

## **Post Nuclear Event Thoughts And Notes**

After a nuclear event and the dust has settled, per se, life will be very different but not over. Also remember that a nuclear event is not the end of a war but the beginning of one. In the absence of radiation monitoring equipment or radios to find out radiation levels from those that do have equipment the following guidelines should be followed:

- 14 days after the last explosion or when the start of a nuclear event (if you did not feel or see the blast) - come out of shelter or basement 3 hours a day.
- 14 - 21 days after come out for 3 - 8 hours
- 21 days after come out for up to 8 hours
- 30 days after come out up to 10 hours
- 60 days after come out up to 12 hours
- 90 days after come out up to 18 hours

The list of priorities in what to do after is as such:

- first aid and medical procedures
- checking on neighbor's conditions
- decontamination of all surfaces, especially garden spots, fruit trees, and water sources
- security (organizing a 24 hour neighborhood watch)
- having a neighborhood meeting(s) to discuss options
- obtaining water and water filtration
- obtaining food
- obtaining firewood and heat and cooking implements
- starting a outside garden or indoor garden (in time of winter - i.e. sprouting)
- rebuilding shelters and homes
- setting up and repairing solar panels for electrical needs

Of course there many other things but this is a good list to start with.

### **Decontamination:**

Decontamination of all surfaces means washing with water everything. Start with your path in and out of your home to garbage dumps, fruit trees, garden areas and neighbors houses. During your shelter occupation you should have already placed a series of basins with water in them so that as you come and go from your shelter your feet can be washed in several stages. This is so that no fallout is dragged inside your shelter. It is possible that non-lethal fallout will continue to fall from the sky for several months afterwards. Protective clothing should be worn for up to a year after. Protective clothing includes:

- full brimmed hat
- long sleeve shirt
- long pants
- sturdy shoes
- gloves
- dust mask
- a rain poncho would be useful and easier to clean and take on and off while entering and exiting shelters

### **Water:**

Water from rain barrels, rivers, lakes, streams, canals and the like should be filtered extensively before being purified. Many water filters will both filter and purify. Use water prudently especially if you live in an area not readily accessible to water. A 1500 square foot roof will yield about 90 gallons of water in a typical Utah rainstorm (10 minutes). Having rain barrels under the down spouts of your rain gutters would be a wise way to collect it. A rain barrel could be as simple as a plastic garbage can of 5 gallon bucket or more sophisticated. During every rainstorm all efforts should be made to collect water no matter the source. It could be filtered and purified later. Yes, this is a lot of water your need to store - so get on it.

### **Food:**

Fruits and vegetables that can be washed should be and also peeled 1/4" before being consumed. Fruits and vegetables that can not be washed thoroughly should be discarded. Food in cans and bottles - the container should be washed before opening even if the have been in a protected area. Food in bags and boxes in unprotected areas should be discarded. Check radiation levels whenever possible. By the time you come out of your shelter I am sure that all of the grocery stores and such have been long since ransacked and depleted of any food available, although it might not hurt to check. Yet again, why mention this? You all have at least a 1 year supply of food. Right?!? And of course a nuclear war means that everything will be back to normal in a few days - after the government takes care of us all.

### **Firewood and other fuels:**

Firewood that has not been protected from fallout should not be burned until a radiation level on the wood is down below .001 rads. Whenever possible, pre-nuclear event, try to cover your wood piles. When cutting down trees for firewood, the wood should be placed where it can dry out and season for at least 6 months for the most efficient use of the wood. Use all wood and other fuel source wisely! Although coal is a cheap source of fuel be cautious in cooking with it in that if your area is not well ventilated you could become sick from the fumes. If you are cooking in your wood burning (not gas) fireplace with coal you will need to clean your chimney at least once a year if not more to prevent chimney fires. If you have propane, kerosene, white gas, or other unrennewable fuel sources - use them wisely. It will be a long time before you can refill these items.

### **Gardens:**

Gardens should be started outdoors when weather permits. You can do this because you are already storing seeds. Right?!? Start with vegetables that produce their food source quickly. (i.e. radishes, peas, beans, etc.) If you have not, pre-nuclear event, covered your garden space you will need to dig down 9 inches and discard that soil before beginning to plant. If you are using square foot gardening method, and have not covered it, the entire box will need to be emptied and start over. During the first year after an event cheesecloth or a thin muslin or like material should be stretched over the garden area to protect it from fallout. Although material is porous and will not stop all of the fallout it should stop the majority of it. The material should be taken down once a week and washed out in a place down hill, downstream from your garden spot. If it is winter time or the weather is not permitting a proper garden try sprouting your wheat and other seed not set aside for your garden. This will be a quick source of vitamins and nutrients.

### **Communications:**

When setting up communications conserve your radio batteries as much as possible by have set times of each day to talk to each other. Seeing that you already have rechargeable batteries and solar battery charger you should be able to maintain communications for a long time provided that you use your batteries cautiously.

### **Meat sources:**

Unless you are willing to hunt and trap wild animal or eat your pets your may be at a loss for a meat source. If you are willing to do this it would be learn how to hunt, trap, gut, skin, and butcher animals before an event happens. Raising rabbits is a easy and quick source of meat that will go a long way. If you are not willing to learn or do any of this you will still need to get your protein sources from somewhere else.

### **Garbage and sanitation:**

Eventually you will need to find a permanent source for your garbage and human waste. Toilet paper can be burned in an open pit fire and should not be mixed with human waste. All other burnable refuse should be burned. Food scraps that are not fed to animals should be composted. Cans should be flattened, broken and plastic crushed to save space. Composting all yard waste and other items will only be good for your garden. Human waste should be buried 18" or more and a minimum 60" (preferably more) away from any garden or water source. Digging a communal latrine in the neighborhood would be a good idea. That way no one has to have it in their backyard. But then again everyone has to walk a bit to get to it.

### **Vehicles:**

Seeing that most of your vehicle have been destroyed by the EMP it would be wise for those of you that have working vehicles not to use them right away. This is so that those "have nots" will not overpower you and take away what you have. For those of you that have stored replacement parts, take your time again in getting your vehicles back in working order. The most likely parts to be destroyed are: on board computer, starter, alternator, radio, electronic ignition. Gasoline for your vehicle will all but be non-existent unless you have a generator and know how to get the gas pump working to pump gas out of the ground at gas stations.