

What you can do to protect yourself if a nuclear incident affects us

The authorities will provide advice or instructions on how you can protect yourself:



Stay indoors

Close doors, windows and air ducts and shut off the ventilation. Heat pumps can be left on. The time you need to stay indoors will normally be short, and no more than 48 hours. Staying indoors will reduce the amount of radiation to which you could be exposed. Staying indoors will also protect you from breathing in any radioactive contamination and prevent direct radioactive contamination on your body.



Only take iodine tablets on the advice of the authorities

Buy iodine tablets from your pharmacy for storage at home. You should do this before a nuclear incident or accident, so you have them readily available. You should only take iodine tablets on the advice of the authorities, and this will only be necessary for children and adolescents under 18 years of age, adults aged 18 to 40 and pregnant and breast-feeding women. Iodine tablets give protection from the risk of thyroid cancer following a nuclear incident.



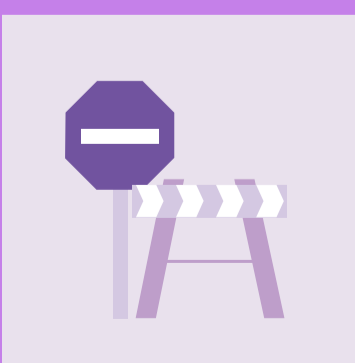
Take a shower if you have been contaminated

Wash yourself thoroughly with soap without scratching your skin. Use shampoo, but not conditioner which could keep the contamination in your hair. Wash your clothes in the normal way to rinse off any radioactive contamination. Wipe your shoes with a damp cloth and discard the cloth afterwards.



Follow dietary advice

The authorities may advise you to avoid food and drink that is not controlled by the authorities. This applies, for example, to fruit and vegetables from your own garden and the use of rainwater collected in tanks, as well as foods that you might gather yourself such as game meat, freshwater fish, mushrooms and berries. Food purchased in shops and tap water are safe.



Respect official regulations on safety cordons, decontamination or evacuation

Check the radio, TV or internet for up-to-date details of the official advice.