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1. If you are in your car, go home. Account for everyone. Bring any pets inside (do not let in later). If you cannot get home (attacks will cause an EMP, cars will stop) cover your body head-to-toe with a hoodie, bandanna, sunglasses, shoes, socks (tuck pants into them), gloves, and/or moon blankets and start walking home. If your whole family is together and you cannot get home, leave the area. Get your maps out for back roads through Idaho, Colorado, etc.

2. If you can get a text (do not call) message out, send to mom where you are located/headed.

3. Form a shelter within a shelter. (Basement, mid section of apartment, etc.) Hunker down for 5 days and then you can go outside. Put radiation stamp on the wall so you can monitor radiation levels. Cover all windows in your shelter area with plastic and duct tape. Set up portable fan for circulation.

4. Bring 5 day food (emergency and refrigerator/freezer items) and water supply into your shelter. Bring activity buckets and reading materials for children into your shelter area.

5. Bring hand crank radio (1160 am), and 2-way radio (channel 17) in. Bring in extra clothing and bedding for 5 days.

6. Bring in potty bucket (water will be turned off) with garbage bags into your shelter area or line toilets with large garbage bags.

7. Take potassium iodide tablets.

8. Use gas masks if you have to go outside of your shelter area or into the yard.

9. When it is safe, we will check the two meet-up spots (on each side of the canyon) for you or any messages from you first. We will head to Katryna's first, Joshua and then Lucas's on motorcycles for rescue. Keep your 2-way radios on nonstop. Use your solar chargers! Put gas mask on to set out for charge. Cover the phone, but leave the charger exposed. Do not touch the charger after exposure. Strip down before entering the house again.

10. Leave sign on front door where you are or headed.