



Nuclear or radiation emergency

A radiation release from an accident or attack cannot be seen, smelled or felt, so official instructions are your main guide. This page explains the core rule of getting inside, staying inside and staying tuned, plus how to clean off contamination safely.

CHECKLIST

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| ☐ Battery or hand-crank radio | ☐ Wet wipes or damp cloths |
| ☐ Bottled water for several days | ☐ Sealable bags for contaminated clothing |
| ☐ Non-perishable food and a tin opener | ☐ Clean clothes stored indoors |
| ☐ Medicines for several days | ☐ Face masks and waterproof gloves |
| ☐ Soap and mild shampoo | |

BEFORE

- Find out your local emergency plans for radiation incidents.
- Keep a battery or hand-crank radio for official updates.
- Store a few days of water, food and medicines in case you must stay indoors.
- If you are given stable iodine tablets, read the patient leaflet before taking them.
- Know that schools, nurseries and care homes have their own plans to shelter people.

DURING

- Get inside the nearest solid building at once; cars and tents do not protect you.
- Move to a basement or the middle of the building, away from outer walls and roof.
- Close windows, doors and vents, and switch off fans and air conditioning.
- Stay inside for at least 24 hours, or longer if officials say so.
- Do not go out to collect family from school or elsewhere.
- Take off outer clothes and shoes, bag them, and wash with soap and water.
- Take stable iodine only if officials tell you to, and only the tablets provided.
- Follow official news on radio, TV and online, and text if calls fail.

AFTER

- Leave shelter or evacuate only when authorities tell you to.
- Keep sealed food and drinks stored indoors; they are considered safe.
- Wait for official advice before eating home-grown or outdoor-stored food.
- Return home only when told it is safe.

IN THE UAE

In the UAE, follow instructions sent through National Early Warning System phone alerts; NCEMA says following warnings is the most important factor in protecting lives.

MY NOTES

Sources: GOV.UK (UK Health Security Agency), What to do in a radiation emergency (<https://www.gov.uk/government/publications/radiation-emergencies-information-for-the-public/what-to-do-in-a-radiation-emergency>); CDC, What to Do: Get Inside (<https://www.cdc.gov/radiation-emergencies/response/get-inside.html>); CDC, Preparing for a Radiation Emergency (<https://www.cdc.gov/radiation-emergencies/safety/index.html>); GOV.UK (UK Health Security Agency), How to remove radioactive material from your skin and clothes (<https://www.gov.uk/government/publications/radiation-emergencies-information-for-the-public/how-to-remove-radioactive-material-from-your-skin-and-clothes-self-decontamination-guidance>); UK Government (Prepare), Get prepared for emergencies (<https://prepare.campaign.gov.uk/get-prepared-for-emergencies/>); NCEMA (UAE), The National Early Warning System (<https://www.ncema.gov.ae/en/e-participation/blog/the-national-early-warning-system.aspx>); UK Government (Prepare), Hazardous substance and radiation exposure (<https://prepare.campaign.gov.uk/be-informed-about-hazards/hazardous-materials-incident/>)

General guidance in our own words. Always follow your local authorities.