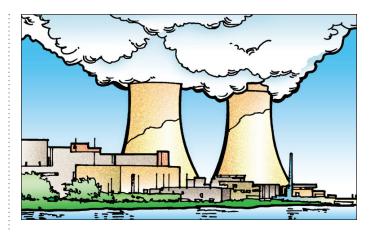**NFPA**

GET READY!

NUCLEAR POWER PLANT INCIDENTS

Nuclear power plants operate in most states in the country and produce about 20 percent of the nation's power. Nearly 3 million Americans live within 10 miles of an operating nuclear power plant. An incident at a nuclear power plant can leave people exposed to radiation. Radiation has a cumulative effect, which means the longer a person is exposed, the greater the effect. A high exposure to radiation can cause serious illness or death.

Before

- Prepare your evacuation plan, including pets, transportation routes, and destinations.
- Keep food in covered containers or in the refrigerator.
- Get public emergency information materials from the power company that operates your local nuclear power plant or your local emergency services office. If you live within 10 miles of the power plant, you should receive these materials from the power company or your state or local government annually.

During

- If you are told to evacuate, keep car windows and vents closed. Use re-circulating air.
- If you are told to stay inside, turn off the air conditioner, ventilation fans, furnace, and other air intakes. Go to a basement or other underground area, if possible. Do not use the telephone unless absolutely necessary.
- Use the combination of distance, shielding, and time to protect yourself.
- Minimize your exposure to radiation by putting as much distance between you and the source of radiation as possible. Do this by either evacuating or remaining inside.
- Use the heaviest, densest material possible to shield yourself from the radiation. Cover yourself with anything, even newspapers.

After

- If you think you have been exposed to nuclear radiation, change your clothes and shoes and put them in a plastic bag. Seal the bag and place it out of the way. Take a thorough shower.
- Seek medical treatment for any unusual symptoms, such as nausea.
- Wash any food that was not covered before putting it into containers.