

any last minute defences against fallout. When you do this, cover up well with outer clothing & leave them outside before re-entering the shelter as well as washing your head, neck & hands thoroughly. Brush under your nails, bathe your eyes, rinse your mouth with salt & water, cough & blow your nose hard.

IN GENERAL YOU HAVE BETWEEN 15-30 MINUTES TO DO THIS BEFORE THE FALLOUT STARTS FALLING. Always wear gloves when handling anything contaminated by fallout. Stay inside your shelter until notified by civil defence authorities that it is safe to come out. (A radio is very important for this.)

IN THE ABSENCE OF OUTSIDE COMMUNICATIONS, stay inside as long as possible. However count on being inside a minimum of 3 days. AFTER THE FALLOUT PERIOD. IF YOU MUST SEARCH FOR FOOD OUTDOORS following the fallout period, look for foods that are naturally protected such as nuts, which are shielded by the shell. Eggs will probably be safe to eat, especially if the hens stayed under cover during the fallout. Wash & peel potatoes as contamination is not removed by boiling alone.

GREENS SUCH AS CABBAGES, SPROUTS & LETTUCES WILL ALSO BE FAIRLY SAFE, if the hearts are solid & well protected by the outer leaves, which you should discard. Fish also should be safe. Animals which have been outside will not be safe. Remember that after the first few days of fallout that there is a risk of all plants being contaminated, as their roots will have taken up radioactive material in the soil.

RAIN WATER WILL BE CONTAMINATED, as will any water from your mains supply, & keep in mind that boiling it will not make it safe to drink. When venturing outside always wear a good layer of outer clothing that can be discarded when you return to your shelter.

RADIATION SICKNESS. THE SYMPTOMS CAN VARY FROM WEAKNESS, NAUSEA, DIARRHEA TO A LOSS OF APPETITE & DELIRIUM. Treat any wounds or injuries & remove all contaminated clothing where possible & wash the patient, not forgetting the hair. Be sure to wear gloves, a long coat & a mask when doing this & keep the patient's clothes separate from anything else to avoid contamination danger. Alert the police or civil defence authorities.

PART SIX: WATER & FIRST AID

THIRST. THIRST BURSTS THROUGH EVERY HUMAN NEED. Owed water, the body is a ruthless debt collector who can force its owner to drink petrol, seawater or radiator water in an effort to exact repayment. A raging need in hot climates, thirst is more insidious in cold as you may not feel the pang until it is too late.

A BASIC MINIMUM OF 2½ LITERS ARE NEEDED to keep you going efficiently in cool weather & 4½ liters in warm weather. Thus in

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