

the second floor unless the flames have actually reached you & you cannot back away from them any further.

IF YOU DO HAVE TO JUMP LOWER YOURSELF to full arms length from the window ledge to shorten your drop & turn outward as you jump. When falling try to relax & land on the padded parts of your body. Try to roll with the fall tucking your head well forward. Try to pick the softest landing place possible, the roof of a car, sloping lawn, or onto mattresses, cushions or pillows thrown ahead of you.

f) DON'T TRY TO PUT OUT ANY FIRE YOURSELF UNLESS YOU ARE SURE THAT YOU KNOW WHAT YOU ARE DOING, & you know exactly what is on fire, as various combinations of acids or chemicals can be explosive or poisonous.

g) DON'T TREAT BURNS & SCALDS, get the affected area into cold water & keep it there for seven minutes. Wrap any patient that is suffering from extensive burns in cold water, being careful not to remove any clothing. Do not use any butter, lard or soap & do not break any blisters. Try to remove jewelry before hands swell & in the case of injured feet take off boots & shoes if possible. Reassure, comfort & keep the patient warm to help lessen shock, which in itself can kill an elderly or weak person.

976 PART FOUR: NATURAL DISASTERS

EARTHQUAKES. THERE ARE SELDOM ANY PRELIMINARY WARNINGS of earthquakes & as their motion is not constant there may be several seconds between tremors. Usually the best thing to do is to stay where you are & not try to run outside, as most injuries happen when people are leaving or entering buildings. Doorways offer the best minimal support if there is nothing else as they have overhead support.

CROUCHING UNDER DESKS, BEDS OR TABLES HELPS ALSO. Avoid masonry, chimneys, vents & large windows. Be wary of people panicking, as they often do more damage than the actual earthquake. Even strong quakes rarely knock things off the shelves. Most city areas have few open spaces that would be free from tumbling debris, so it is best to stay in a building.

LIGHTNING. LIGHTNING IS ONE OF THE MOST UNPREDICTABLE FORCES IN THE UNIVERSE. It can frazzle you to nothing in a field or hit a house & leave you unharmed. A flash of lightning can be anything up to 100 miles long, can pack more of a punch than all of the U.S. power stations combined, & strike repeatedly in the same spot. The odds of being hit by lightning are about 1 in 2,750,000. Following are some tips & suggestions to help heighten those odds.

a) INDOORS UNPLUG YOUR TV & PUT AWAY ALL KNIVES & SCISSORS.

THIS TREMENDOUS FORCE WILL UPROOT TREES, FLATTEN BUILDINGS & anything else in the immediate area, & wreak considerable damage in the outlying areas. The explosion of the bomb turns all the wreckage into dust & then sucks it up into the fireball where it is released as deadly contaminated dust. Every bit falling back is radioactive.

THIS DUST, KNOWN AS FALLOUT, WILL FILL THE EXPLOSION AREA WITHIN AN HOUR & depending on the wind direction, speed & variability, eventually blanket a huge area. Invisible, it will kill & sicken & can only be detected by Geiger counters & devices carried by civil defence & police services.

HOW TO PREPARE A FALLOUT SHELTER. THERE ARE THREE FACTORS that affect & can weaken the intensity of fallout. 1) Distance. 2) Thickness. 3) Time. Try to buttress walls, windows & doors with as much extra thickness as possible. Bricks, concrete & hard-packed earth all help resist a fallout attack.

IT IS ALWAYS BEST TO MAKE YOUR PREPARATIONS WELL IN ADVANCE & not wait until the media start broadcasting news of increased tensions etc. Decide what part of your home to use as a refuge in case of an attack. Those who live in bungalows, pre-fab houses or caravans should plan on taking shelter in more substantial dwellings. In multi-storied apartment buildings middle floors are the safest, the top being the most dangerous. Buildings of four floors or less are only safe on the ground.

THE BASEMENT OR CELLAR IS THE BEST PLACE OR THE INNERMOST ROOM ON THE GROUND FLOOR, shielded by a maximum width of walls on all sides. 40 centimeters of bricks can soak up as much as 95% of the fallout. Take down all the curtains & whitewash the windows to reflect back off as much of the heat as possible. Check under your roof for chinks in the slates which could let in flash rays, which are also heat rays.

STOP THEM UP WITH INFLAMMABLE MATERIAL. Clear away any potential source of fire under roofs, in attics, by ventilators or near windows, & have fire-fighting equipment ready. Take out windows if possible & brick them in, or board them up with a layer of packed earth between the two layers of boards.

PILE UP FURNITURE, SANDBAGS ETC. against the walls & doors & block the windows & doors of rooms & passage leading to the fallout shelter room.

WHEN YOU HAVE CHOSEN THE ROOM BEST SUITED TO A SHELTER, then construct a refuge core in the middle of the room to give you extra protection, especially during the first few days of the fallout. This core can vary from a tent of sandbags to a lean-to formed by doors propped against the wall & covered by sandbags, cushions, covers or plastic bags filled with earth.

ONCE YOUR REFUGE IS PREPARED, start gathering the equipment

Close all windows as glass is a bad conductor of electricity. Try to stay in the middle of the room. Also stay away from typewriters, radiators & other large metal objects as strong currents can be induced by lightning striking nearby.

b) WHEN OUTDOORS BE AWARE OF THE WARNING SIGNS of an approaching electrical storm such as dark clouds, hot weather, blobs of rain & bad lights. In seeking shelter, remember that poor shelter is worse than none, as at least a quarter of lightning victims were struck while seeking protection under isolated trees.

GOOD PLACES TO SHELTER ARE: Old barns, lying down or squatting in rubber soled shoes in the middle of an open field, in a building, shed or in the middle of a thick woodland. Cars are safe because the current spreads over the surface of the metal & goes to earth with the tires sometimes bursting.

PLACES TO AVOID BEING ARE: On a boat, on horseback, on a hill, in a cave by isolated trees, by a metal fence, swimming, below overhead wires, standing upright in the open, amongst a large crowd in the open (the warm air rising is a good conductor of electricity), & underneath overhanging rocks (the lightning sparks make an arc from rock to rock with you fried in between).

ALSO AVOID BEING NEAR ANY LARGE STRUCTURES such as steel bridges, tall chimneys as well as trees, especially oak, elms & poplars. Remember that being in contact with any wet surface heightens the risk. Keep away from sky lines also. Steel tipped umbrellas are dangerous as well. When indoors during a lightning storm keep away from sinks & bathtubs, & unplug unused appliances such as TV, hair dryers, washing machines etc.

977 PART FIVE: THE BOMB

AN EXPLODING NUCLEAR BOMB FILLS THE ATMOSPHERE WITH A FLASH & FIRE, followed by a blast & radiation fallout. One may well wonder if there is anything that can be done in the face of such awful destruction. There is nothing that you can do once the bomb actually hits, so all your preparations must need to have been made well in advance.

NO MATTER HOW HOPELESS YOU FEEL, such preparations will definitely help save lives. No one is necessarily doomed or immune from a nuclear bomb attack, as they could very easily miss the target & hit theoretically safe ground. Take precautions based on the assumption that you will be outside the explosion area.

WHAT HAPPENS WHEN THE BOMB HITS. A huge flash usually signals explosion, either simultaneously or to follow. An H-bomb flash lasts up to 20 seconds. As thunder follows lightning, so a blast follows the initial flash, almost immediately, or under a minute later.

& food supplies that you will need to stock it with. Your supply should last three weeks, with an absolute minimum of three days. It is imperative that you be self-sufficient, but don't take so much that your refuge becomes cluttered, as you will be using that small place for living, sleeping, eating & as a bathroom.

FOOD & WATER IS NOT CONTAMINATED BY RADIATION RAYS PASSING THROUGH IT but it will be contaminated once fallout dust collects on it. To avoid this always keep all food & water covered, preferably in containers, & wipe them down thoroughly before opening. This also applies to any water kept in your bathtub, sink etc. Water is more important than food so try to have as large a supply as possible on hand.

WHEN YOU HEAR WARNING OF AN IMPENDING ATTACK, BE SURE TO TURN OFF THE WATER MAINS so that contaminated water cannot enter & spoil the water already in your cisterns, lavatory or pipes. Apart from adequate food & water, be sure to have an adequate supply of first-aid materials, sanitary facilities, bunks, mattresses or air beds, & adequate ventilation.

WHAT TO DO WHEN THE WARNING SOUNDS. If a warning sounds that an attack is imminent, those who cannot reach home in a matter of minutes should take shelter in the nearest safe building.

IF YOU ARE AT HOME, GIVE ONE LAST CHECK that your home is as fire- & fallout-proof as possible & then shut off the gas, water & electricity mains & shut you & your family into the fallout shelter. If indoors, but not near a fallout shelter, try to use anything solid as a flash fire shield. Go into a basement or under a stairway, or crouch between windows along the wall on the flash side of the room & stay there until the blast is past.

IF YOU ARE OUTDOORS YOU SHOULD DO YOUR BEST TO SEEK ANY SOLID OBJECT AS COVER such as a ditch, trench or gutter, or even flat on the ground. Cover the exposed skin on your hands, head or neck with anything available such as your coat. If there is no flash after several minutes & better cover is available, dash for that.

WHEN THE BOMB GOES OFF. IF YOU ARE CAUGHT IN THE OPEN completely unawares, throw yourself flat on the ground or behind any available cover. Screw your eyes shut, jerk your head away & mask your eyes with your hands. Prepare for a potentially tremendous bang by grasping the base of your skull with your interlocked fingers so that your wrists are squeezing your ears.

DIG YOUR ELBOWS INTO THE GROUND & with your head down, count to 100 slowly before opening your eyes between the fingers of one hand made into slits. Blindness from a gigantic glare is not necessarily permanent, lasting from several seconds to a few days, although sometimes longer if the flash happens in the dark.

AFTER THE BOMB GOES OFF, ONCE AN EXPLOSION HAS OCCURRED & you are still alive, check your house for fire risks immediately, & make