



What to do during a A NUCLEAR POWER EXPLOSION?

In the event of a nuclear power disaster, it's crucial to act quickly and safely. Here are some steps to consider:

Before A Nuclear Power Disaster

- ★ Stay informed.
- ★ Understand the risks. Learn about the potential nuclear facilities in your area and the types of disasters that could occur. Keep a battery-powered radio or use a smartphone for updates from local authorities.
- ★ Create a plan. Identify shelter locations, find out where the nearest fallout shelters are, or designate a room in your home (preferably underground or in the center of the building). Establish communication, plan how your family will communicate if separated. Choose an out-of-town contact.
- ★ Prepare an Emergency Supplies Kit include water, non-perishable food, a flashlight, batteries, a first-aid kit, and hygiene items.
- ★ Radiation Protection: Consider having potassium iodide tablets to help protect your thyroid gland from radiation.
- ★ Teach everyone in your household what to do in the event of a nuclear emergency.
- ★ Radiation Basics: Learn about radiation exposure and the importance of time, distance, and shielding.
- ★ Stay Connected. Join Community Groups: Engage with local emergency preparedness groups for resources and support.
- ★ Participate in Drills: Take part in any community drills for nuclear emergencies.
- ★ Review and update your plan.
- ★ Regular Checks: Periodically review your emergency kit and plan to ensure everything is up to date.

During An Explosion

- ★ **Evacuate if Advised:** If authorities recommend evacuation, do so immediately. Follow designated routes and avoid areas near the plant.
- ★ **Shelter in place:** If evacuation isn't possible, find shelter in a building. Choose a location in the center, away from windows and outside walls.
- ★ **Seal the space:** Close doors, windows, and vents. Use duct tape and plastic sheeting to seal gaps if necessary.
- ★ **Avoid contamination:** Don't leave your shelter until it's deemed safe. Remove contaminated clothing and wash your body with soap and water if you think you've been exposed.
- ★ **Stay indoors:** Limit exposure to outside air, especially if radiation levels are high.
- ★ **Follow decontamination procedures:** If you suspect contamination, follow guidelines for decontamination carefully.
- ★ **Stay calm and reassure others:** Help maintain a calm environment, especially for children and vulnerable individuals.

Radiation Recovery – After a Nuclear Explosion

- ★ People in most of the areas that would be affected could be allowed to come out of shelter within a few days and, if necessary, evacuate to unaffected areas. The heaviest fallout would be limited to the area at or downwind from the explosion. It might be necessary for those in the areas with highest radiation levels to shelter for up to a month.

Stay Inside

- ★ Getting inside a building and staying there is called "**sheltering in place**." Once you get in a building, there are things you can do to stay safe inside. Staying inside for at least 24 hours can protect you and your family until it is safe to leave the area, but based on your location, the source of the radiation and other factors, local officials may advise to shelter in place for as long as a month. Always listen for additional instructions from emergency officials which will clarify any concerns regarding health and security.

Prepare for Long-Term Effects: Be aware that recovery and cleanup can take time. Stay informed about health risks and follow public health advice. Remember, always prioritize your safety and the safety of others.

Decontamination

- ★ If you were outside during or after the blast, get clean as soon as possible to remove radioactive material that may have settled on your body.
- ★ Remove your clothing to keep radioactive material from spreading. Removing the outer layer of clothing can remove up to 90% of radioactive material.
- ★ If practical, place your contaminated clothing in a plastic bag and seal or tie the bag. Place the bag as far away as possible from humans and animals so that the radiation it gives off does not affect others.
- ★ When possible, take a shower with lots of soap and water to help remove radioactive contamination. Do not scrub or scratch the skin.
- ★ Wash your hair with shampoo or soap & water. Do not use conditioner in your hair because it will bind radioactive material to your hair, keeping it from rinsing out easily.
- ★ Gently blow your nose and wipe your eyelids & eyelashes with a clean wet cloth. Gently wipe your ears.
- ★ If you cannot shower, use a wipe or clean wet cloth to wipe your skin that was not covered by clothing.

For More Information contact **UNITED SIKHS** at:

 unitedsikhs.org/contact-us/

 unitedsikhs-usa@unitedsikhs.org

 **1-888-2431690**

