Nuclear Emergency Readiness

Small steps. Practical preparation. Keep this page where you can find it.

PREPARE YOUR SHELTER & KIT NOW

- ☐ Pick your best shelter room: basement, or interior middle floor away from windows.
- ☐ Store 1 gallon of water per person per day for 14 days in sealed containers.
- ☐ Stock 14 days of shelf-stable food, a manual can opener, and prescription meds.
- ☐ Pre-cut 6 mil plastic sheeting and keep duct tape to seal windows and vents.

ACT FAST IF AN EVENT OCCURS

- ☐ Get inside the most solid building fast; go to a basement or middle floor.
- ☐ Stay inside at least 24-48 hours while fallout radiation is most intense.
- ☐ Use a battery or hand-crank NOAA radio for official guidance on when to move.
- ☐ Take potassium iodide only when authorities direct, using the correct age dose.

SAFETY NOTE Potassium iodide is not a radiation antidote; it only protects the thyroid against radioactive iodine. Take it only on official guidance. Adults over 40 should take it only if very high exposure is expected, weighing the risks.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/nuclear-emergency-preparedness/

Safety reference: https://www.ready.gov/sites/default/files/2025-02/fema_full-suite-hazard-info-sheets.pdf