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| **What To Do In A Nuclear Crisis**  Tips for Sheltering at Home  **“The public response should be 'shelter and shower'…**  **Removing clothing alone can decrease external radioactive contamination by 90%. Washing with soap and lukewarm or room-temperature water is effective and removes another 90% of contamination (about 99% of the total is removed after both steps have been performed)." Flynn & Goans, 2006**  [**http://www.ncbi.nlm.nih.gov/pubmed/16781272**](http://www.ncbi.nlm.nih.gov/pubmed/16781272) | |
| **Supplies**  **Water**  Distillation is probably the most efficient way to remove radiation from water without using special equipment. Basically you boil water and collect the condensation from the lid with a bowl in the middle of the pot. You can also try filtering and settling. <http://www.newton.dep.anl.gov/askasci/chem07/chem07449.htm>  <http://oism.org/nwss/s73p919.htm>  **Possible sources of water** inside a shelter: Melted ice cubes, liquids from canned goods, water heater (be sure the electricity or gas is off and follow an expert’s instructions), pipes. Water from all sources should be purified before use. <http://www.ready.gov/managing-water>  Do not drink water from open water sources.  **Not Safe to Drink:**  Both FEMA and Ready.gov claim that water from toilet tanks, radiators, hot water boilers/home heating systems, water beds, swimming pools and spas are **not safe** water sources.    **National Hotlines for information**:  • CDC at 1-800-CDC-INFO  • 1-800-BE-READY  • FEMA 1-800- 621-FEMA  **Best links:**  Frequently Asked Questions About A Nuclear Blast  <http://www.bt.cdc.gov/radiation/nuclearfaq.asp>  How You Can Limit Contamination  <http://www.bt.cdc.gov/radiation/contamination.asp> | **First Aid**  **Burns**  Advanced Burn Life Support recommendations for short term care  “ - Cover wound with clean, dry sheet or dressing. NO WET DRESSINGS.  - Simple dressing if being transported to burn center (they will need to see the wound)  - Sterile dressings are preferred but not necessary  - Covering wounds improves pain  - Elevate burned extremities  - Maintain patient's temperature (keep patient warm)  - While cooling may make a small wound more comfortable, cooling any wound ... will cool the patient..."  <http://www.remm.nlm.gov/burns.htm>  For long term care - prevention of infection is important - so try to keep airborne particles away from the wound and consider antibiotics.  Please consult with your physician before treating any injuries.  **Attempt to Prevent Thyroid Cancer**  According to some studies you can apply 8 ml or 4x8” patch of 2% tincture of iodine to the skin of the abdomen in a hand sized patch (if you do not have potassium iodide pills). This technique *may* result in an 82% reduction in the uptake of 131I by the thyroid gland. Topical Iodine solutions are NEVER to be ingested or swallowed, and should not be used if allergic to iodine  <http://www.ncbi.nlm.nih.gov/pubmed/2722514?dopt=Abstract> |

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| **Food** | **Shelter or Evacuation** |
| **Please research foods that may help protect against radiation damage**  (you may have in the house):  Curry/turmeric, green and black tea, foods rich in beta carotene (orange or green leafy), unboiled miso, garlic, baking soda, cooked tomato paste, apple pectin, ginger, sardines, brazil nuts, dried beans, vitamin C, Ginkgo, chlorella, NAC more: <http://www.washingtonsblog.com/2011/03/can-vitamins-or-herbs-help-protect-us-from-radiation.html>  Avoid foods with high salt content, dairy products, bones and seafood. The best choices are soups, vegetables and fruits. Keep cans covered so that fallout does not touch the metal. Do not reheat meat after it has been cooked to avoid food poisoning. Store your food in a cool, dry place off of the ground.  **Resilience factors to reduce PTSD:**  - Seeking support from friends/family  - Support groups  - Feeling good about your actions  - Develop coping skills for panic  - Be effective despite fear  From [NIMH.NIH.gov](http://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/what-are-the-symptoms-of-ptsd.shtml)  **Myth Busters:**  Boiling water will not remove radiation (except for distillation)  Do not swallow topical iodine  Do not put butter or salves on burns | Consult with the government and media for instructions on whether to shelter or evacuate.  The three important factors are **shielding**, **distance** and **time** (from the blast).  **Location within the building**: You want as much distance and the thickest barrier (walls) as possible between you and the radiation. It is best to stay in a centrally located room (middle) or basement with few windows. Some researchers contend that after the initial blast it may be safer to avoid the basement, roof, and anywhere contaminants may settle. It depends on if there is radiation in the air.  <http://www.bt.cdc.gov/radiation/emergencyfaq.asp>  If you are inside you can **build a wooden desk shelter** to help increase shielding.  **Outside**  If you are near the blast when it occurs: Turn away, cover or close your eyes, - drop to the ground face down and place your hands under your body. Remain flat until 2 shock waves pass. If you are outside find something to cover your mouth. Remove any dust from your clothes while covering your mouth and nose – then shower and shelter.  <http://www.bt.cdc.gov/radiation/nuclearfaq.asp>  <http://www.ready.gov/nuclear-blast>  **Planning**  [Shelter](http://www.oism.org/nwss/s73p916.htm), [Water](http://www.oism.org/nwss/s73p919.htm), [Food](http://www.oism.org/nwss/s73p920.htm), [First Aid](http://www.oism.org/nwss/s73p924.htm)  **Research Survival Guides**:  [**Nuclear War Survival Skills**](http://www.oism.org/nwss/index.htm) is widely thought to be one of the best overall (free) guides to nuclear war survival.  [**FEMA Nuclear War Survival** 1985](http://www.nukepills.com/docs/FEMA_Nuclear_War_Survival.pdf) |

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