

# RADIATION

# ALERT

## How can I protect myself?

1. After a release of radioactive materials, local authorities will monitor the levels of radiation and determine what protective actions to take.
2. The most appropriate action will depend on the situation. Tune to the local emergency response network or news station for information and instructions during any emergency.
3. If a radiation emergency involves the release of large amounts of radioactive materials, you may be advised to "shelter in place," which means to stay in your home or office; or you may be advised to move to another location.
4. If you are advised to shelter in place, you should do the following:
  - Close and lock all doors and windows.
  - Turn off fans, air conditioners and forced-air heating units that bring in fresh air from the outside. Only use units to recirculate air that is already in the building. Close fireplace dampers.
  - If possible, bring pets inside.
  - Move to an inner room or basement.
  - Keep your radio tuned to the emergency response network or local news to find out what else you need to do.
5. If you are advised to evacuate, follow the directions that your local officials provide. Leave the area as quickly and orderly as possible. In addition:
  - Take a flashlight
  - Portable radio
  - Batteries
  - First-aid kit
  - Supply of sealed food and water
  - Hand-operated can opener
  - Essential medicines, and
  - Cash and credit cards.
6. Take pets only if you are using your own vehicle and going to a place you know will accept animals. Emergency vehicles and shelters usually will not accept animals.

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