

## 60-SECOND NUCLEAR DETONATION TRAINING FOR FIRST RESPONDERS

A.

Drop & cover when you see a flash. Stay down behind cover for two full minutes. Even covering with a newspaper can prevent burns. Keep eyes closed during bright light to prevent blindness.

B.

7/10 Rule: Fallout loses 90% of its radioactivity

in the first 7 hours after a detonation and an additional 90% for every 7-fold increase in time:  
90% in the first seven hours; 99% in 49 hours (two days) and 99.9% in two weeks.

C.

Fallout looks like sand, ash or grit as it falls and accumulates on the ground. If no fallout is visible on ground, there is no radiation! To be sure, place a piece of white paper, a dinner plate or anything with a smooth surface on the ground & check every 15 minutes for fallout particles

If visual indications of fallout appear take shelter for two or three days underground or behind thick walls. (These tips are generally true.)

This card may be the only nuclear training you get. Knowing A, B, & C, can protect your life and your department.

Give a card to each emergency responder in your jurisdiction.

**These principles were developed during nuclear weapons tests from the 1940s-1960s and remain valid today!**

**The laws of physics do not change.**

This card by: [PhysiciansForCivilDefense.org](http://PhysiciansForCivilDefense.org)