



Protecting Yourself and Your Family

Protecting Yourself and Your Family During a Radiation Emergency?

If a radiation emergency happens near where people live or work, you can take immediate action to protect yourself, your loved ones, and others around you. This kind of emergency could be a dirty bomb or a nuclear explosion, a nuclear power plant accident or a transportation accident. These actions will protect people in a radiation emergency:

- Get inside and stay inside an undamaged building
- If possible, shower and change into clean clothes
- Stay tuned to television or radio for updates and instructions

Emergency workers and local officials are trained to respond to different types of situations and will give specific instructions to keep you safe. For more information, please read *Protecting Yourself and Family*.

For more information about emergency response, check the following Web sites:

- Federal Emergency Management Agency
- American Red Cross: Disaster Services
- U.S. Environmental Protection Agency's Office of Emergency Management

For more information about evacuation, see the CDC fact sheet *Facts about Evacuation During a Radiation Emergency*. For more information about sheltering, see the CDC fact sheet *Sheltering in Place during a Radiation Emergency*.

Sheltering in Place and Evacuation

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.

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.

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.

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.

For additional information about Protecting Yourself and Your Family During a Radiation Emergency please see the Radiation Emergencies web site.