

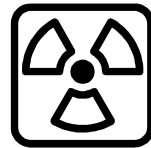


WHAT TO DO IF you hear a loud BLAST....	
	Call out to God! Do NOT LOOK at the flash (it's blinding). In the first 20 seconds, find shelter from the 5-10 min. HEAT BLAST that's coming. Read this page OUT LOUD. Only BIG cities are targets—you MAY have hours in which to find better shelter before the fallout arrives. Do NOT PANIC!
<b>A.</b>	<b>IF YOU ARE AT HOME:</b>
leave?	If your house is ON FIRE or is NOT SAFE, take purse, car keys & kids, get in vehicle & read B (below). If car is disabled, read C.
or stay?	If you STAY HOME—move emergency bag from car to safe room. If you suspect a bombing, open the first aid kit, paint 1 or 2 tsp of iodine on your belly OR swallow 2 potassium iodate pills with water.
OUTSIDE	If power lines are NOT down, PUT ON MASK, then showercaps & hat. 1) Smother any small fires with a blanket or spray fire extinguisher. 2) If you have a pool or garden, cover with a tarp & secure with rocks. 3) If you have a rain barrel, unhook it from guttering (until fallout quits). 4) If you have pets, use food to lure, put in pet carriers & take inside.
INSIDE	1) If you've been outside in fallout, discard clothing & shoes. 2) If any windows are open, close them (also close blinds & curtains). 3) If you have gas power, turn it off (a professional must turn it back on). 4) Move books & furniture to floor above safe room (see diagram). 5) If there is a window in the safe room, block it with books & plastic taped up with duct tape (if you have help, do other windows, too) 6) Move SHOES, blankets, pillows, flashlights, ice chest...to safe room. 7) Turn OFF A/C or heat unit (to keep contaminated air out). 8) Turn OFF main water valve (to keep contaminated water out). 9) Unplug appliances (leave 1 lamp on-so you'll know if power returns). 10) If a dryer is in your safe room, put steel wool in the vent (to filter air).
<b>B.</b>	<b>IF YOU ARE IN A MOTOR VEHICLE:</b>
	Pull off the road & open first aid kit in the emergency bag. Pour 1 tsp of iodine on each child's tummy (2 tsp on adults) OR take 1 or 2 Kpills (potassium iodate) immediately. PUT ON mask, then showercap & hat.
	Drive on roads you know (interstates may close). Head for a concrete structure, overpass or a familiar home or church nearby (for shelter).
<b>C.</b>	<b>IF YOUR MOTOR VEHICLE WON'T RUN:</b>
	Take emergency bag, purse & clothes bag. PUT ON MASK, showercaps & hat. Cover exposed body parts. Take iodate pills or paint on 1-2 tsp. iodine. Walk or run perpendicular to the wind to ANY solid shelter. The first few minutes is the most crucial time to block heat & gamma rays.
	<b>Avoid public shelters. They soon become public bathrooms!</b>
<b>D.</b>	<b>HUNKER DOWN somewhere for at LEAST 8 hours! (24 is better)</b> Open the bag & get out the wisk broom, flashlight & radio. If your cell phone still works, call loved ones & tell them where you are. If it doesn't, talk to God! Above all, avoid contact with radioactive fallout particles.

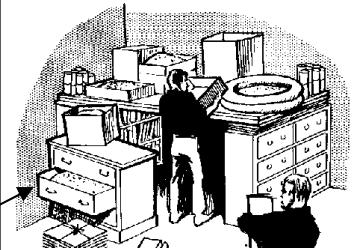


# Emergency Preparation for Home & Vehicle

Read the back page for what to do immediately in a disaster.

The inside of this booklet is how to prepare **BEFORE** a nuclear disaster occurs

The first 48 hours after a bomb is detonated is the most crucial time to be protected from radiation—ANY protection is better than none.



But, it's better to prepare in advance a SAFE ROOM & an EMERGENCY BAG



Psalm 91:1

“He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty.”

**NOTE:** Shadrach, Meshach & Abednego (Daniel 3) knew Isaiah 43:2 & FIRE did NOT hurt them. It's a TRUE story & could happen to you—if you don't panic.

<b>A.</b>	<b>PREPARING the HOME</b> (with a 'SAFE ROOM')
<b>1.</b>	<b>SHELTER:</b>
	A basement room or cellar is best. Radiation is blocked by dense material (books, bricks, dirt...). A toilet near the 'safe room' is a must.
	Prepare to STAY in that room <b>WITHOUT ELECTRICITY</b> for at least 48 hours ( <i>radiation decays fast</i> ). Store wind-up flashlights, games, cards, pillows, blankets & hand fans ( <i>for very hot &amp; very cold times</i> ), first aid kit & a <u>wind-up</u> short-wave radio. Practice playing 'Survivor' in the dark.
	If your dryer is near the safe room, have steel wool pads handy to put in the vent. Know where the main water valve is ( <i>so you can turn it off</i> ).
	If there is a window in the safe room, have books or bricks nearby, ready to stack in the opening to block radiation. Glass may break, so have heavy-duty plastic sheets already cut to fit windows & duct tape handy.
	Store lots of <b>toilet paper</b> & plastic <b>garbage bags</b> in the safe room bath.
<b>2.</b>	<b>FOOD STORAGE:</b>
	Crackers, peanut butter (& <i>knife</i> ), protein bars, healthy dried cereals, ready-to-eat can goods, manual can opener, handiwipes & picnicware.
	Dehydrated fruits & veggies & vitamins are always a good investment. These have a fairly short shelf life (months)—so rotate them often.
<b>3.</b>	<b>WATER STORAGE:</b>
	<b>Drinking water:</b> store bottled water ( <i>drain top inch of water if freezing</i> )
	<b>Pool or rain barrel:</b> a small outdoor swimming pool or a rain barrel connected to the guttering can be a life-saver AFTER an event, since fallout particles can be filtered out & the water purified for use.
	<b>Toilet &amp; tank water:</b> a toilet can be flushed even when the water is turned off—just pour water drained from the bottom of the hot water heater into the toilet tank ( <i>not the bowl</i> ) & flush. ( <i>But, just in case it does back up—store a bucket for each person, thick bags &amp; seatpad.</i> )
<b>4.</b>	<b>SURVIVAL PRODUCTS</b> ( <i>only available by mail order</i> ):
	Fire Extinguisher Spray <a href="http://www.firstalertstore.com/">www.firstalertstore.com/</a> Potassium Iodate Pills <a href="http://www.kpills.com/">www.kpills.com/</a> or <a href="http://www.disasterstuff.com/">www.disasterstuff.com/</a> ( <i>radiation can destroy your thyroid if you not dosed with iodine first</i> ) Small Radiation Monitoring Device \$160 <a href="http://www.nukalert.com/">www.nukalert.com/</a> Non-electric Water Filter <a href="http://www.aquarain.com">www.aquarain.com</a> <a href="http://www.berkeywater.com/">www.berkeywater.com/</a>
<b>5.</b>	<b>PETS:</b> Decide what you will do with pets <b>ahead of time!</b>
	Cats—store cat litter, pet carrier, dry catfood & sedatives ( <i>cats panic</i> ).
	Dogs—store newspapers, scooper, bags, clippers ( <i>fur traps radioactive particles</i> )
	Chickens ( <i>for eggs later</i> )—sleep in the dark. Store pet carrier, feed & litter/hay.

<b>B.</b>	<b>PREPARING the CAR</b> (EMERGENCY BAG)
<b>1.</b>	<b>INSULATED BAG (ON WHEELS)</b> containing:
<b>on top</b>	<b>Several copies of THIS BOOKLET</b> ( <i>so each person can have one</i> ).
<b>in bag</b>	<b>R95 particulate face-masks</b> ( <i>they 'breathe'</i> ), cloth & plastic showercaps leather hat with neck strap, ( <i>put the cloth cap on first, cover with plastic cap, then a hat</i> ), sunglasses, vinyl kitchen gloves ( <i>waterproof</i> )
	<b>Address book</b> in ziplock bag ( <i>with map, marker, pens, paper, cards...</i> )
	<b>Baby wipes</b> in sealed packets ( <i>to disinfect hands before eating</i> )
	<b>Bible</b> in ziplock bag ( <i>put \$ &amp; a credit card inside, family photos, tracts...</i> )
	<b>Cayenne Pepper eye spray</b> ( <i>for self-defense—it causes no real harm</i> )
	<b>Documents</b> in ziplock ( <i>birth certificate copies, insurance, medical, wills</i> )
	<b>Dried foods</b> ( <i>fruits, nuts, protein bars, xylitol gum...</i> ) ( <i>God can multiply it!</i> )
	<b>Drink powders</b> in well-sealed packets ( <i>rotate these out quarterly</i> )
	<b>First aid kit</b> ( <i>small insulated bag inside or in pocket</i> ) <b>on top: Potassium Iodate tablets</b> ( <i>iodate tastes better than iodide</i> ) <b>OR</b> bottled <b>iodine</b> in ziplock bag ( <i>adults-rub 2 tsp on skin daily for 28 days</i> ) <b>peroxide</b> in ziplock bag ( <i>kills germs, like tetanus</i> ), <b>alcohol</b> ear drops, <b>eyewash, toothache gel, PAIN killers, MSM, DMSO, bandages,</b> <b>antibiotic cream, GSE</b> ( <i>grapefruit seed extract to purify water</i> ) <b>Melagel or lavender oil</b> ( <i>for burns</i> ), <b>charcoal tablets or digestive enzymes</b> ( <i>for diarrhea</i> ), <b>candied ginger</b> ( <i>for nausea</i> ), <b>anti-fungal foot powder, eye cover or patch,</b> first aid instruction booklet, etc...
	<b>Toiletries</b> in ziplock bag: toothbrushes, floss & mouthwash, handiwipes, showercap, shampoo, combs, baking soda ( <i>use for deodorant &amp; toothpaste</i> ), hygiene items ( <i>OB's</i> ), razor, scissors, tweezers, nail clippers, cleanser, small mirror in ziplock ( <i>in case it breaks</i> )...
	<b>Tools</b> in sidepocket of bag: <b>WISK broom</b> ( <i>to sweep off fallout particles</i> ), <b>hand trowel/digger</b> in ziplock bag ( <i>to dig toilet if necessary</i> ), <b>knife, wrench, crowbar</b> ( <i>to break window if necessary</i> ), <b>wind-up radio, wind-up flashlight, watch, compass, duct tape, rope, garbage bags &amp; twist ties, candles &amp; holders, matches, small hammer...</b>
	<b>Water bottles</b> ( <i>sealed</i> ) store as many as possible IN BOTTOM of bag. ( <i>In a crisis, the body shuts down &amp; requires much less water.</i> )
<b>2.</b>	<b>CLOTHES IN BAG UNDER THE SEAT:</b> a lightweight change of <b>clothes</b> ( <i>w/underclothes</i> ), <b>towel, socks, shoes,</b> inflatable <b>pillow...</b> This could come in handy often. Keep clothes/shoes seasonal. Having a 'give-away' blanket is helpful in an accident situation, too.
<b>NOTE</b>	Keep your car well-serviced & the gas tank <b>at least 1/2 full</b> . Carry tools. <b>If your home is close to danger,</b> stock supplies in a <b>CAMPER</b> & keep the tank full & ready ( <i>have a note ready with intended destinations</i> ).