

ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

SHELTER

Get inside. Stay inside. Stay tuned.



START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

A civilian response sequence for a nuclear or radiation emergency. Follow local emergency instructions; no guide guarantees safety at every distance.

[WATCH THE TIKTOK](#)

[MORE FREE BUILD GUIDES](#)

SOURCES / CDC: Get inside

[BUILD MAP](#)

[NEXT](#)

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

PREPARE AHEAD / USE WHAT IS INSIDE

- Nearby substantial building
- Sealable bag or closable container
- Soap, water and clean clothing
- Radio, phone or emergency alerts
- Protected food and stored water

READ IN ORDER

01	Protect yourself from the blast.	03
02	Put solid building between you and outside.	04
03	Leave outside dust at the edge.	05
04	Gentle soap and water.	06
05	Keep the radio on. Keep your place.	07
06	Use protected supplies.	08
NOTE	Inside. Inward. Clean. Informed.	09

QUICK REFERENCE / PAGE 10

BEFORE YOU START

Get inside immediately. Do not delay shelter to gather supplies. Follow local emergency instructions.

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

STEP

Protect yourself from the blast.

1 OF 6 / READ IN ORDER

01

If a blast occurs nearby, protect yourself first, then reach shelter as soon as conditions allow.



AT THE FLASH

- **Turn away and close and cover your eyes.**
- Get face down.
- Stay down until the heat and shock waves pass.
- Do not stare at the flash or move to a window to watch.

THEN MOVE INSIDE

- **After the immediate blast effects pass, enter the nearest suitable building quickly.**
- Do not spend time outside filming, collecting supplies, or trying to see whether the air looks safe.
- Radioactive material may be invisible.

SOURCES / CDC: Nuclear blast FAQ · CDC: Get inside

BUILD MAP

PREVIOUS

NEXT

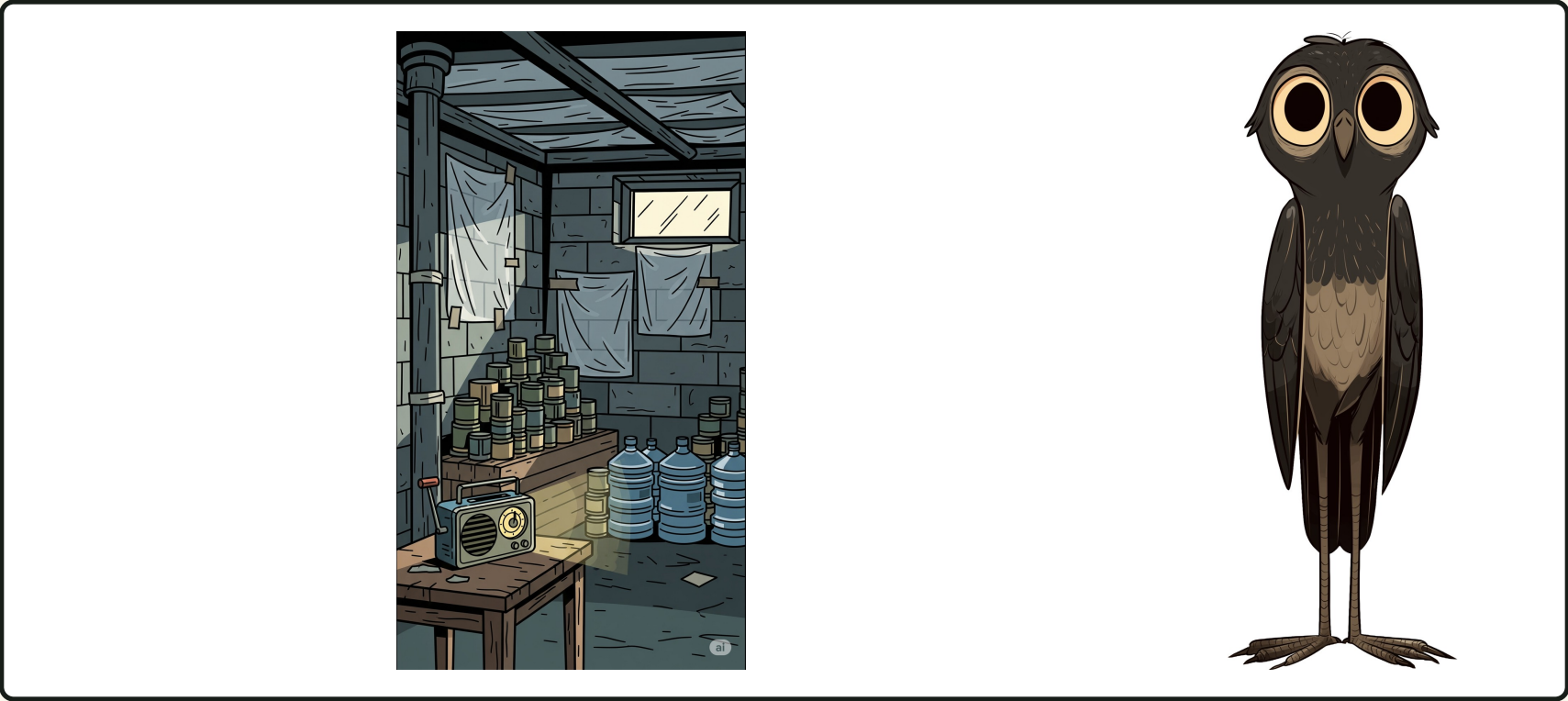
STEP

02

Put solid building between you and outside.

2 OF 6 / READ IN ORDER

A basement or the interior of a substantial brick or concrete building offers better shelter than a car.



CHOOSE NEARBY SHELTER

- **Get into a building immediately.**
- Move to its basement or interior, away from the exterior walls and roof.
- A car provides poor protection; do not remain in one if a suitable building is reachable.

MOVE INWARD

- **Close windows and doors.**
- Turn off systems that bring outdoor air inside, if possible.
- Follow building staff or emergency instructions.
- Do not delay shelter while searching for an ideal distant bunker.

SOURCES / CDC: Get inside

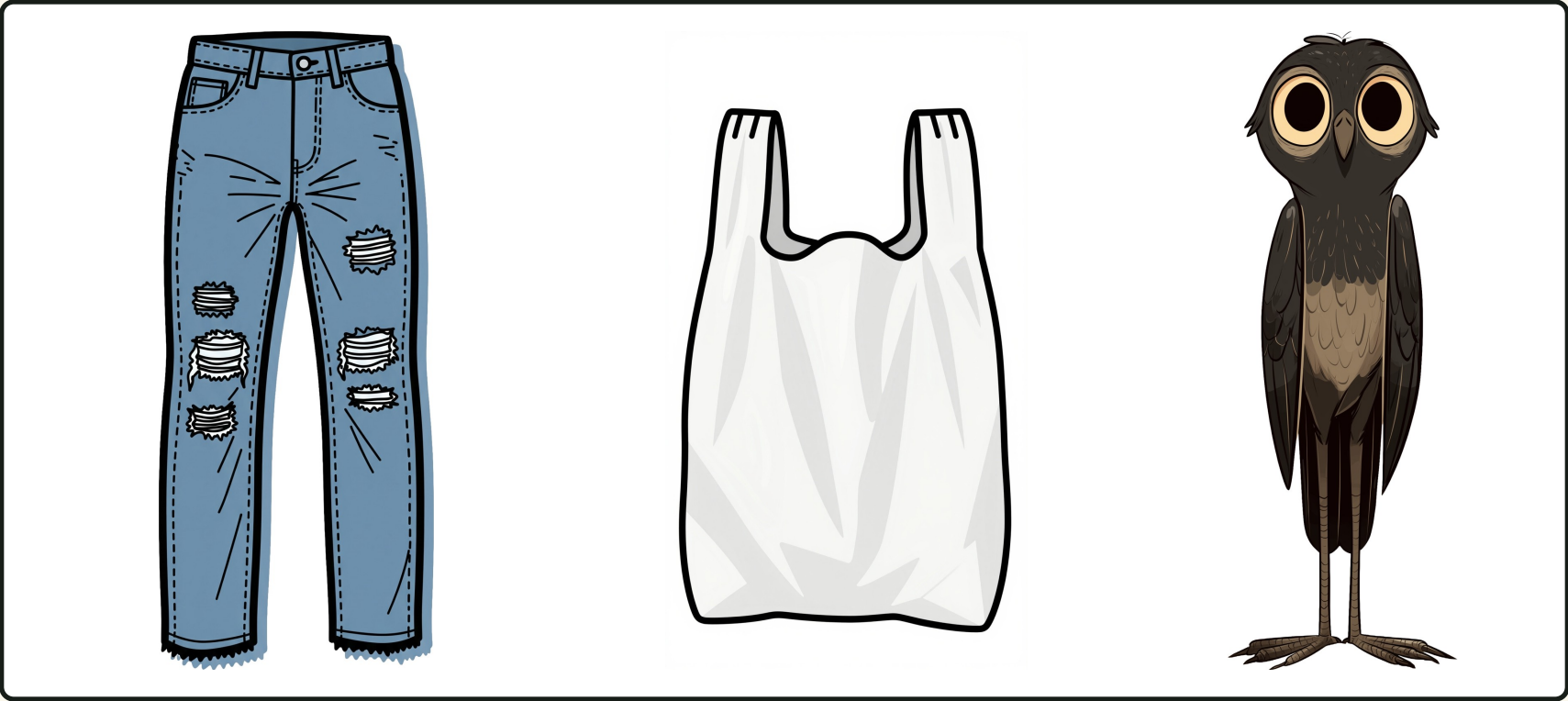
STEP

Leave outside dust at the edge.

3 OF 6 / READ IN ORDER

03

After reaching shelter, carefully remove outer clothing if you may have been exposed.



HANDLE GENTLY

- **Avoid shaking dusty clothing.**
- Removing the outer layer can remove up to 90% of radioactive material on your body; it does not erase all radiation exposure or make every dose harmless.

CONTAIN IT

- **Put removed clothing in a sealable plastic bag or other closable container.**
- Keep it away from people and pets.
- Use clean clothing after washing, and follow officials' instructions for the bagged material.

SOURCES / CDC: Self-decontaminate

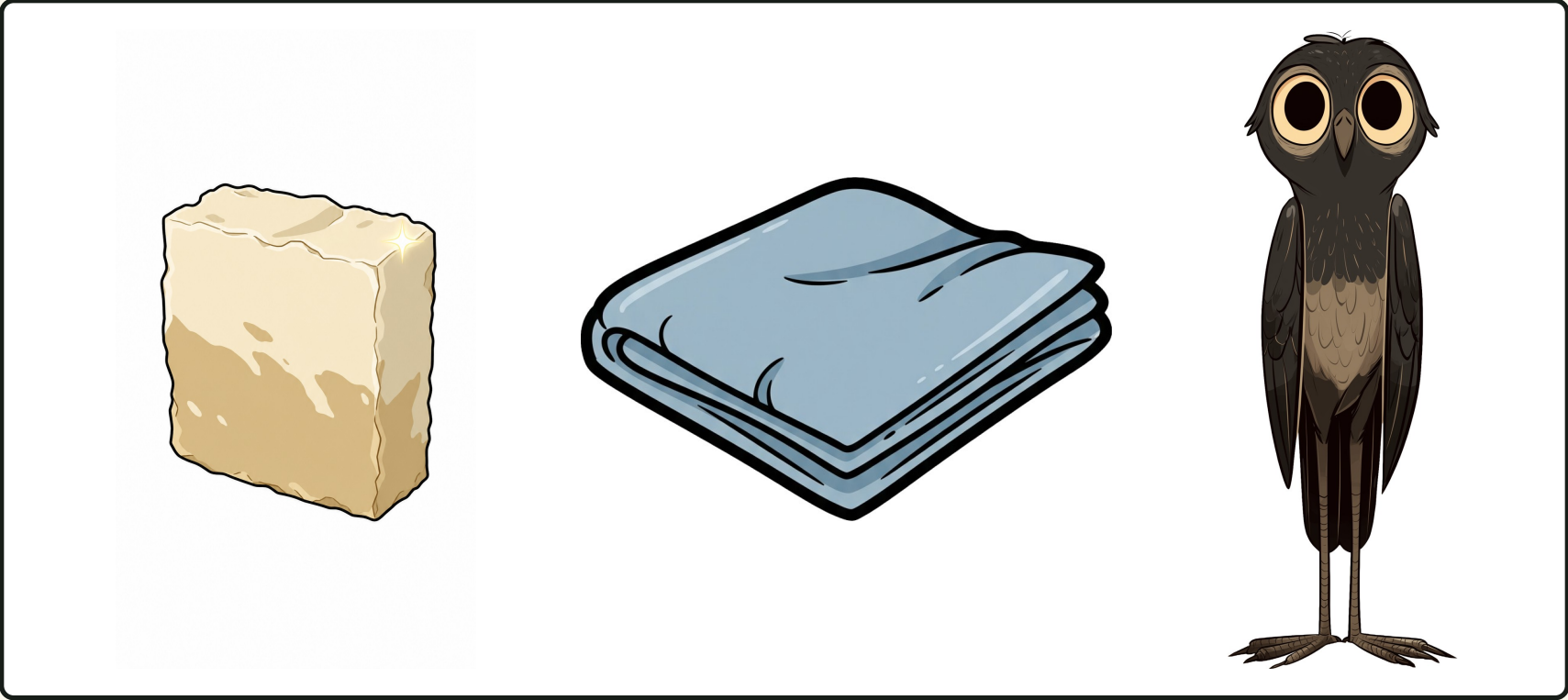
STEP

Gentle soap and water.

4 OF 6 / READ IN ORDER

04

Clean exposed skin after you are sheltered. Tap water can be used for washing even if drinking-water advice is restricted.



IF A SHOWER IS AVAILABLE

- **Use warm water and soap or shampoo.**
- Wash gently; do not scald, scrub, scratch, or break the skin.
- Keep cuts covered while washing.
- Avoid getting contaminated water into your mouth or eyes.

IF THERE IS NO SHOWER

- **Use a sink to wash exposed skin, especially hands and face.**
- Damp cloths or wipes can help if water is limited.
- Bag used wiping materials and keep them away from people and pets.
- Put on clean clothes.

SOURCES / CDC: Self-decontaminate

STEP

Keep the radio on. Keep your place.

5 OF 6 / READ IN ORDER

05

Plan to shelter for at least 24 hours and wait for official instructions about leaving.



DO NOT START A COUNTDOWN ESCAPE

- **The 24-hour point is not an automatic all-clear.**
- Stay in the safest interior area and monitor official updates by radio, phone, or emergency alerts.
- Shelter location and evacuation instructions depend on local conditions.

KNOW THE EXCEPTIONS

- **Do not go outside to collect family who are already sheltered at schools or other facilities.**
- If the building is unsafe or a life-threatening condition requires action, follow emergency guidance and seek safer shelter or urgent help.

SOURCES / CDC: Get inside · CDC: Prepare for radiation emergencies

BUILD MAP

PREVIOUS

NEXT

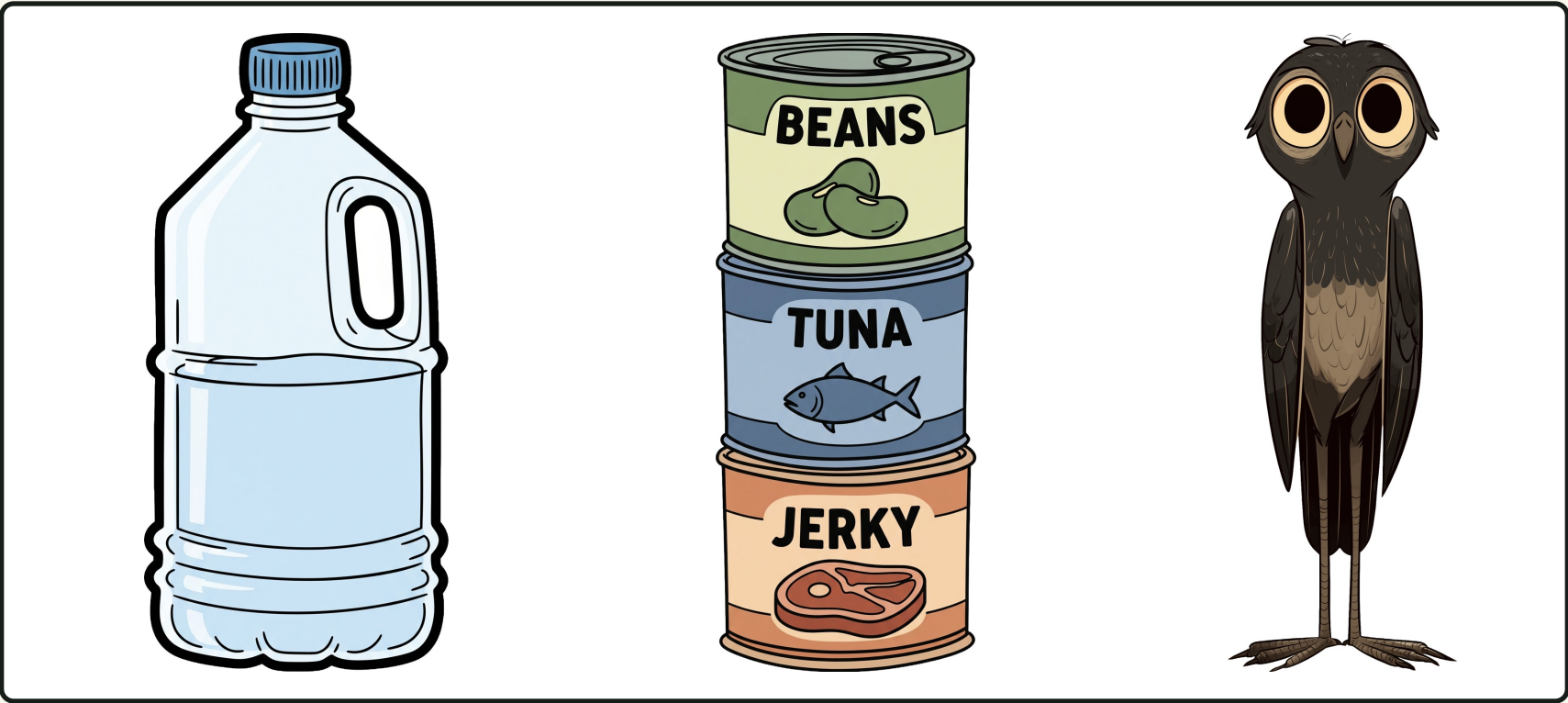
STEP

Use protected supplies.

6 OF 6 / READ IN ORDER

06

Keep fallout off your food and follow current drinking-water advice.



KEEP THE OUTSIDE OUTSIDE

- **Use sealed drinks and protected packaged food.**
- Wipe potentially contaminated package surfaces before opening; wash your hands.
- Avoid exposed garden food until officials clear it.

WATER AND MEDICINE LIMITS

- **Boiling does not remove radioactive material.**
- Prefer protected stored water and follow local advisories; CDC says use tap water to stay hydrated if safer supplies are unavailable.
- Take potassium iodide only when officials or a healthcare provider instruct you; it is not an all-radiation shield.

SOURCES / CDC: Food and drinking water · CDC: Potassium iodide limits

BUILD MAP

PREVIOUS

NEXT

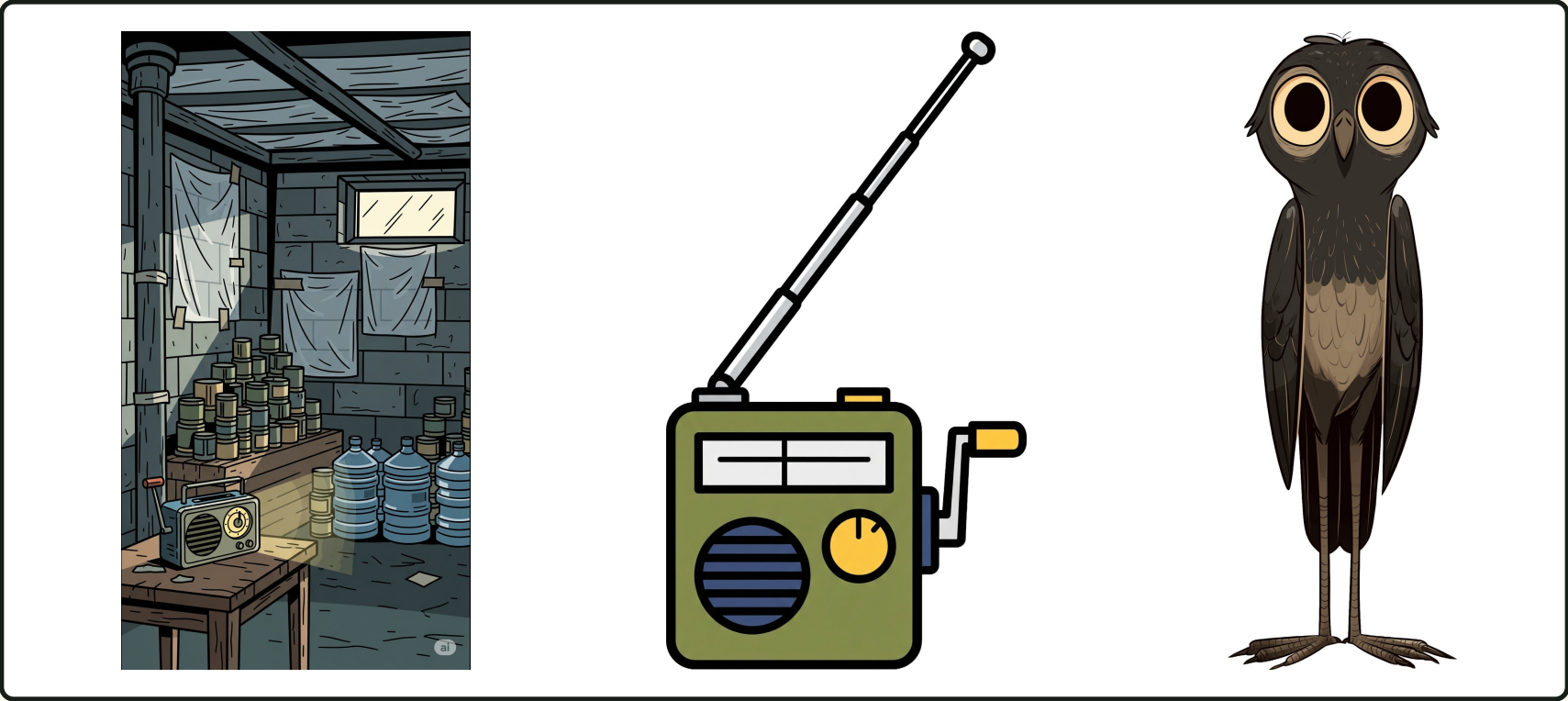
NOTE

Inside. Inward. Clean. Informed.

KEEP THESE LIMITS WITH THE STEPS

REF

Save this sequence now, before you need to find it in a hurry.



YOUR SHORT VERSION

- **Protect yourself from immediate blast effects.**
- Enter nearby solid shelter.
- Move inward or downstairs.
- Carefully bag outer clothes and wash exposed skin.
- Use protected food and water, and listen for official instructions.

YOUR REFERENCE DESK

- **The linked CDC pages explain shelter choices, decontamination, supplies, and medicine limits.**
- This guide is a civilian preparedness companion to the video, not a prediction of a particular event or a guarantee of protection.

SOURCES / CDC: Get inside · CDC: Self-decontaminate · CDC: Prepare for radiation emergencies

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Get inside immediately. Do not delay shelter to gather supplies. Follow local emergency instructions.

01

Protect yourself; then enter

P03

Turn away from the flash, protect eyes and get down. Enter after blast effects pass.

02

Move inward or downstairs

P04

Choose nearby substantial shelter; avoid exterior walls and the roof.

03

Remove and contain outer clothes

P05

Handle gently, bag and close. Keep away from people and pets.

04

Wash gently

P06

Soap and water; no scrubbing or scalding. Use the no-shower branch if needed.

05

Stay inside; follow updates

P07

At least 24 hours is not an automatic all-clear. See the unsafe-building exceptions.

06

Use protected supplies

P08

Follow food/water advisories. Boiling does not remove radioactive material.

NUKE SAYS

Stay put until the people with real information say otherwise.

SOURCES / CDC: Get inside · CDC: Self-decontaminate · CDC: Prepare for radiation emergencies

BUILD MAP

PREVIOUS