



# NUCLEAR AND RADIOLOGICAL EMERGENCIES

## Radiological and Nuclear Threat Scenario Do's and Don'ts

### Common Indicators

- Affected persons will show general symptoms of radiation poisoning like nausea, vomiting, skin irritation, blackening of finger nail, hair fall and other peculiar health effects of the radioactive toxicants depending on the extent of exposure and radio-nuclide involved.

### Before the incidence

- Construct/Identify basements in your building where the whole family can stay in for a fortnight.
- Familiarize with community shelters in your locality
- Dig out shallow 4 to 5 feet deep pit or trench. Staying in these will protect you from radiation.
- Any light material or foliage cover will give reasonable protection to human body against heat and flash.
- For blast and earth shock, strong shelters have to be built and these are not to protrude above ground level
- Stock the shelter with non-perishable foods and water to be replaced regularly.
- Store in adequate number of candles and battery lights.
- Remove stocks of flammables, if any. Keep battery operated miniature transistor/TV sets in the basement and shelters.
- Familiarize with instructions being broadcasted on public address system or on Radio/TV by designated authorities.

### During the incidence

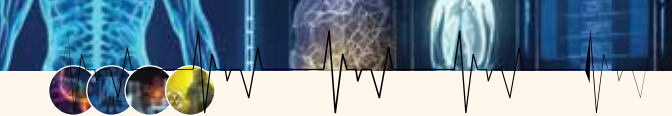
- Don't panic. Stay calm.
- If you are in an open area, immediately drop to ground and remain in lying position.
- Stay down under cover until debris stop falling.



- Protect eyes and exposed areas of face by covering with palm of your hand.
- Protect ears by fingers or thumbs after covering eyes with palms to prevent ear drum from rupture.
- Drive out of the way of any windows or doors to avoid injuries due to glass pane splinters.
- If in vehicle, on detection of flash get down in prone position.
- Drive in the direction of movement of the flash to avoid the vehicle over turning due to blast wave.
- Burn, injuries, dazzling of vision and confusion/chaos are expected.

## After the incidence

- Blast wind will generally end in one to two minutes. The resultant burns, cuts, bruises etc., will be similar to that of conventional injuries.
- Dazzle is temporary and vision generally returns in few seconds.
- As a thumb rule, if blast wave does not arrive within five seconds of the flash, you were far enough from the Ground Zero and initial radiation exposure will not exceed 150 rads.
- If survived the blast, the chances of being exposed to lethal dose of radiation is relatively small unless one is located in an early fallout area.
- Expect some initial disorientation as the blast wave may blow down and carry away many prominent and familiar landmarks from your vicinity.
- Beware of weakened structures and trees from collapsing.
- Put off fires before they spread.
- Try to cover the openings of shelters to prevent the entry of fallout particles.
- When coming from contaminated area, follow simple decontamination procedure like removal of contaminated clothing and wearable items like spectacles, watches, ornaments, head gear & shoes. Have a bath before entering the safe/clean areas.



## Don'ts

- Don't consume food/drinks/water/beverages etc., that has been lying uncovered in the contaminated area.
- Don't move out of shelters/basements unless instructed by authorities.
- Don't deliberately stir up dust or brush against things in the fallout areas.
- Don't kneel, lie or sit on the open ground.
- Don't walk barefooted or in open slippers.
- Don't move out of your shelter without proper protection of breathing passages at least during the first 24 hours after the blast.
- Don't use flour from gunny bags, foods wrapped in paper, water from open pools/lakes.
- Don't dust your ventilators indiscriminately.
- Don't permit contaminated persons in basements/shelters to leave the place unless decontaminated.

