

WHAT YOU CAN DO IN A NUCLEAR ATTACK

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above all...

don't panic!

By **DAN BRIGHAM**
Military Affairs Editor

With the U.S. and Russia on a collision course over missiles in Cuba, there is mounting fear of an atomic war.

It would seem doubtful that, if the chips were down, either side would resort to nuclear conflict. The reprisals would be too terrible. But anxiety over what could happen does exist in some circles.

For if any missiles on launching pads in Cuba today were fired at the U.S., your survival could be an affair of minutes at best, if they were headed this way. There might not be time for any warning at all . . . in which case your survival could depend on your reflexes.

Face the problem squarely, there's a lot you can do to increase your chances of living through anything short of a direct hit. Panic, and you most certainly are a candidate to join the casualties that will surely result.

Frightening thought? Perhaps, but you can enhance your chances of not being one of those casualties at home, in the office, en route to work, or at school, with a little planning . . . if:

- You learn and remember the air raid warning signals—long steady blast for “danger:” warbling note for “take cover.”
- You take as much cover as you can, the instant you know . . . in a ditch, a gutter, behind a wall . . . anything but remain exposed.
- You don't fly into the face of Providence by

ignoring Civil Defense instructions, or refuse to obey them when they're received.

First news of an impending attack might come minutes—or seconds—before an actual blast, or it might come with the blast itself . . . in a blinding flash.

That flash, from the trigger mechanism, lasts about three one-thousandths of a second . . . is “hotter than the sun” and might set fires 10 to 15 miles away. Paradoxically, a newspaper held over your head would deflect its rays sufficiently to prevent severe burns.

Seconds later—moving in at the speed of sound—comes your second major threat. It is the blast, or shock wave. It will rip buildings, hurl tons of debris in a maelstrom in its wake. Your best shelter from it is below ground. Your next best, to lie absolutely flat near anything solid, like a tree stump, a curbstone.

Your third threat . . . the backwash, as air displaced by the burst, rushes in to fill the vacuum. Again, your best shelter is below ground.

If you've lived through these first three phases—and millions will—get next to a radio tuned to CON-ELRAD (640 and 1240 on your radio dials) for instructions from the Civil Defense network as soon as you can.

Elsewhere on this page, the N.Y. Journal-American as a public service prints CD instructions on how to react . . . at home, in the office, en route, and at school.

Paste them up and study them—frequently: Your cooperation with Civil Defense could save a life—yours.

IN THE HOME

YOU MAY HAVE as much as 15 minutes warning of an attack—or there may be no warning at all. The first indication might be the blinding flash of a nuclear explosion. If so:

- Turn away from it instantly. Fall flat and cover yourself with anything at hand—a blanket, a pillow, a mattress, a rug.

- If indoors: dive under or behind a bed, a sofa, a heavy table. Curl up on your side, hands over the back of your neck, knees against the chest, face tucked as much against your knees as you can.

- If outdoors: get inside as quickly as you can . . . provided it can be done in minutes at the most. Then follow directions outlined above.

- If there's time, get to the cellar—any cellar is better than no shelter at all. Turn off the electricity and gas. Stay put for at least five minutes after the blast for wreckage to have time to settle.

- Keep clear of windows. They can shatter.

DURING the half-hour (minimum) before you have to begin to worry about fall-out:

- If the house has been hit, or damaged: turn off water at the main valve as fast as possible to trap as much water in the house system as you can. All such water can be drunk—including that from the toilet flush tanks and the boiler. Put out any fires you can handle.

- If the house escaped damage: check water supplies (minimum two quarts per person per day for two weeks), fill bathtub, basins, pots and pans.

- Apartment house dwellers should go to the cellar, if there's time, or if not, get to the center "core" of the building, not too near the top floors, nor too near the bottom. Stay away from windows, glass doors and elevator shafts.

Precautionary steps should include stocking up the kitchen closet with enough emergency rations to last the family for about two weeks.

Supplies should include canned fruits, juices, meats and soups; water-purifying tablets (corner drugstore), bandages; candles, formula for the babies and canned milk. (Note that none of these need be wasted, if stocked on a "rotating basis" for family use.)



BLANKETS HOLD DOWN DUST, FLYING GLASS

SHELTER SUPPLIES must include: water; battery-powered radio with extra batteries; blankets; change of clothes and shoes; toys to entertain the kids; books; flashlights. A little candy is also good to have for high-energy food.

Remember: you may have to remain in the shelter up to two weeks for radiation to decrease sufficiently for help to reach you. Stay tuned to the CONELRAD (CD network) frequencies of 640 and 1240 for instructions. Try both frequencies for best reception in your

area; there may be severe "fading" noticed during transmissions on one or the other.

Apartment dwellers may return to their rooms if the house hasn't been too severely damaged . . . provided that they remain away from terraces, roofs, or other flat surfaces that can trap and hold radioactive dust. Windows should be draped with blankets to hold the dust level low.

Home dwellers can increase fall-out protection of their cellars by shoveling four or five inches of dirt into a ground floor room and squeezing their shelter quarters under the dirt-covered floor.

IN TRANSIT

YOUR VULNERABILITY en route to or from home or work in the event of a nuclear attack is eight to 10 times greater, potentially, than at either end of the trip, according to Civil Defense officials.

Reason: blame indifference and apathy. Few, if any of us have taken the trouble to note shelter possibilities en route, mentally plan for their use in the event of a sudden attack.

Most casualties, therefore, would be in this category because there won't be time to "herd" everyone to safety. You might remember this and step up your planning accordingly.

PEDESTRIANS, if there's time, should try to get into a building. If first warning is the blinding flash of the explosion, proceed as at home and office . . . turn away from blast and take what cover there is.

- **Drop flat to the ground, into a ditch, gutter, curb or wall base.**

- **Keep face down. Protect head with arms as much as possible.**

- **Any cover—even a newspaper—over face and exposed skin will minimize burns during the three-one thousandths of a second peak heat radiation that travels with speed of light.**

TRAIN COMMUTERS and subway riders, crouch below window glass line and stay where you are, even after the train stops, until notified it's safe to proceed to other shelter. **BIG RISK:** fallen overhead wires and live third rails. Percentages in your favor in the train.

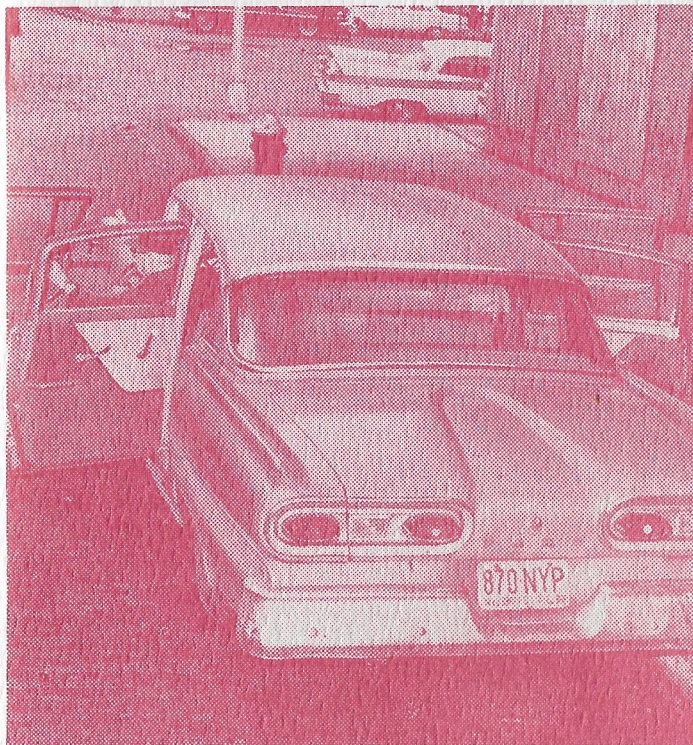
BUS RIDERS will take same precautions against flying glass in the event of "zero warning"—that is, first knowledge of an attack is the blinding flash. Otherwise, drivers will pull vehicles to the curb and passengers will head for the nearest building. If possible, go to the basement, or "core" (center) areas of the lower floors.

MOTORISTS are perhaps better off than most in the initial blast because the vehicle itself can and will "cradle" some of the impact.

- **Pull to the curb, set brakes, turn off ignition and duck.**

- **Don't block intersections. You might be injured, but rescue vehicles won't have time to be "nice," may plow you out of the way.**

- **If car isn't severely damaged, DON'T be tempted to run for home. Stay where you are, momentarily, and tune in to CONELRAD (640 and 1240) radio net for further instructions.**



PARK AT CURB, DOORS OPEN TO EASE BLAST

● **Don't jam rescue vehicle traffic. Keep off expressways until directed to use them.**

Motorists who use their cars regularly in their work might keep a small supply of food, water and a blanket in the trunk in case they are trapped by debris. (Check that you have a screwdriver handy to remove back of rear seat to get to the trunk.)

Keep car in good running condition, gas tank at least half full, and battery fully charged. Your auto is the best means of evacuation when you are advised to use it.

NOTE TO ALL COMMUTERS: the military and Civil Defense officials estimate a **MINIMUM** of a half-hour will elapse before radioactive fall-out becomes a threat to your health, or life.

During that time (following CONELRAD instructions) there may be enough time to get home. There certainly will be time to complete shelter preparations at home or office, or to reach a shelter if you're in the open.

IN THE OFFICE

WARNING TIME before a nuclear attack will, of course, be the same at the office as it is in the home. There may be as much as 15 minutes. Again, there may be none at all.

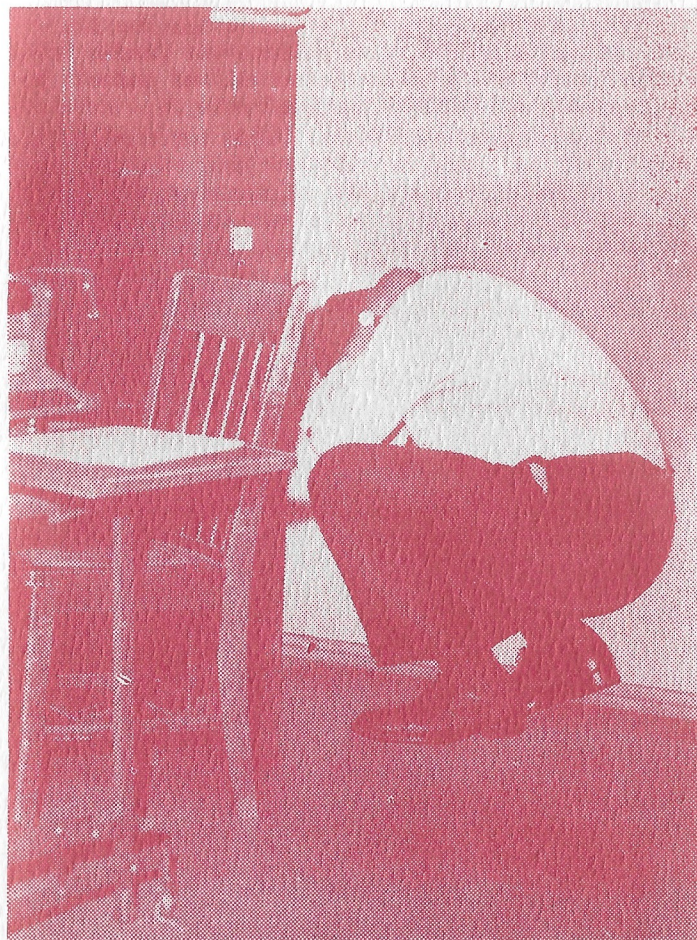
As in the home, what you do in those precious seconds immediately preceding, or following an attack could save your life. Your biggest threat—next to the bomb, of course—will be from panic.

Civil Defense officials, backed by psychiatrists, warn that panic is eight to 10 times more likely in an office group than in a family. And terror and hysteria are catching. Fight panic!

Most office buildings in a big city complex outside the zone of direct hit are safer refuges in an attack than the average home or apartment . . . except for windows. Flying glass will be one of the main hazards.

So with the flash of the explosion, dive flat behind or under a desk, between filing cabinets. If there is time, get to the center of your building or the cellar. Don't take elevators, you may be stranded.

● **FEDERAL CD** officials have completed a survey of most office buildings in New York to determine the



CROUCH AWAY FROM WINDOWS AT OFFICE

safety zones. Those spaces are known to your employer or the building operators, though they may not yet be designated.

● **Find out now, where those areas are. Make sure others know them.**

● **Locate several alternate shelter areas and shelters in your office neighborhood in case you can't reach your own. Time yourself walking to them.**

● **Be sure there is a battery powered radio available with spare batteries to tune in CONELRAD frequencies (640 and 1240) in case of attack. Keep the batteries fresh.**

FOOD STOCKS for office reserve use may pre-

sent one problem they don't present in the home. You can't "rotate" them as part of the family "reserves." But you'll still have to eat, and there'll be no "running out for a sandwich."

Best bet (pending Federal funds for stockpiling early next year): chip in and stock your own reserves. City Civil Defense has a list of needs at its office, 135 East 55th st. Local groceries can supply the items for about 55 cents a day per person for two-week survival.

You also may use packs made up for lifeboats. Some of these include canned sterile water, cost around 75 cents a day . . . are put out by Surviv-All Co., 515 Madison ave., and Ash-Jon Corp., 257 Water st., Brooklyn. Nutrament, packaged by the Edward Dalton Co., is also excellent. Full meal—plus liquid—reduces need for water.

CD OFFICIALS admit survival plans are woefully incomplete at this time—mainly because of lack of cooperation. But there are things, even at this date, that can be done to improve your chances.

- Organize fellow employes in office teams to ready first aid, fire prevention and control and see that rescue tools, axe, pike, rope, etc., are available.

- Assign a "quartermaster" to handle and stockpile food reserves.

- Deputize a liaison with other offices in the same building; common handling of joint problems is often simplified with "multiple management."

- Survey which other offices in building have smallest setbacks (where radiation can accumulate) for alternate shelters in case of crowds.

- Learn all you can about Civil Defense, and drill once a month.

IN SCHOOL

NOTE TO PARENTS: New York City Civil Defense preparations to protect school children are the best in the nation. Planning and organization have, in fact, been copied at the national CD level.

In event of an attack:

- No child will be allowed to leave school during or immediately after a nuclear attack. Nor will parents be encouraged to come to the school to try to take them out.

- Food and water supplies for up to two weeks have already been distributed to public schools and are stocked in the school building or immediately available to it, where storage facilities are inadequate.

TEACHERS will lead classes to designated shelter areas in the event of an attack with warning; get them under desks, curled up, in the event of "zero warning" (none at all).

- Classrooms will be evacuated and students taken to shelters as soon as practical.

- Teachers will insure that youngsters, in particular, have coats or wraps—just as they do in the monthly drills.



PUPILS WILL STAY IN SHELTER AREAS

SCHOOLCHILDREN will obey teachers' and class leaders' orders promptly and quietly, as in drills.

- When time allows, they will proceed to shelter areas, sit close to walls in designated sections, take cover.

- When no time allows, they will get under desks, curl up with head and face covered, remain in that position until ordered to go to shelter.

- No child will leave school during an attack, or immediately after one, unless specifically directed to go to his home by CD.

- Children and teachers will follow directions as broadcast on the CD network, CONELRAD (640 and 1240 on your radio dial).



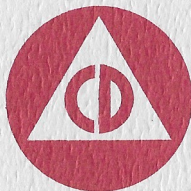
SCHOOL PRINCIPALS, or delegated members of their staffs, will take charge at first alert and determine that pupils, in so far as possible, are protected from secondary damage caused by fire or demolition.

- No evacuation to secondary shelter areas will be attempted except to avoid fire or injury from structural damage.

- Injured, except for immediate first aid, will be handled by Civil Defense services or by designated teachers who have received CD first aid training.

- Radiological monitoring will be undertaken as quickly as feasible—with equipment already distributed.

Pupils may be shifted from time to time if space is needed for dressing stations, but in no case without Civil Defense authorization, which will be generally indicated through CONELRAD.



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