BOOK 3 · THE OUTAGE SUPPLY PLANNER HANDBOOK

Nuclear Emergency *Survival Guide.*

What a family does before, during and after a nuclear explosion, a radiation release or a power plant accident: where to shelter, how long to stay, how to clean off fallout and when iodine pills help.

10 min
to get inside, usually

24 h
stay inside, at least

up to 90 %
off with your outer clothes

112
emergency, Romania and EU



PRINT · PUNCH · KEEP WITH THE RADIO

FAMILY NAME: _____

Is it happening *right now?*

PICK WHAT YOU SEE.
DO THE STEPS IN ORDER.
READ THE REST LATER.

BLINDING LIGHT, BOOM, SHOCK WAVE

I saw a flash

1. **Don't look at it**
   Turn away. Close your eyes.
2. **Drop face down**
   Behind anything solid. Cover your head. Wait for the shock wave, up to a minute or more.
3. **Get inside fast**
   You usually have 10 minutes or more before fallout lands. Go down, or to the middle of the building.
4. **Clean off, stay put**
   Outer clothes off, wash, then stay inside at least 24 hours.

MORE: PAGE 6

SIREN, RO-ALERT, TV OR RADIO WARNING

I got an alert

1. **Get inside now**
   The nearest solid building. Don't drive away, don't go home.
2. **Go down and in**
   Basement or center of the building. Away from windows, roof and outer walls.
3. **Close it up**
   Shut windows and doors. Turn off fans and air conditioning that pull in outside air.
4. **Stay tuned**
   Radio or official alerts. Text family: "I'm inside. Stay where you are."

MORE: PAGE 8

POWER PLANT ACCIDENT, "DIRTY BOMB"

Radiation leak

1. **Go inside, close up**
   Windows, doors, outside-air vents off. Bring pets in.
2. **If you were outside**
   Take off outer clothes, bag them, shower. No conditioner.
3. **Iodine pills only if told**
   Take KI only when health officials say so, at the dose for each age.
4. **Follow orders**
   Officials will say whether to stay in or evacuate, and which route.

MORE: PAGE 11

Never

- Shelter in a car or outdoors
- Go out to collect kids from school
- Watch from a window
- Go to a pharmacy during fallout
- Eat food that was outside, uncovered
- Use hair conditioner after exposure

Emergency

112 in Romania and the EU · 911 in the US and Canada

Not happening now?

Good. Get your readiness score on page 13 to 10 this week.

Read it now. *Not under the sirens.*

Most people can survive a nuclear emergency if they are not at the center of it. The single biggest thing you control is where you are during the first hours after fallout starts to land. Everything in this guide serves that one goal.

Read it now, not then

In a real alert you may have minutes, not hours. Read the whole guide once, fill in the family plan on page **14**, and pack the kit on page **12**. Keep a printed copy with your supplies, because phones and the internet may be down.

What this guide covers

- **Nuclear explosion** (a nuclear weapon or improvised nuclear device).
- **Radiological release**, such as a "dirty bomb" that spreads radioactive material with ordinary explosives.
- **Nuclear power plant accident**, where a radioactive cloud may travel far.

The first actions are the same for all three: get inside, stay inside, stay tuned.

Contents

What actually happens	4
Warning signs and alerts	5
The first 10 minutes	6
Choosing a shelter	7
Staying inside: the first 24 hours and beyond	8
The fallout clock: hour by hour	9
Decontamination: cleaning yourself and pets	10
Potassium iodide (KI): when it helps	11
Emergency supply kit checklist	12
Your readiness score and how much to store	13
Family emergency plan (fill in)	14
People who need extra help	15
After the event	16
Myths that can hurt you	17
Wallet cards to cut out	18
Fridge-door poster	19
Sources	20

Important

This guide is general safety information compiled from official sources. It is not medical advice and does not replace instructions from your local authorities. In a real emergency, **official instructions for your area always come first**. Emergency number in Romania and the whole EU: **112**. In the US and Canada: **911**.

Flash, blast, *then fallout.*

Scan:
Ready.gov

A nuclear explosion causes harm in four ways, in a fixed order. Knowing the order tells you what to do and when.

INSTANT

Flash

A light brighter than the sun. It can cause temporary blindness, even at a long distance, and burns closer in.

SECONDS

Heat

Intense heat that can start fires and burn exposed skin.

SECONDS TO A MINUTE

Blast

A shock wave that breaks windows and can knock down buildings. Flying glass and debris injure people far from the center.

15+ MINUTES

Fallout

Dirt and debris made radioactive, carried up and falling back like fine sand or ash over hours, sometimes far downwind.

Fallout is the part you can beat

You cannot outrun the flash or the blast. You **can** protect yourself from fallout, which is the main danger for people outside the immediate blast area. Outside the blast zone, fallout often takes **more than 15 minutes** to reach the ground. That is enough time to get inside.

Fallout is most dangerous in the **first few hours**. Its radiation fades quickly. Emergency planners use the "7:10 rule": for every 7-fold increase in time after the explosion, the radiation rate drops about 10-fold. Radiation at 14 hours is roughly one tenth of what it was at 2 hours.

Radiation basics in one minute

- **Distance, shielding, time.** Radiation drops with distance from fallout, is blocked by heavy material (earth, brick, concrete), and fades with time. Shelter gives you all three.
- **Outside your body.** Fallout on the ground and roofs gives off radiation that passes through thin walls. Thick walls and distance stop most of it.
- **On or inside your body.** Fallout dust on skin, hair and clothes, or swallowed and breathed in. Removing outer clothing and washing gets rid of most of it.

Dirty bomb or power plant accident

There is no nuclear flash or blast. The danger is radioactive material in the air and on surfaces. A power plant release may contain radioactive iodine, which is when potassium iodide (page 11) can matter.

Know the signal *before you hear it.*

Scan: IGSU
fiipregatit.ro

An attack may come with a few minutes of warning, or none. Official alerts are your best early signal, so make sure they can reach you.

Official alert channels

WHERE	HOW ALERTS REACH YOU
Romania	**RO-ALERT** messages on mobile phones (keep emergency alerts switched on in your phone settings), public sirens, TV and radio. The **DSU app** lists civil protection shelters near you, sorted by distance.
European Union	National cell broadcast systems (often called EU-Alert), sirens, public TV and radio. Dial 112 for emergencies anywhere in the EU.
United States	Wireless Emergency Alerts on phones, the Emergency Alert System on TV and radio, NOAA Weather Radio.
Anywhere	A battery-powered or hand-crank radio is the most reliable source when power and networks fail. Text messages often get through when calls do not.

Romanian siren signals (IGSU)

SIGNAL	WHAT IT SOUNDS LIKE	WHAT IT MEANS
Air raid alarm Alarmă aeriană	15 short sounds of 4 seconds, each followed by a 4-second pause (about 2 minutes)	An air attack is imminent. **Take shelter now.**
Air pre-alarm Prealarmă aeriană	3 sounds of 32 seconds, with 12-second pauses (about 2 minutes)	An air attack is likely. Get ready, move toward shelter, follow the news.
Disaster alarm Alarmă la dezastre	5 sounds of 16 seconds, with 10-second pauses (about 2 minutes)	An emergency is approaching, which can include a nuclear or radiological accident. Follow official instructions.
All clear Încetarea alarmei	One steady, continuous sound for 2 minutes	The immediate danger has passed. Still follow official instructions before going outside after a radiation event.

IGSU tests the sirens periodically and announces the tests in advance. Other countries use different patterns: learn yours.

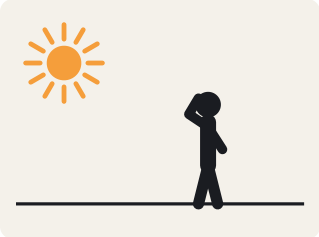
Physical warning signs of a nuclear explosion

- A sudden, extremely bright flash. **Do not look at it.**
- A wave of heat, then a loud boom and a shock wave seconds to a minute later, depending on distance.
- A rising mushroom-shaped cloud.
- Later: fine dust, sand or ash falling from the sky. Treat it as fallout and get inside.

The first ten minutes *decide the rest.*

Scan: Ready.gov

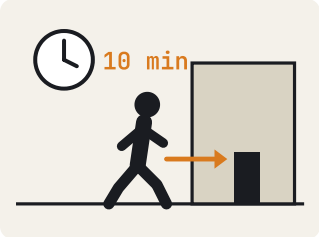
What you do in these minutes matters more than anything you own. Follow the steps that match your situation.



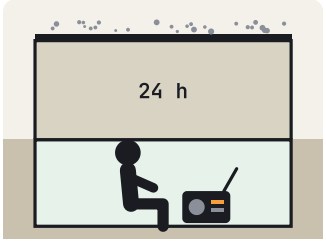
1 Don't look at the flash. Turn away.



2 Drop face down. Wait for the shock wave.



3 Get inside. You usually have 10 minutes or more.



4 Go down, stay 24 hours, radio on.

If you get a warning before it happens

1. **Get into the nearest building** right away. Go to the basement or the middle of the building.
2. **Move away from windows.** The blast can shatter glass long distances from the explosion.
3. **Stay there.** Do not try to drive away or go home if you are elsewhere.

If you see a flash and are outside

1. **Do not look at the flash** or the fireball.
2. **Take cover** behind anything that might protect you, and **lie face down**, covering your head with your arms.
3. **Stay down until the shock wave passes.** It can take up to a minute or more to arrive.
4. **Then get inside** the best shelter you can reach. You will typically have 10 minutes or more before fallout arrives.

If you are in a car

1. **Stop safely** and duck down inside the vehicle until the shock wave passes.
2. **Leave the car and get into a building.** Cars give very little protection from fallout.
3. If a brick or concrete multi-story building or a basement is a few minutes away, go there. If not, **any building is better than staying outside**.

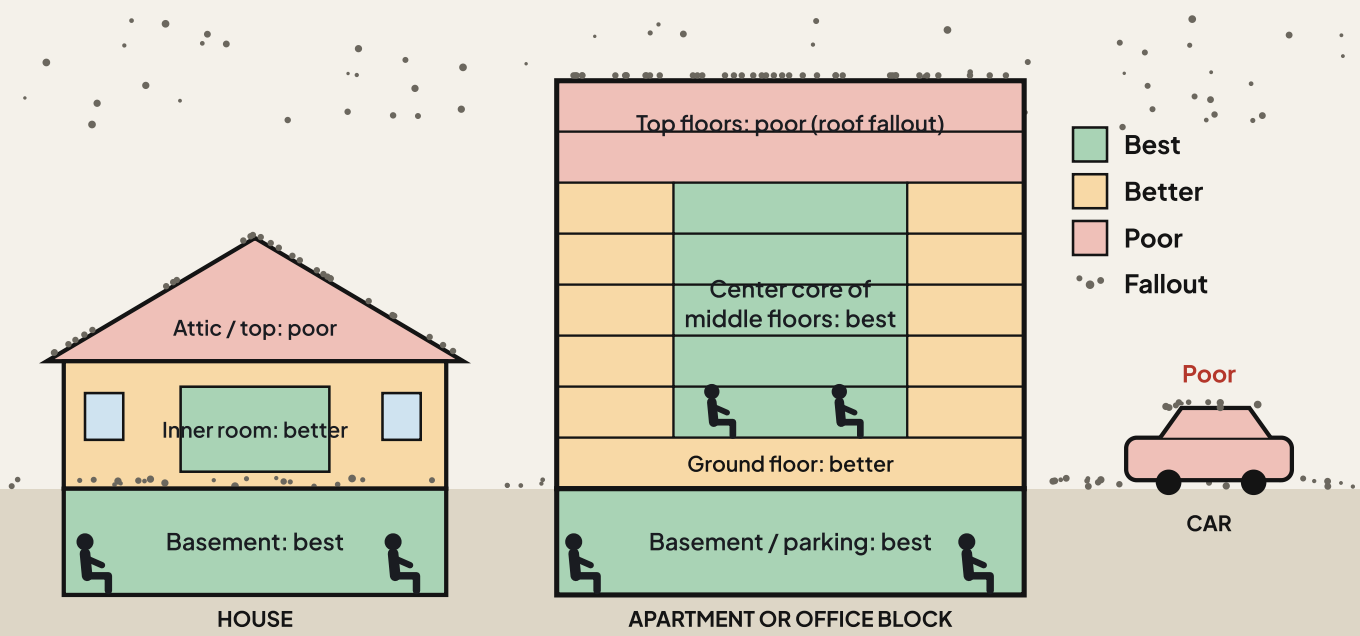
Do not

- Do not run or drive to "get away." Traffic and debris will trap you outside when fallout arrives.
- Do not go outside to pick up children from school or day care. Schools and care facilities have their own shelter plans.
- Do not shelter in a car, a trailer or mobile home, or outdoors.
- Do not stay at a window to watch.

Go down, *go in.*

Scan: CDC

The best shelter puts as much heavy material and distance as possible between you and the fallout settling on the roof, the ground and the outside walls.



Simplified diagram based on FEMA and CDC shelter guidance. Fallout settles on roofs and the ground, so the safest spots are those with the most mass and distance between you and the outside.

Rules of thumb

- **Go down and go in.** Underground is best. Above ground, aim for the center of the building.
- **Stay away from the roof and outer walls**, because fallout settles on the outside of buildings.
- **Heavier is better.** Brick, concrete and earth block much more radiation than wood or drywall.
- **Bigger is better.** In large buildings, the middle floors far from the roof and ground outside give strong protection.
- **Closer is better.** A decent shelter you can reach in a few minutes beats a perfect one you cannot reach before fallout lands.

Find your shelters in advance

Pick the best spot in your **home**, your **work**, your children's **school**, and along your **usual routes**. Write them on the family plan (page 14).

In Romania: public civil protection shelters are listed in the **DSU app** and on IGSU and county ISU websites. Some public shelters are in poor condition, so check the one nearest you ahead of time and know your backup (your own basement or the core of your building).

Elsewhere: check your city or national civil protection website. Many countries do not keep public fallout shelters, so your home shelter plan matters most.

Stay inside, *at least 24 hours.*

Scan: CDC

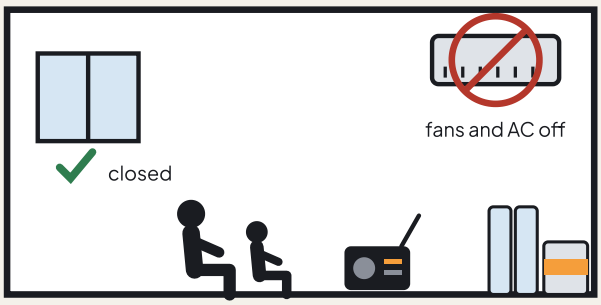
Stay inside for at least 24 hours, unless officials tell you something different. Leave earlier only if your life is at risk, such as a fire, a building that may collapse, or a medical emergency.

As soon as you are inside

1. **Close windows and doors.** Turn off fans, air conditioning and heating systems that pull in outside air.
2. **If you were outside after fallout began**, take off your outer layer of clothing and wash (page 10). Do it before you settle in.
3. **Move to the safest spot** in the building, then **turn on a radio** or check official alerts.
4. **Bring pets inside** and keep them in.
5. **Text family** where you are. Tell them to stay where they are. You will reunite later.

While you wait

- **Food and water stored inside are safe.** Packaged and sealed food is fine to eat. Water in sealed bottles is safe.
- **Do not eat or drink anything that was outside** and uncovered.
- **Keep listening.** Officials will say when it is safe to leave, which routes to use, and whether to evacuate.
- **Ration phone battery.** Use a radio for news and the phone for short texts.
- **Look after each other.** Fear is normal. Routines, simple tasks for children and taking turns resting help.



INNER ROOM · RADIO ON · KIT IN THE CORNER

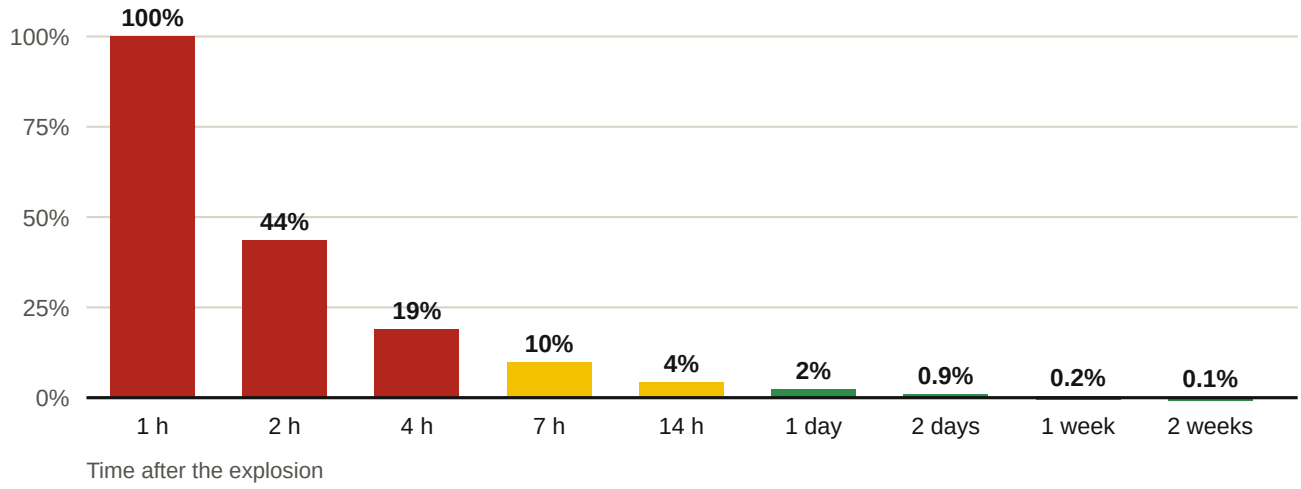
Do not leave your shelter to

- Pick up family from school, a hospital or a nursing home. These facilities have their own plans to keep people safe inside.
- Go to a pharmacy for potassium iodide. Being outside during fallout is far more dangerous than going without it.
- Take photos, check on property, or "see what happened."

The fallout clock, *hour by hour.*

Fallout radiation fades fast. Most of the danger is packed into the first hours, which is why getting inside quickly and staying there works.

How strong the outdoor radiation is, compared with 1 hour after



Approximate, based on the standard "7:10 rule" used by FEMA and DHS planners (every 7-fold increase in time cuts the radiation rate about 10-fold). Real levels depend on the weapon, the weather and your distance. Officials will measure and tell you.

What to do, and when

WHEN	WHAT IS HAPPENING	WHAT YOU DO
0 seconds	Flash and heat	Don't look. Drop face down behind cover. Wait for the shock wave.
First 10 minutes	Shock wave passes, before fallout lands	Get into the best building you can reach. Go down or to the center.
15 minutes to 1 hour	Fallout starts to land downwind	Stay in your shelter spot. If you got dust on you, remove outer clothes and wash. Turn on the radio.
1 to 24 hours	Radiation outside is highest, then drops quickly	Stay inside. Eat and drink only what was stored inside. Text, don't call. Do not go out to collect anyone.
After 24 hours	Radiation is far lower, but can still be dangerous	Follow official instructions. You may be told to stay longer, to move to a better shelter, or to evacuate by a set route.
Days to weeks	Cleanup and recovery	Only return to evacuated areas when officials say so. Follow advice on local food, milk and tap water.

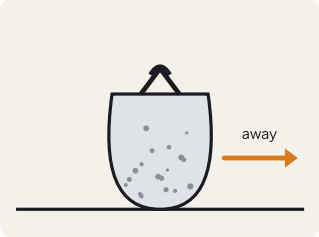
Outer layer off, *then wash.*

Scan: CDC

If you were outside after the explosion or release, radioactive dust may be on your clothes, skin and hair. Getting it off is simple and removes most of the danger.



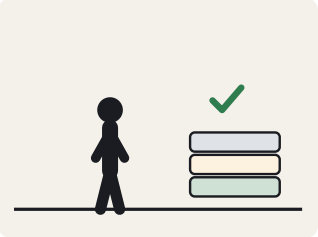
1 Outer layer off, over your head with care.



2 Bag it, tie it, put it away from people.



3 Shower with soap and shampoo. No conditioner.



4 Put on clean clothes that were stored inside.

Yourself

1. **Take off your outer layer of clothing** as soon as you are inside. This alone can remove up to 90% of the radioactive material. Pull clothes over your head carefully, or cut them off, so dust does not reach your face.
2. **Bag it.** Put the clothes in a plastic bag, tie it, and place it away from people and pets, such as a far corner or outside the door.
3. **Shower with soap and water** if you can. Wash your hair with shampoo or soap. **Do not use conditioner**, because it can bind radioactive material to your hair. Do not scrub or scratch your skin.
4. **No shower?** Wash at a sink, or wipe exposed skin and hair with a clean wet cloth or wipe. Gently blow your nose and wipe your eyelids, eyelashes and ears.
5. **Put on clean clothes** that were stored inside, away from dust.

Pets

- Brush your pet's coat gently to remove dust, wearing gloves if you have them.
- Then wash the pet with soap or shampoo and water, if available, and rinse well.
- Wash your own hands afterward.

Other people

- Help children and anyone who cannot wash themselves. Keep their faces covered while removing clothes.
- If someone is injured, treat serious injuries first. Removing clothing and washing can come after.

Do not

- Do not rely on hand sanitizer to remove fallout.
- Do not use disinfectant wipes on your skin.
- Do not touch your eyes, nose or mouth until you have washed.
- Do not use hair conditioner.

Iodine pills, *only when told.*

Scan: CDC

KI tablets protect one organ, the thyroid, from one substance, radioactive iodine. They are mainly useful after a nuclear power plant accident. They are not an "anti-radiation pill."

Take KI only when officials tell you to

Do not take it in advance "just in case." It can cause harm, and taking more than directed can cause serious illness. Table salt, iodized salt, iodine supplements and iodine disinfectant are **not** substitutes and can hurt you.

What KI does and does not do

- **Does:** fills the thyroid with safe iodine so it does not absorb radioactive iodine, lowering the risk of thyroid cancer later, especially in children.
- **Does not:** protect any other part of the body, block external radiation from fallout, or protect against other radioactive materials. It is not a treatment.
- **Timing:** it works best taken shortly before or soon after exposure. The CDC says within 24 hours before or up to 4 hours after. The WHO says up to 2 hours after is best, up to 8 hours is still reasonable, and after 24 hours it gives no protection.
- **One dose lasts about 24 hours.** Officials will say if another dose is needed.

Who benefits most

Babies, children, teenagers, and pregnant or breastfeeding women. Adults over 40 generally do not need it unless officials say exposure is very high, because side effects become more likely with age. People with iodine allergy or certain thyroid conditions should ask a doctor.

In Romania

Under a 2022 Ministry of Health order, KI tablets are **free for people up to age 40**, with a referral from your **family doctor**, at designated pharmacies (more than 2,500 nationwide). Not to be taken preventively, only when authorities say so. Rules may have changed since 2022: ask your family doctor.

KI

Single dose by age (CDC)

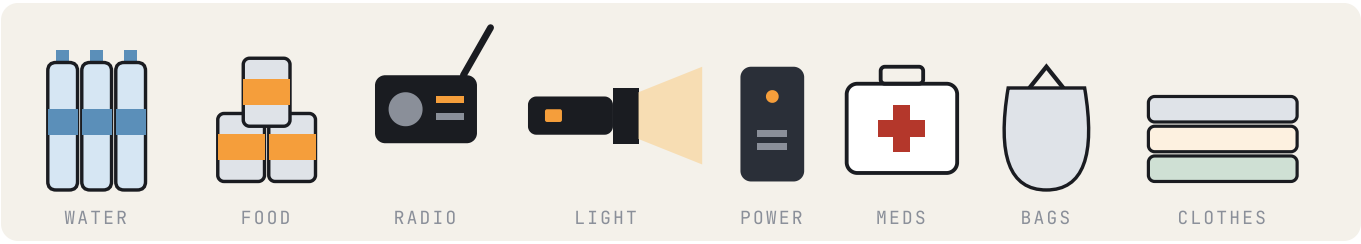
AGE	DOSE	WHAT IT LOOKS LIKE
Birth to 1 month	**16 mg**	0.25 mL or ¼ of a 65 mg tablet
1 month to 3 years	**32 mg**	0.5 mL or ½ of a 65 mg tablet
3 to 12 years	**65 mg**	½ of a 130 mg, or one 65 mg
12 to 18 years*	**65 mg**	½ of a 130 mg, or one 65 mg
Adults 18+	**130 mg**	one 130 mg, or two 65 mg
Pregnant or breastfeeding	**130 mg**	one 130 mg, or two 65 mg

*Teenagers over about 70 kg (150 lb) take the adult dose. Newborns get only one dose. Follow the leaflet and your health officials, since national advice can differ.

The shelter kit, *in one corner.*

Scan: Ready.gov

Keep at least 3 days of supplies for everyone, stored where you would shelter. The EU asks every household to manage alone for 72 hours; up to 2 weeks is better.



Water and food

- [ ] Water: about 4 liters (1 gallon) per person per day, sealed bottles
- [ ] Extra water for pets
- [ ] Canned and packaged food that needs no cooking
- [ ] Manual can opener
- [ ] Baby formula and baby food, if needed
- [ ] Pet food

Information and power

- [ ] Battery-powered or hand-crank radio
- [ ] Flashlights and spare batteries
- [ ] Phone power bank and charging cables
- [ ] Printed copy of this guide and your family plan
- [ ] Paper list of phone numbers

Health

- [ ] Prescription medicines for at least a week
- [ ] First aid kit
- [ ] Glasses, contact lens supplies, hearing aid batteries
- [ ] Potassium iodide, only if obtained through official channels, kept for use only when instructed

Hygiene and decontamination

- [ ] Soap and shampoo (no conditioner needed)
- [ ] Wet wipes (not disinfectant wipes for skin)
- [ ] Large plastic bags and ties for contaminated clothing
- [ ] Hand sanitizer, at least 60% alcohol, for general hygiene
- [ ] Toilet paper, garbage bags, a bucket for an emergency toilet
- [ ] Disposable gloves
- [ ] Face masks for adults (not for children under 2 or anyone who cannot remove one)

Shelter comfort

- [ ] A full set of clean clothes per person, sealed in a bag
- [ ] Blankets or sleeping bags
- [ ] Plastic sheeting and duct tape (to cover broken windows or store food)
- [ ] Cash in small notes
- [ ] Copies of ID and key documents in a waterproof bag
- [ ] Books, cards and quiet games for children
- [ ] Whistle to signal for help

Keep it fresh. Check the kit every 6 months. Replace water, food, batteries and medicines as they near their dates.

Your readiness score, *out of ten.*

Scan: Ready.gov

Reading is not preparing. Tick each step as you finish it. Most families can reach 10 out of 10 in one weekend, and most steps cost nothing.

	STEP	TIME
☐	**Phone alerts on** for everyone (RO-ALERT / emergency alerts in settings)	2 min
☐	**Best shelter spot** chosen at home, and everyone knows it	10 min
☐	**Nearest public shelter** found in the DSU app (or your city's list)	5 min
☐	**Family plan filled in** (page 14), copies given out	20 min
☐	**Out-of-area contact** agreed, and everyone has the number	5 min
☐	**School and work shelter plans** asked about	10 min
☐	**Water stored** for 3 days or more (table at right)	1 shop
☐	**Food, radio, light, power bank** and medicines packed (page 12)	1 shop
☐	**Clean clothes and plastic bags** sealed by the shelter spot	10 min
☐	**Family practice:** walk to the shelter spot, read page 2 together	15 min

My score _____ / 10

0 to 3	4 to 7	8 to 10
Start today	**Nearly there**	**Ready**

Repeat the check every 6 months, for example when the clocks change.

How much to store

PEOPLE	WATER 3 DAYS	WATER 2 WEEKS	MEALS 3 DAYS	MEALS 2 WEEKS
1	12 L	56 L	9	42
2	24 L	112 L	18	84
3	36 L	168 L	27	126
4	48 L	224 L	36	168
5	60 L	280 L	45	210
6	72 L	336 L	54	252

About 4 liters (1 gallon) of water per person per day, for drinking and basic hygiene. Add extra for hot weather, illness, nursing mothers and pets. Store food your family already eats and that needs no cooking.

My household

_____ people × 4 L × _____ days = _____ **L of water**

_____ people × 3 meals × _____ days = _____ **meals**

Cheapest start: buy two extra packs of bottled water and a few cans every time you shop. In a month the kit is done without a big bill.

SCORE

Your family plan, *in pencil.*

Scan: Ready.gov

Agree on this together, keep one copy with your kit, and give one to each family member. In an emergency, everyone shelters where they are and reunites later.

People

Name and phone _____

Name and phone _____

Name and phone _____

Out-of-area contact (everyone texts this person) _____

Where we shelter

At home (exact spot) _____

At work _____

At school or day care _____

Nearest public shelter _____

After it is safe to move

Meeting place near home _____

Meeting place outside our area _____

Who checks on older relatives or neighbors _____

Who looks after pets _____

Useful numbers and channels

Emergency number 112 (Romania, EU) · 911 (US, Canada)

Local radio station / frequency _____

Family doctor _____

School emergency contact _____

Ask your children's school what its shelter plan is, so you trust it on the day and do not go out to collect them.

No one *left behind.*

The same three rules apply to everyone. These notes help you protect the people who cannot do it alone, and plan for them before the day comes.

Babies under 2

- Keep them in the safest spot, away from windows and outer walls.
- **No face masks** under age 2. Shield their face with your body or a blanket while moving.
- Store ready-to-feed formula or bottled water for mixing, plus diapers and wipes for 3 days or more.
- KI only if officials say so. Newborns need the liquid dose and only one dose (page 11).

Children

- Tell them in simple, calm words: "We stay inside, and that keeps us safe."
- Ask each school about its shelter plan now, so you trust it on the day.
- Pack a comfort bag: a favorite toy, books, cards, snacks.
- Teach older kids page 2: they may be alone when it happens.

Pregnant or breastfeeding

- Among the people who benefit most from KI when officials advise it.
- Shelter early and stay in the best spot. Avoid any trip outside.
- Follow health authorities' advice on breastfeeding after a release.
- Keep prenatal vitamins and pregnancy records in the kit.

Older adults

- If stairs to the basement are not possible, use the innermost ground-floor room or the core of the building.
- At least a week of medicines, a written list of doses, spare glasses and hearing aid batteries.
- Agree now which neighbor or relative checks on them, by phone first.

Disabilities and medical needs

- Ask your doctor or supplier now about backup power for oxygen, dialysis or other equipment.
- Deaf or hard of hearing: turn on phone alerts with vibration and flash.
- Blind or low vision: practice the route to the shelter spot by touch.
- Keep a card with your condition, medicines and contacts in the kit.

Pets and animals

- Bring pets inside before fallout. Never go out to look for one during fallout.
- Store pet food, water, a leash or carrier, and a litter box or puppy pads.
- If a pet was outside, brush its coat, then wash it with soap and water (page 10).

Write it down now

Add the names of everyone who needs help, who looks after them, and what they need, to your family plan on page 14.

After the event, *step by step.*

Scan: WHO

The danger falls over hours and days, but it is not over when the noise stops. Leave shelter only when officials say it is safe, or tell you to move.

Leaving shelter or evacuating

- Follow the routes officials give. Do not take shortcuts through damaged or restricted areas.
- Cover your nose and mouth with a mask or cloth if you must go through dusty areas.
- Do not return to an evacuated area until officials say it is safe.
- Expect checkpoints where people are screened for contamination. Cooperate, as this protects you and others.

Food and water

- Packaged and sealed food, and anything stored inside, is safe.
- Wash the outside of cans and packages before opening them.
- In affected areas, avoid local milk, garden vegetables, wild mushrooms, foraged food, and fish from local waters until authorities say otherwise.
- Follow official advice on tap water. Use stored bottled water until it is cleared.

Health

- Nausea, vomiting, diarrhea or headache in the hours after exposure can be signs of radiation sickness, but stress can cause similar symptoms. Report symptoms to medical staff when it is safe to reach them.
- Treat injuries such as cuts and burns as you normally would. Physical injuries are often the more urgent problem.
- Officials may set up registration or health screening for people in affected areas. Sign up, as it helps with follow-up care.

Your mind

- Fear, sleeplessness and anger are normal after a disaster. Talk to people you trust and keep simple routines.
- Limit how much disaster news children watch. Explain what is happening calmly and in simple terms.
- Check on neighbors, especially older people and people who live alone.
- Seek professional support if distress lasts or gets worse.

Pets and animals

Keep pets inside. If you have livestock, officials may advise moving animals indoors and covering feed.

Myths *that can hurt you.*

Bad advice spreads fast in a crisis. These are the most common mistakes, with what official sources actually say.

MYTH	FACT
"Get in the car and drive away."	Cars give little protection. Traffic can trap you outside when fallout lands. Get inside the nearest building.
"Nobody can survive a nuclear attack."	People outside the immediate blast area can greatly reduce their risk by sheltering quickly in a good location.
"Take iodine pills as soon as you hear the news."	Take KI only when officials say so. It protects only the thyroid, from radioactive iodine. It does nothing against fallout's external radiation.
"Iodized salt or iodine disinfectant works like KI."	Salt has far too little iodine, and eating a lot of it is harmful. Iodine disinfectant should never be swallowed.
"I should go get my kids from school."	Going outside during fallout puts you at serious risk. Schools have plans to keep children sheltered inside.
"Once the blast is over, the danger is over."	Fallout arrives after the blast and is most dangerous in the first hours. Stay inside at least 24 hours.
"Hand sanitizer or disinfectant wipes will clean off radiation."	Remove outer clothing and wash with soap and water. Sanitizer and disinfectant wipes are not for decontamination.
"Sealing my home with tape makes it a fallout shelter."	Closing windows and switching off outside-air ventilation helps, but protection comes from heavy material and distance. Go down and to the center of the building.
"Food in my fridge is now radioactive."	Food and water stored inside, in sealed packaging or closed containers, are safe to eat and drink.

Wallet cards, *cut and keep.*

Each card is bank-card size (85 × 54 mm). Cut around the outer line, fold on the dashed line, and keep one in every wallet and school bag.

Flash or alert? Act now

- **Do not look** at the flash.
- Outside: **lie face down**, cover your head, wait for the shock wave.
- **Get inside** the best building within reach. You usually have 10+ minutes before fallout.
- Go **down** (basement) or to the **center**. Away from windows, roof and outer walls.
- **Stay inside 24 hours** or until officials say otherwise.
- **Stay tuned**: radio, RO-ALERT, official channels.

Got dust on you? Clean up

- **Remove outer clothing** (up to 90% of contamination). Bag it.
- **Shower** with soap and shampoo. **No conditioner.** Do not scrub.
- No shower: wipe skin and hair with a wet cloth. Wipe eyelids, ears; blow nose.
- Put on clean clothes. Brush, then wash pets.
- **KI only if officials tell you.**
- Emergency: **112** (RO/EU) · **911** (US)

My shelter spots

Home: _____

Work: _____

School: _____

Public shelter: _____

Meeting place: _____

My contacts

Out-of-area contact: _____

Family: _____

Family: _____

Doctor: _____

Radio station: _____

For kids: if the sirens sound

- **Go inside** right away. Stay with your teacher or a grown-up you trust.
- Go to the **middle of the building** or the basement. Stay away from windows.
- **Don't look** at a bright flash.
- **Don't go outside** to come home. We will come for you when it is safe.
- If dust got on you: take off your jacket and wash your hands and face.

This card belongs to

Name: _____

Parent: _____

Phone: _____

Other adult: _____

Phone: _____

Emergency: 112 (RO/EU) · **911** (US)

General information from official public guidance, not medical advice. Instructions from your local authorities always come first. Full notice: page 20 of the Nuclear Emergency Survival Guide.

1

Get inside

The nearest solid building. Go down to the basement or to the middle of the building. Never shelter in a car.

2

Stay inside

At least 24 hours. Close windows, turn off fans that pull in outside air. If you were outside: outer clothes off, shower, no conditioner.

3

Stay tuned

Battery radio, RO-ALERT or official alerts. Text, don't call. Take iodine pills only if officials tell you to.

OUR SHELTER SPOT _____

OUR MEETING PLACE _____

OUT-OF-AREA CONTACT _____

RADIO STATION _____

NEAREST PUBLIC SHELTER _____

FAMILY DOCTOR _____

112
Romania and EU

911
US and Canada

Ready.gov guide

DON'T GO OUT TO COLLECT CHILDREN: SCHOOLS SHELTER THEM. DON'T LOOK AT A FLASH. FOOD AND WATER STORED INSIDE ARE SAFE.

General information from official public guidance, not medical advice. Instructions from your local authorities always come first. Full notice: page 20 of the Nuclear Emergency Survival Guide.

REFERENCES

Sources, *all cited.*

Every recommendation in this guide comes from official agencies. A few Romanian details (siren patterns, the free-KI rule) come from news reports of official announcements and are marked as such. Guidance can change, so check them for updates. Sources were consulted on November 2, 2026.

International and United States

1. **Ready.gov (FEMA, US Department of Homeland Security).** Nuclear Explosion: before, during and after; shelter, fallout timing, decontamination, what not to do. ready.gov/nuclear-explosion
2. **Ready.gov.** Build a Kit (water per person per day, basic supplies). ready.gov/kit
3. **US Centers for Disease Control and Prevention (CDC).** Preparing for a Radiation Emergency: Get Inside, Stay Inside, Stay Tuned; removing outer clothing removes up to 90% of radioactive material. cdc.gov/radiation-emergencies/safety
4. **CDC.** Potassium Iodide (KI): who should take it, doses by age, timing, risks and limits. cdc.gov/radiation-emergencies
5. **CDC.** How to Self-Decontaminate after a Radiation Emergency (remove outer clothing, shower, shampoo, don't scrub). cdc.gov/radiation-emergencies/prevention/self-decontaminate.html
6. **UK Health Security Agency (GOV.UK).** How to remove radioactive material from your skin and clothes: "Do not use conditioner as it may fix contaminants to your hair." gov.uk/government/publications/radiation-emergencies-information-for-the-public
7. **US Department of Homeland Security, Center for Domestic Preparedness.** The 7:10 Rule of Thumb for fallout decay. cdp.dhs.gov
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9. **WHO.** Radioactivity in food after a nuclear emergency (Q&A). who.int/news-room/questions-and-answers
10. **WHO.** Iodine thyroid blocking: Guidelines for use in planning and responding to radiological and nuclear emergencies (2017). who.int/publications/i/item/9789241550185
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12. **European Commission.** Preparedness Union Strategy (2025): households able to manage on their own for at least 72 hours. commission.europa.eu

Romania

13. **Inspectoratul General pentru Situații de Urgență (IGSU).** Public alarm signals: air raid alarm, air pre-alarm, disaster alarm, all clear. As described in IGSU national siren test announcements and reported by Playtech.ro (2026). igsu.ro
14. **DSU and IGSU.** Fii pregătit, the national preparedness platform. fiipregatit.ro
15. **Departamentul pentru Situații de Urgență (DSU).** DSU mobile app with the list of civil protection shelters; RO-ALERT phone alerts. Reported by Euronews Romania. dsu.mai.gov.ro · euronews.ro
16. **Ministerul Sănătății (Romanian Ministry of Health).** Order on the distribution of potassium iodide (in force June 23, 2022): free for people up to 40 with a family doctor's referral; not to be taken preventively. Reported by Agerpres via Știripesurse.ro and Romania Insider (2022). ms.ro

Before you rely on this guide. General information only, summarized from the public sources above. It is not medical, legal or other professional advice, cannot cover every situation, and does not replace your doctor or your local authorities: their instructions always come first. Medicines, including potassium iodide, only as officials and the product leaflet say. You are responsible for how you use this information; to the fullest extent the law allows, the author and publisher accept no liability for any injury, illness, loss or damage that results from using or misusing it. **Names.** The agencies and organizations named here are cited only as sources of public guidance. This guide is independent and is not affiliated with, sponsored by or endorsed by any of them; their names and marks belong to their owners. Facts checked November 2026. © 2026 Outage Supply Planner. All rights reserved.