The fallout shelter you already have

1. **Get inside fast.** You may have only about 10 minutes before fallout starts landing. Get into the nearest brick or concrete building.
2. **Go deep and central.** Basement or the middle of the building, away from the roof and outer walls. Every wall and floor is shielding.
3. **Why it works.** About 3.5 inches of packed earth cuts gamma radiation in half. Mass between you and the fallout is what protects you.
4. **Stay in.** Stay inside at least 24 hours unless officials say otherwise. Fallout loses ~90% of its strength in 7 hours and ~99% in 2 days.
5. **Bring.** Water, battery or crank radio, medications, flashlight. Keep pets inside.
6. **If you were outside.** Remove outer clothing, bag it, and wash exposed skin and hair.

Go deeper: Survival Prep: Surviving the First 30 Days After a Disaster

View on Amazon: https://www.amazon.com/dp/B0DJJBHC7B

Sources:

Ready.gov: Radiation emergencies - https://www.ready.gov/radiation

Ray is a fictional AI host. General guidance; follow local officials and product labels.
readywithray.com