

RCAFMM
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RCAF

STN UPLANDS

**DEPENDANTS
GUIDE**

FOR

**PROTECTION
AGAINST**

FALL-OUT

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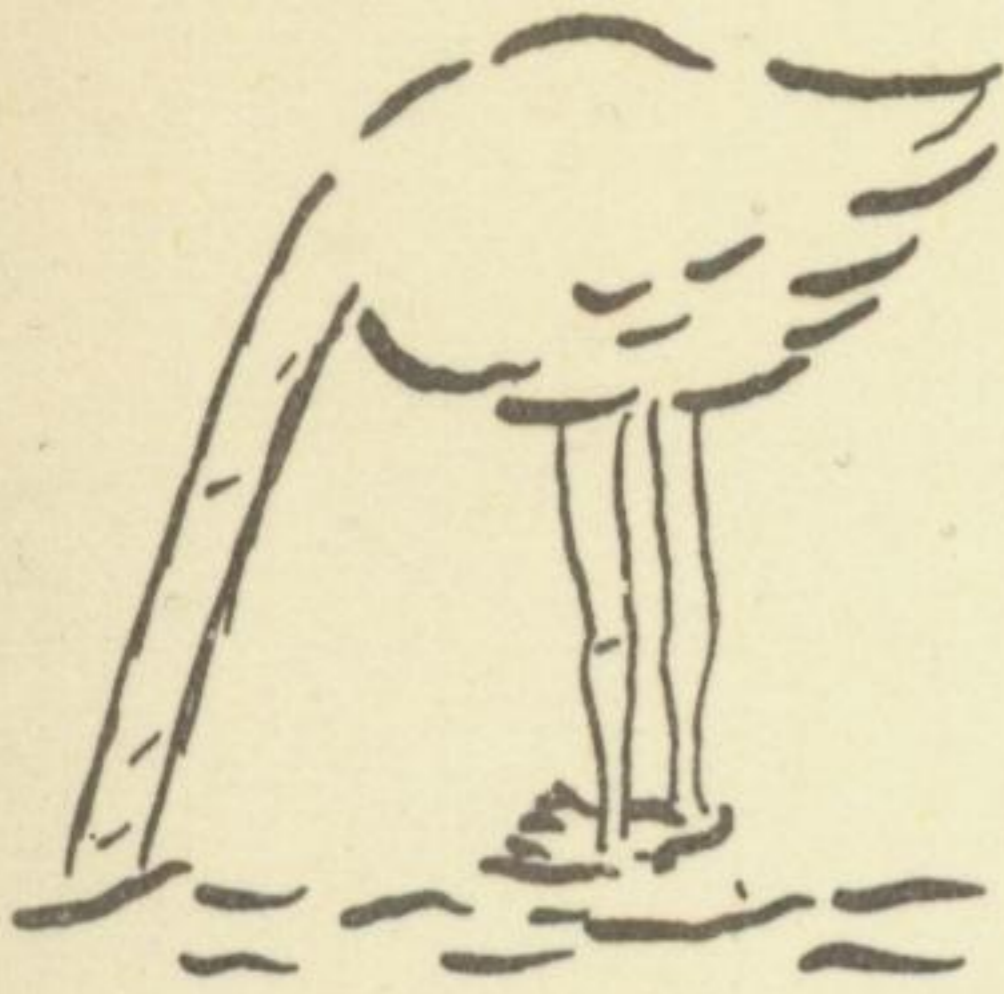
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Let's face it.....



As long as there is any possibility of a Nuclear War it is essential, if we are to survive, that we take some simple yet basic precautions.

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What is the Danger?

It is very unlikely that this Station would ever be considered as a Nuclear Target, however there are a number of important Canadian cities which would probably be subjected to such a devastating attack.

If a Nuclear Detonation were to take place on this Continent our lives could be in danger from the deadly radiations given off by Fall-out.

What is Fall-Out?

Fall-out is something we hear quite a bit about today. It's the name given to the very tiny particles of dust, dirt and minute bomb frag-

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ments, carried high into the air by the force of the explosion which gradually fall back to earth many miles from the point where the bomb actually exploded.

These deadly particles continue to emit their harmful rays for a considerable time. The radiations cannot be seen or felt, except for temporary nausea and vomiting, serious damage from radiation may not be apparent for days or even weeks.

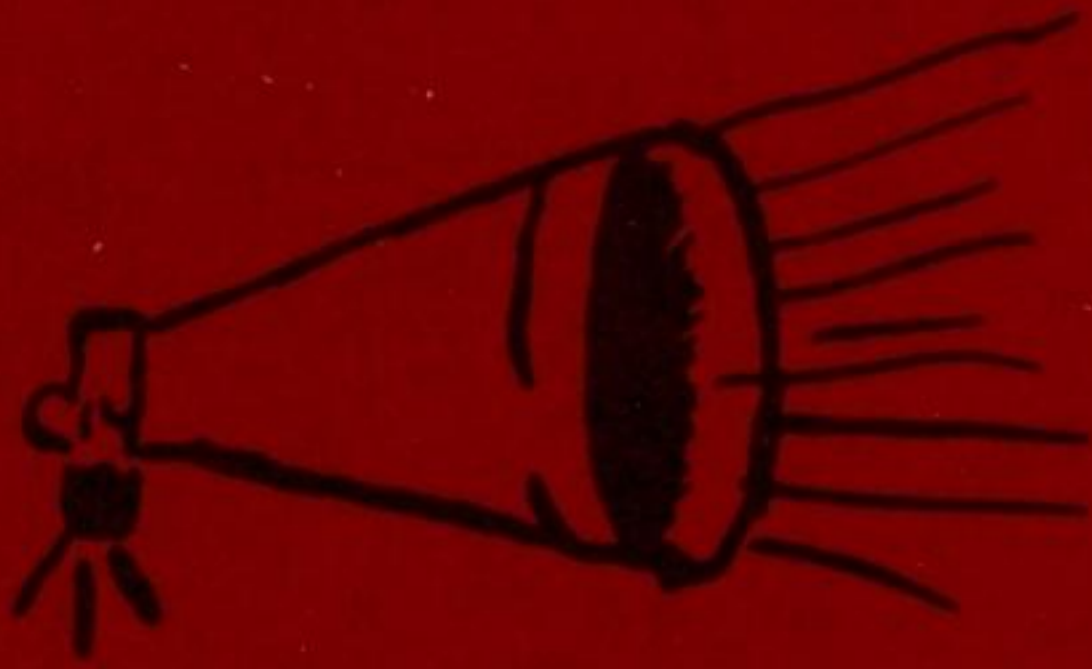
Fall-out material will remain radioactive for many hours, wherever it has fallen. It will contaminate exposed food which, if consumed, will create a very serious danger.



Shelter is our only defence against Fall-out. A basement provides considerable protection against this "unseen" enemy.

This little booklet then, is a guide to Self Preservation.

and 'Self' means You.



At this Unit Air Raid Warnings and Fall-Out Warnings have been combined, for the sake of simplicity and to avoid confusion.

There are three Warnings:

WARNING YELLOW

(Get ready)

Sounded by a steady note on the siren. Lasting for 3 to 5 min.

THIS WILL MEAN THAT ATTACK OR FALLOUT IS PROBABLE

WARNING RED

(Take Cover)

Sounded by an undulating note on the siren. Lasting for 3 min.

THIS WILL MEAN THAT ATTACK IS IMMINENT OR THAT FALL-OUT HAS STARTED

WARNING WHITE

Passed by voice, telephone, runner or any other means available.

THIS WILL MEAN THAT IS IS SAFE TO COME OUT OF SHELTER.

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EMERGENCY RATIONS

Emergency food requirements should be based upon a 72 hour stay in the basement. This is a reasonable estimate of fall-out duration.

The following items are suggested as sufficient for 1 adult over a 72 hour stay in the basement:-

Water.

Water taps are available in most basements and water drawn from taps will be safe to use. Where basement taps do not exist water should be stored in the basement in covered jars etc. This water should be changed monthly.

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Milk.

Evaporated or dried skim 1 can

Juices.

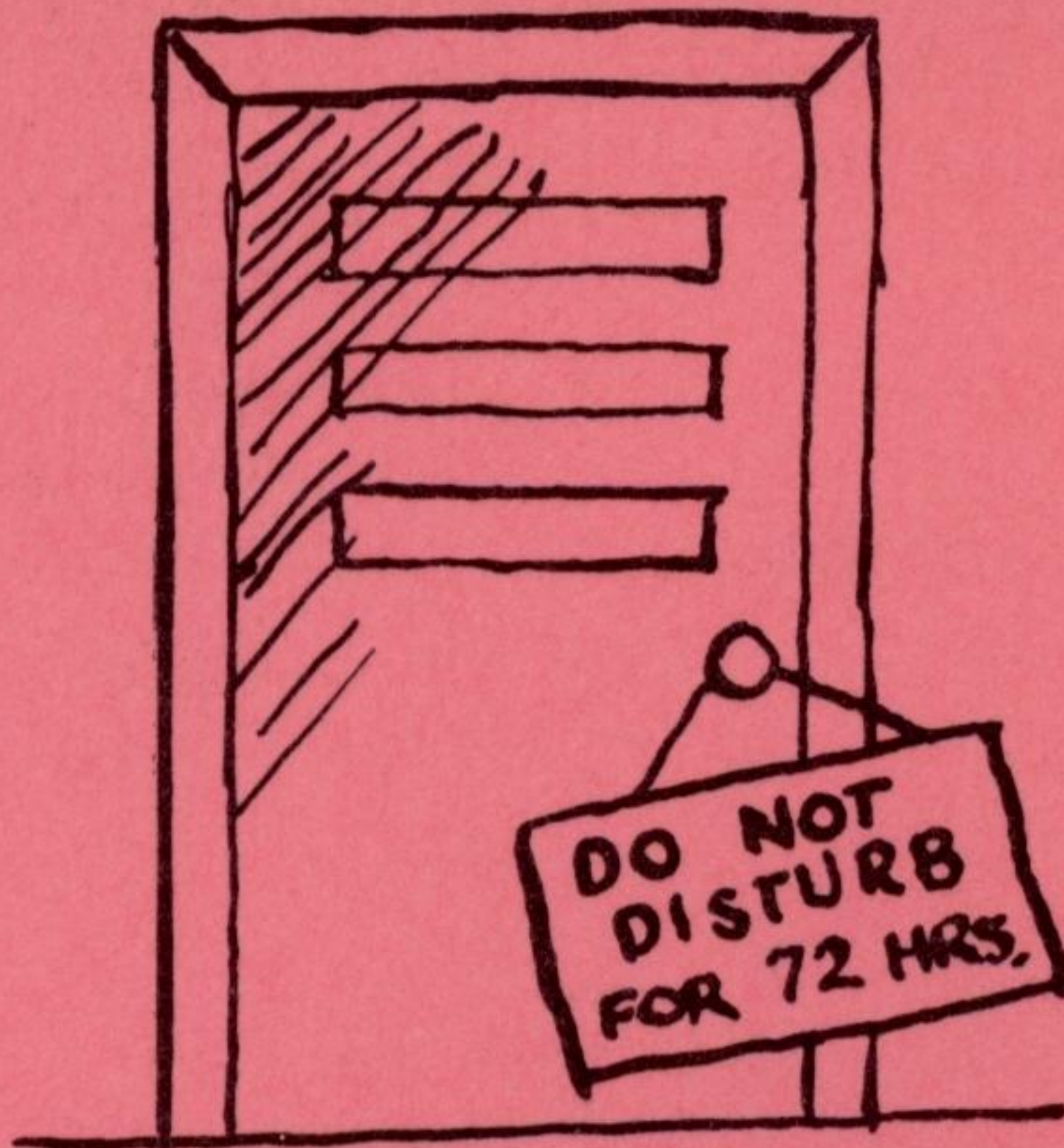
Two 20 oz cans

Fruit.

Canned fruit - One 20 oz can

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72 hours is a long time to stay in the basement - and remember, every trip upstairs increases the radiation hazard, so it would be well to see that the following items are also available in the basement:-

- Radio
- Flashlight.
- Cards and games.
- Can opener.
- Matches.
- Special medicine for the sick and special food for babies.
- A First Aid Kit.
- Candles.
- Toilet tissue.
- A covered pail.
- Javex.
- Detergent.
- Reading material.
- Kleenex.

The suggested food list is for one adult only - for 72 hours. A much larger supply of food should be kept in the house and, providing it is boxed or canned it will be safe upstairs. This larger supply of food is to cover the event of food being unobtainable during the early stages of Nuclear War. Such a period may last for seven days or longer.

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FURTHER INFORMATION

The Nuclear Defence Section, Local will supply any additional information you may require. Phone at any time during Station working hours.

A series of lectures and film showings for dependents, giving more detailed information than contained in this booklet, will be given from time to time.

YOUR LAST MINUTE CHECK LIST

1. Is the upstairs safe to leave???
(Appliances all Off, windows shut, etc)
2. Family all in the basement?
3. Bedding, mattresses etc in the basement?
4. Small Radio? (portable if possible)
5. Flashlight? Spare batteries?
6. Eating Utensils? Can opener?
7. Essential Medicine?
8. Electric Kettle and cord?
9. Extra clothing? Complete change if possible.
10. Towels? Personal toilet articles?
11. Cards? Reading material? etc.

HANG THIS LITTLE

BOOKLET IN THE KITCHEN FOR

READY REFERENCE AND

LET'S HOPE IT'S NEVER NEEDED

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PROTECTION

Remember! the secret to protection from fall-out is material and distance. The more material and the greater distance there is between you and radiation the greater the degree of protection afforded. If time permits basement windows should be covered with earth, sand, coal or boards; the more dense the material the better. The safest place in the basement will be the center of the floor area.

Every time you venture up-stairs during fall-out you will be receiving a larger dose of radiation. Trips up-stairs should therefore be kept to a minimum and only made in emergencies.

REMEMBER

Your basement could be the means to your survival keep it clean and habitable.