

IN CASE OF NUCLEAR EMERGENCY

Central measures

1. Get into shelters /indoors
2. Take iodine tablets
3. Limit your movement

Stay indoors

- Radioactive substances move with the wind. Take an iodine tablet and stay indoors until otherwise instructed by the local authorities
- When the radioactive cloud has passed by, ventilate and clean indoors immediately

Remember

- Iodine tablets are recommended when there will be large amounts of radioactive iodine in the air you breathe
- Radioactive iodine travels to the lungs with respiration and accumulates in the thyroid gland.
- Iodine tablets prevent radioactive iodine from accumulating in the thyroid gland

IMPORTANT

Nuclear attack requires immediate actions. Immediate actions are required even if the attack happens hundreds of kilometers away.

Stay calm and wait for further instructions from the local authorities

