazard avoidance: Unless threatened by fire or building collapse, avoid outdoor exposure during the first minutes and hours after the fallout arrives. It is safe to consume food and beverages that were not outside during the fallout cloud passage.

(10) Stay in control: By following the above rules, you will know the proper actions to take and will not panic during a nuclear emergency.

Disaster Kit Contents

A first-aid kit with bandages, gauze, tape, tweezers, antibiotic ointment, pain medication, and cleaning wipes	Three day supply of nonperishable food (canned or freeze-dried) for each family member		
Hand-cranked radio so that you can hear disaster reports	Battery-operated cell phone charger		
Battery-operated or hand-cranked flashlight	Three day supply of bottled water per person		
Nylon or plastic tarp	Mylar blankets	Multipurpose tool	Work gloves
Waterproof matches	Extra batteries	Duct Tape	Extra Clothing
Items for special needs, e.g., infants, elderly	Prescription medication		