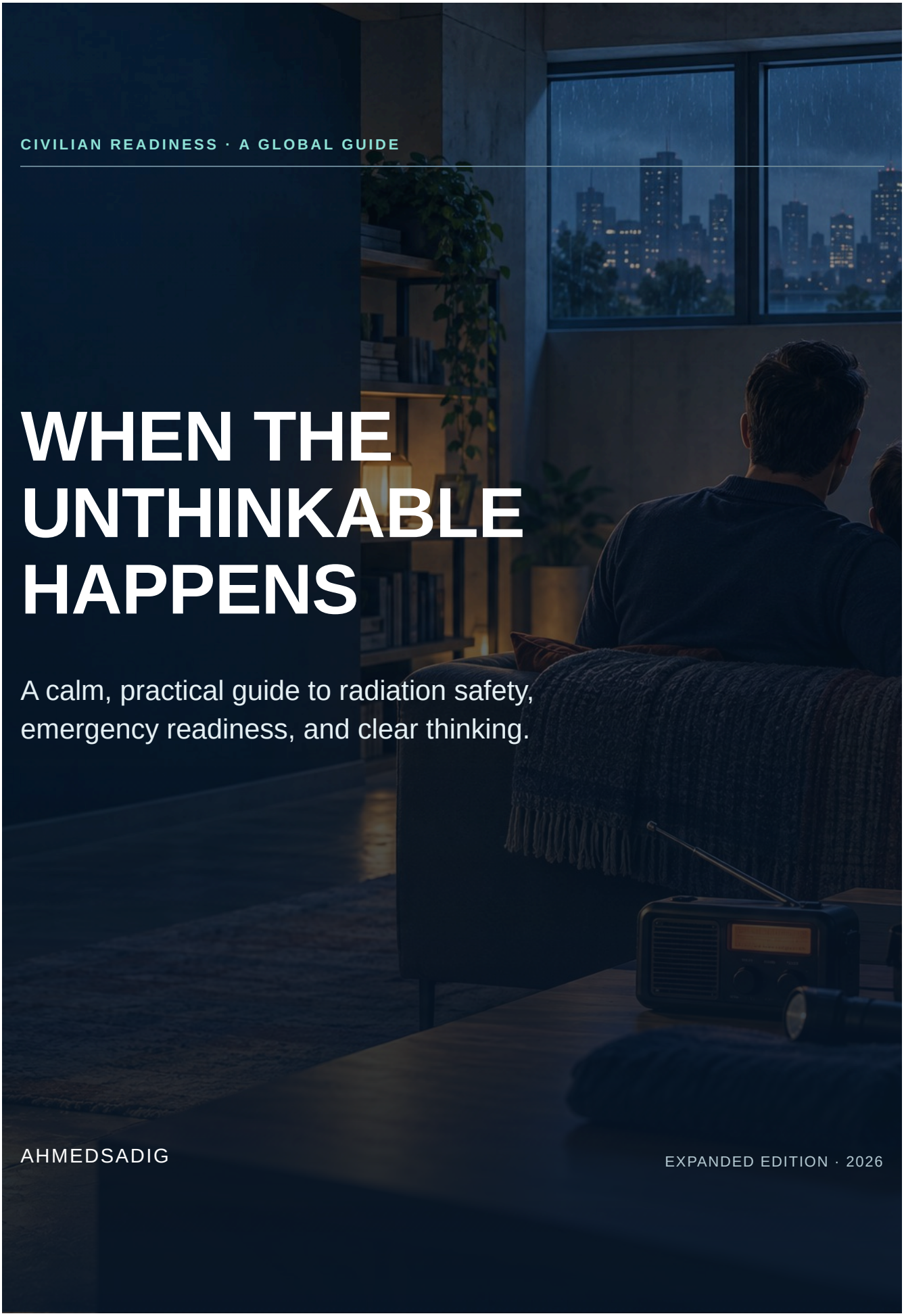


CIVILIAN READINESS · A GLOBAL GUIDE

WHEN THE UNTHINKABLE HAPPENS

A calm, practical guide to radiation safety, emergency readiness, and clear thinking.

AHMEDSADIG

EXPANDED EDITION · 2026

Three actions that matter most

A clear first response can reduce confusion. In a radiation emergency, general public guidance starts with three actions:

GET INSIDE Move into the nearest substantial building. A basement or central interior area is generally preferable.

STAY INSIDE Remain sheltered unless the building is unsafe or authorities instruct you to move.

STAY TUNED Use official alerts, emergency radio, and trusted local authorities for next steps.

Important: These are general actions, not a substitute for incident-specific instructions. Local authorities may update guidance as monitoring improves.

Prepare

Know local alert channels, contacts, and shelter locations.

Protect

Choose a substantial building and move away from windows.

Verify

Use official information; don’t share unverified claims.

Choose the most protective place available

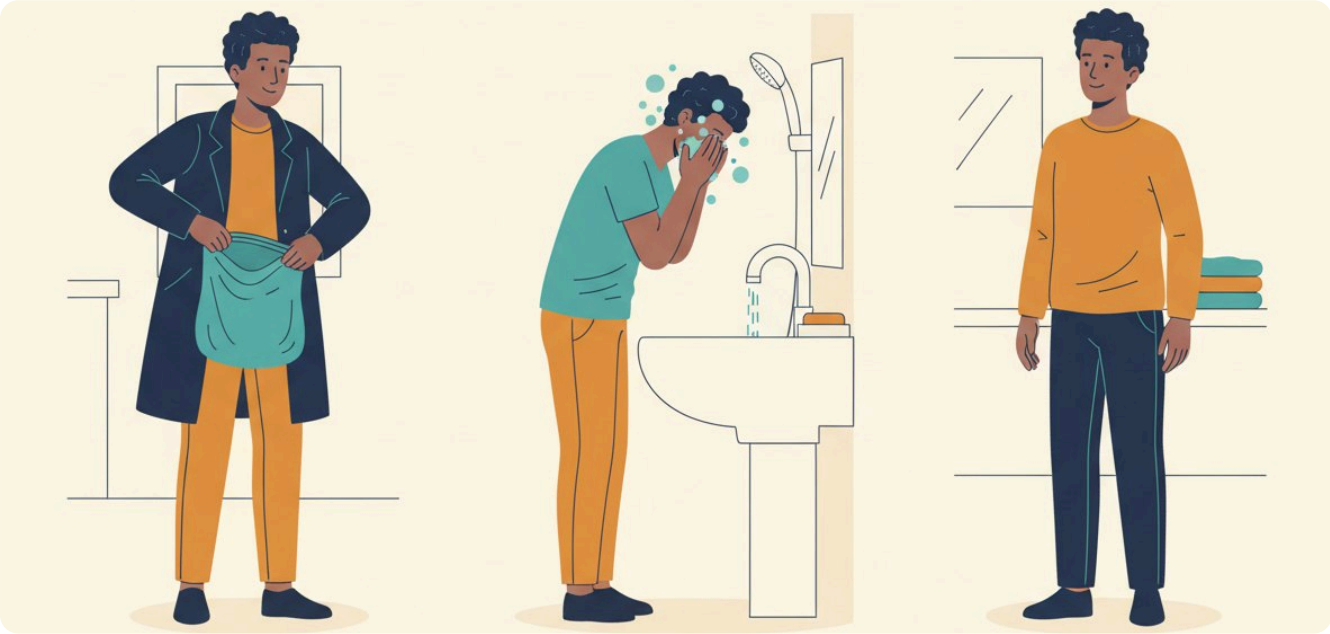


Dense material between you and radioactive material can reduce exposure. In general, a basement or underground area in a substantial building offers useful shielding. Without a basement, choose a central interior space on a lower or middle floor, away from outside walls and the roof.

REMEMBER Being inside any building is generally safer than remaining outside or in a vehicle. Do not enter a building that may collapse or is threatened by fire.

Public guidance often recommends sheltering for at least 24 hours after a radiation emergency, but this is not a universal all-clear. Stay sheltered longer if officials say so.

If you were outdoors: remove, wash, change



1. **Remove carefully.** Once safely inside, take off your outer layer of clothing without shaking it.

2. **Contain it.** Place clothing in a sealable bag and keep it away from people and pets.

3. **Wash gently.** Use soap and lukewarm water on exposed skin and hair. Avoid harsh cleaners and hard scrubbing.

Follow responder instructions for handling clothing and waste. Seek medical help for injuries or symptoms when it is safe to do so.

Practical, calm, ready to use

Household readiness

Supplies, communications, family plans, and accessibility considerations.

Food, water & medicines

General guidance for protected supplies and official advisories.

Medical & emotional wellbeing

When to seek help and how to support people during disruption.

Clear science & myths

Plain-language explanations of radiation, contamination, fallout, and common misconceptions.

KI is not a general antidote. Potassium iodide is only for specific situations and should be taken only when directed by public-health or emergency officials, or a healthcare professional.

The complete edition also includes household checklists, a 30-day readiness programme, a glossary, and links to official references.

This buyer preview is an excerpt, not a complete emergency manual. Follow competent local authorities during an actual incident. Official sources: Ready.gov and U.S. CDC radiation-emergency guidance.

PREPARE · PROTECT · STAY INFORMED

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