

# Save Your Life In A Nuclear Attack

## Be Prepared. Be Safe.

If a nuclear attack occurs, knowing the information on this card could save your life

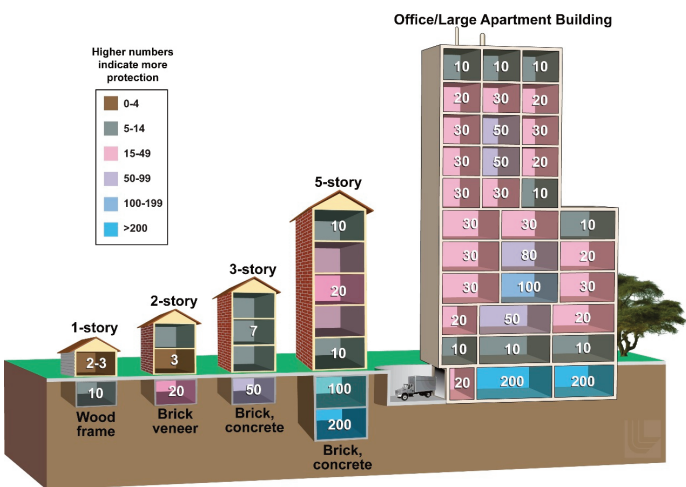
### TAKE PROTECTIVE SHELTER IF YOU SEE A NUCLEAR FLASH

Stay down behind shelter for at least two full minutes. Any type of shelter could prevent serious burns and injuries from flying and falling debris such as broken glass. If a nuclear flash causes blindness, it is generally temporary.

### GO INSIDE AND STAY INSIDE

- Take shelter immediately:
  - Go to an underground area or basement if possible or stay under a roof near interior walls
  - You should remain inside for 12 to 24 hours after a nuclear emergency—even if you are separated from your family

### Safest emergency shelter locations inside a building



Higher numbers in the building diagram show the safest shelter locations. For example, a location of 200 is a safer shelter than a location of 10.

- **If you are in a car, try to find shelter immediately;** a car provides poor protection from fallout

### **GET CLEAN IF YOU HAVE BEEN EXPOSED TO NUCLEAR RADIATION**

Radioactive dust, sand, smoke and ash can spread quickly and remain on your body and clothes until removed

- **Take off your clothing and shoes** as soon as possible
- **Put exposed clothing and shoes** in a plastic bag and seal the bag
- **Take a shower** with mild soap and warm water, if possible
  - Shampoo or wash your hair. Do not use conditioner.
  - Blow your nose and wipe your eyes and ears with a wet cloth
  - If no shower is available, use sanitary wipes or a wet cloth on exposed skin
  - If you are outdoors, brush off your clothing every few minutes until you find shelter

### **TAKE CARE OF PETS AND SERVICE ANIMALS**

Animals can become contaminated and re-contaminate themselves and their owners, especially children who pet them

- **Brush or dust off your exposed animals** and clean them often until they can be washed

### **BE PREPARED FOR ANY EMERGENCY**

- **Have an Emergency Shelter Kit\*** available for your home that contains food, water, medications and other supplies, and a Portable Emergency Go-Kit available for your car and work place
- **Have a crank- or battery-operated radio\*** available for your home and work in case local phone, radio and TV systems are not available to provide information
- **Have a cell phone** with a charged battery available to communicate with family
- **Stay tuned to radio and TV**, if available, for official information
- **Have a Family Plan\*** so that your family knows how to protect itself initially and reunite later when it is safe

*\*Refer to CERN "Sheltering and Evacuation" Card available on the CERN Web site [www.cernhc.org](http://www.cernhc.org).*