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.