

# If you are in an area WITHOUT a Public Shelter or if you CANNOT take Public Shelter shown on map, study the following on how to IMPROVISE

## WHAT TO DO IF YOU ARE IN AN AREA WHERE PUBLIC SHELTER IS NOT AVAILABLE



You should go to the best protected part of the house or building in which you live or work when you receive warning to take shelter. The following tells you how to produce additional fallout protection.

## HOW TO IMPROVISE SHELTER AT HOME

If you take shelter in the best protected part of your home, you can add additional protection there. If your home has a basement, pick out the corner of your basement where the ground level outside is highest. This is the safest place in the basement. MAKE IT SAFER. If you have a sturdy table or workbench, put it in the corner. Fill boxes or dresser drawers with the heaviest material readily available—sand or dirt, bricks—or if you have nothing heavier, newspapers or books. Stack these materials on the top and at the sides of the table or workbench.

In below ground basements, it is most important to have shielding overhead. Place most of the material there. If your basement has exposed windows, the protection against radioactive fallout can be increased by sand bagging or banking earth against the outside of the windows.

## BASEMENT SHELTER

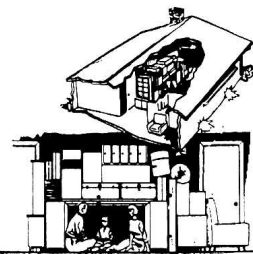


Select the corner of your basement where the ground level outside is highest. This is the safest place in the basement. Place boxes or drawers on top of a sturdy table or workbench and fill with heavy material, such as dirt or sand. If the sides of the basement away from the shelter area have more than two feet of outside wall exposure, materials should also be placed around the open sides of the table.

If a workbench is not available, you can improvise a small shelter by using furniture, doors, dressers, or other materials. Make a sturdy table by removing doors from their hinges and placing them over supports in the safest corner of your basement. The supports for your table can be a chest of drawers or anything else which can take a heavy load. Use two or three doors for the top of this table, to provide enough strength to support the heavy load placed on them. Use anything with weight that can be moved. The heavier the material, the more the protection. But be careful not to overload the table to the point where it will collapse.

If your home does not have a basement, the safest place may be a crawl space under the house, or the central part of the home at ground level, farthest from the roof and walls. It is essential to make this area safer. Do this by placing boxes or drawers filled with heavy material on or around the space to be shielded.

## GROUND FLOOR SHELTER



Place boxes or drawers on top and around the sides of a sturdy table or workbench and fill them with heavy materials. Often a makeshift table can be made by using doors supported by cabinets or other pieces of furniture.

## BOATS CAN BE USED AS SHELTERS



If you have a boat and a large body of water is near, a boat with an enclosed cabin or a tarpaulin could be used as an emergency shelter. Fallout particles could be flushed off the top of the cabin or tarpaulin occasionally. The boat should be at least 200 feet offshore and the water at least 5 feet deep. Radioactive particles will sink to the bottom.

## HOME SHELTER SUPPLIES:

If you take shelter in the best protected part of your home, you will need supplies. The most vital things should include food, water, a can opener, a container for human waste, toilet paper, soap, a first aid kit, a battery-powered radio, a flashlight, infant needs (bottles, nipples, milk, etc.) and needs for invalids (special medicines, etc.). Other supplies may include bedding, extra clothing, towels, paper plates, knives, forks, spoons, cups, napkins, newspapers, sanitary napkins, paper or plastic bags, diapers, candies, and toilet.

You may have to stay in your home shelter area for only 1 or 2 days, but it is possible that you might have to stay there for as long as 2 weeks. Therefore, take as many supplies as possible to your shelter area.

## WHAT TO TAKE:

Supplies of prescription medicines (diabetic, heart patients, etc.) • Special medicines and food for the care of invalids and infants • A small package of supplementary foods (canned meats, dried foods, sugar, soft, canned fruit, and milk) • Blankets, sleeping bags, and air mattresses • Extra change of clothing in a plastic bag • Small first aid kit • Soap, toothpaste, toothbrush, and towels • Portable radio plus batteries, books, games on a compact toys • Flashlight • Paper toweling

## WHAT NOT TO TAKE:

Pets, weapons, alcoholic beverages, bulky packages, foods requiring cooking or cooling (refrigeration), heat or flame producing devices, except matches and lighters.

## HOME SHELTER SUPPLIES:



## PROTECTION FROM FALLOUT

You can protect yourself from fallout by getting heavy material (shielding) between yourself and the fallout particles giving off the gamma rays. The heavier the construction of a building you may be in, the better protection it gives you. Concrete, brick, earth, and sand are some of the materials heavy enough to afford fallout protection by absorbing radiation. For example, the same shielding density is provided by 3 inches of lead, 6 inches of steel, 2 feet of concrete, 3 feet of earth, 5 feet of water, or 9 feet of wood.

## STORM CELLAR AS SHELTER



Storm cellars may provide overhead protection against fallout, but the entranceway door may need additional shielding. This could be provided by storing concrete blocks in the cellar. These blocks could be stacked up to form a fourth wall at the entranceway, after your family has entered the cellar.

If no other place is available you may be able to improvise fallout shelter in your backyard. Note, however, that this should not be attempted in areas where the ground water level is high. Preparation would be as follows:

1. Pull the hinge pins on two or more doors in your home.
2. Dig a hole about 2 feet wide by 8 feet long and 4 or 5 feet deep.
3. Lay the doors over the hole so that a small entranceway is left on one end.
4. Pile the excavated dirt on top of the doors.
5. Lay a tarp or blanket across the top of the entranceway, to prevent fallout from getting down to the floor of the hole.
6. For additional protection, once you are inside the shelter, dig the hole deeper and pile the dirt under the entrance.

In favorable conditions a door-over-hole shelter can provide excellent protection.

## IMPROVISING OUTSIDE THE HOUSE OR BARN



Dig a shallow ditch (6 inches deep, 6 inches wide) parallel to and about 4 feet from the outside wall. Remove doors inside the house from their hinges. Place the bottoms of the doors in the shallow ditch (so they will not slip), and lean the doors against the outside wall. Use a thickness of at least two doors. On the doors, pile all the shielding materials that they will support. Stack other shielding materials at the ends of the doors. If there is time, make the shelter deeper by digging out more earth inside it. Dig out shallow trenches to allow rain water to drain away from the shelter. Shielding materials can also be placed on the side of the wall.

# Follow Your Community Shelter Plan

IT GIVES YOU AND YOUR FAMILY MAXIMUM CHANCE FOR SURVIVAL

## Prepare Your FAMILY EMERGENCY PLAN



You must know if there is a public shelter available for you if you receive warning to take shelter. Fill out the family emergency plan below. This will show each member of your family WHERE TO GO and WHAT TO DO in case of nuclear attack. Enter the name and location of the building where each person will take shelter in the two right-hand columns.



NAME	IF AT WORK, or AT SCHOOL TAKE SHELTER AT:	IF AT HOME TAKE SHELTER AT:

### FAMILY EMERGENCY PLANS (Fill out for each member of the family)

	School or Work Days	Non-School Days	Nights & Sundays	School or Work Days	Non-School Days	Nights & Sundays
Father:				Father:		
Mother:				Mother:		
Child:				Child:		
Child:				Child:		
Route:				Route:		
Supplies:				Supplies:		
Cut out and put this card in your wallet			Cut out and put this card in your wallet			
	School or Work Days	Non-School Days	Nights & Sundays	School or Work Days	Non-School Days	Nights & Sundays
Father:				Father:		
Mother:				Mother:		
Child:				Child:		
Child:				Child:		
Route:				Route:		
Supplies:				Supplies:		
Cut out and put this card in your wallet			Cut out and put this card in your wallet			
	School or Work Days	Non-School Days	Nights & Sundays	School or Work Days	Non-School Days	Nights & Sundays
Father:				Father:		
Mother:				Mother:		
Child:				Child:		
Child:				Child:		
Route:				Route:		
Supplies:				Supplies:		
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