

# What to do in case of a nuclear emergency

1. Listen for a steady 3 to 5 minute siren signal.
2. Turn on your radio or television. The Emergency Alert System (EAS) stations WHAM-AM 1180, WVOR-FM 100.5 MHz, and WHEC-TV (Channel 10) will give emergency instructions.
3. If instructed to take shelter, remain in your home or place of business. Close all doors and windows; turn off air conditioners and ventilation or exhaust systems; do not use the phone except during a personal emergency.
4. If you are instructed to evacuate, all information relating to evacuation can be found in this document and printed for your use. Look up the information that pertains to you, and fill in the blanks below. Take this information with you.

## Radiation information

Radiation is a normal part of our environment. It is emitted by the sun and by some radioactive elements in clean food, air and water in our bodies. It is used in medicine and dentistry for diagnosis and treatment in the form of x-rays and gamma rays.

Public health experts believe that we should keep our exposure to radiation as close to the natural background as practical. Consequently, plans were developed by Wayne and Monroe Counties and New York State to protect you and your family from exposure to any additional radioactive materials.

If you are in an affected area, you can receive a dose of radiation three ways:

1. by radiation emitted by contaminated air and ground. You can get away from this by moving to a clean area.
2. by radiation from contaminated hair, skin and clothing. This exposure does not stop until you wash the material off.
3. from radioactive material you have inhaled or swallowed. This exposure does not stop until the radioactive material has stopped emitting radiation\* or until your body eliminates the

radioactive material. \*(This emission process is called decay and can last from a few seconds to many years.)

Duration of exposure and intensity of radiation are important in determining dose. Think about what happens when you spend time in the sun. The longer you stay in the sun and the brighter the sunlight, the more you are likely to get a sunburn. Similarly, the longer you are exposed, and the higher the level of radiation, the greater the resulting dose.

There are some important points to remember about radiation exposure if a release occurs. The most significant exposure would probably be limited to the time the air containing radioactive materials was passing through your area. Taking shelter in a building will reduce your possible exposure to radiation and radioactive contamination.

Normal operation of a nuclear power station may add one to two millirem per year to the total dose of its closest possible neighbor. Most people in our area receive about 300 millirem per year from natural background radiation.