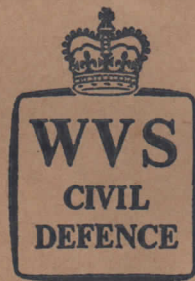




ONE IN FIVE TALKS

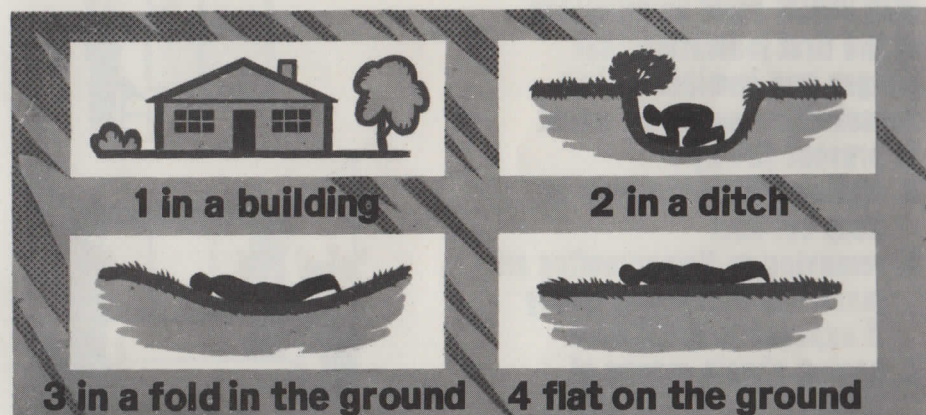


Keep these leaflets for
reference. Your friends will
be given theirs when they
have heard the talks.

DANGER from BLAST



Blast would follow quickly after heat. The siren warning would give time to take cover from both heat and blast. Choose the lowest possible place, preferably indoors, to avoid flying debris.



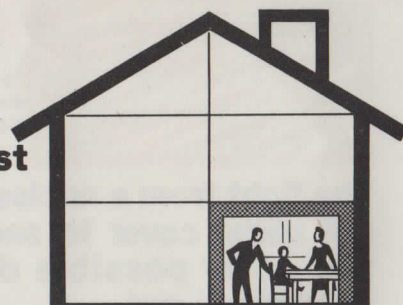
IN THE OPEN COUNTRY, less debris means that weaker cover could still give protection.

LATER FALL-OUT?



But only where the wind carries the radioactive dust. Fall-out is a dust that gives out invisible and harmful rays.

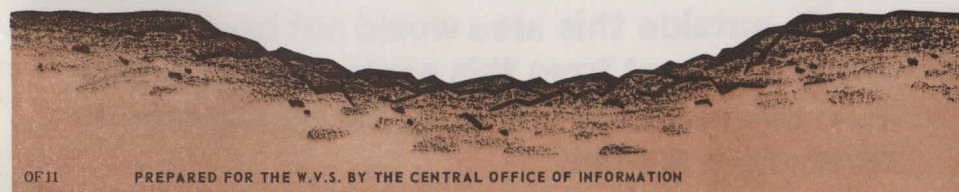
A REFUGE ROOM would give DISTANCE from the dust DENSITY between us and the dust TIME to allow the radioactivity to decay – all these three safety factors weaken the rays given off by the radioactive dust.



WE WOULD BE WARNED OF ITS ARRIVAL
ACTION: STAY IN REFUGE UNTIL TOLD WHAT TO DO NEXT

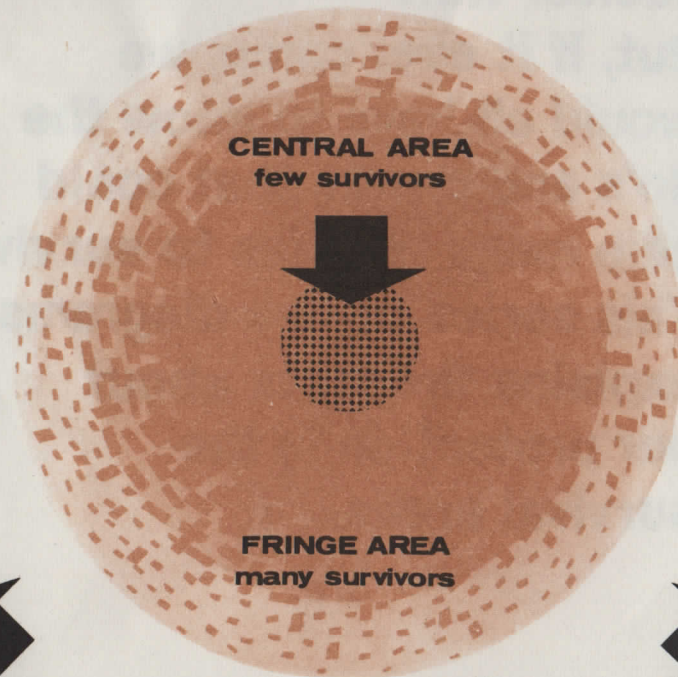
SURVIVAL!

We all want to prevent nuclear war. But, if it ever came, we would all have to know the do's and don'ts that could help many families to survive. This series of five diagrams explains the facts about our protection in the survival areas.



SURVIVAL AREAS

The pattern of each nuclear explosion would be the same but the extent of the damage and casualties would be affected by a number of factors. For example, apart from broken windows, the maximum extent of damage to property caused by a 10-megaton bomb would be somewhat between 20-25 miles from the point of burst.



People outside this area would not be affected by blast or heat from this explosion but if they were downwind of it they would be exposed to radioactive fall-out.

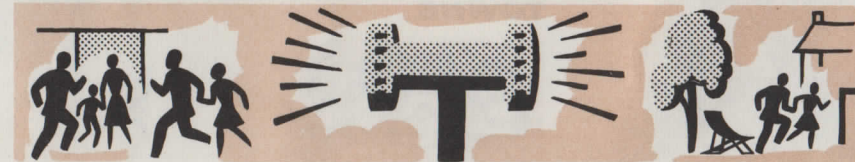
INDICATIONS OF DANGER

BEFORE ATTACK



FIRST STAGE

There would be an official instruction to take precautions.



SECOND STAGE

Our warning system is designed to provide a warning before an attack reaches this country, giving enough time to get under cover.

DURING ATTACK

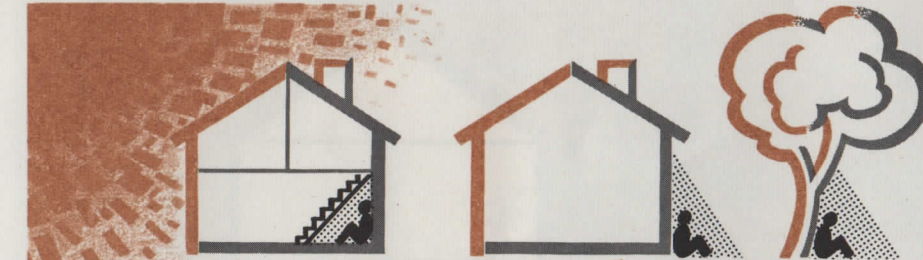


The light from a nuclear explosion would warn those not under cover to seek instant protection against the other possible dangers - heat, blast, radioactive fall-out.

AFTER ATTACK

Warnings would be given to those places which fall-out was approaching.

IMMEDIATE DANGER from HEAT



TO AVOID BURNS

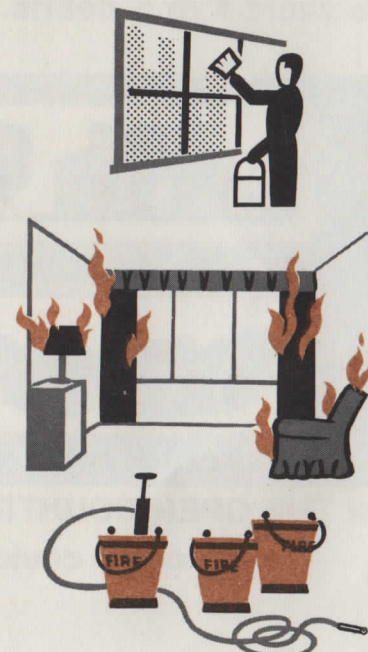
PEOPLE could be protected by being in shadow :

- under cover or behind a solid object
- covered by own clothing if no other shadow near enough to duck into

TO PREVENT FIRE

BUILDINGS could be protected at the first indication that danger was imminent, when householders would be asked to prevent fire by :

- whitewashing windows to keep out heat
- removing or flameproofing all materials that flame easily if exposed to great heat
- having simple means of fighting fire, in the house



Caring for a Sick Person under Emergency Conditions

Suggested contents of Nursing Chest in the Refuge Room

Toilet requisites	Milk foods
Talc powder	Cough lozenges
Paper handkerchiefs	Aspirin
Toilet rolls	Sanitary towels
Torch	Roller bandages
Matches	Triangular bandages
Notebook and pencil	A roll each of:
Old sheets and towels	Cotton wool
Hotwater bottles and covers	White lint
Mackintosh or plastic material	Gauze
Sodium bicarbonate	Tow
Tin of table salt	Safety pins
Air purifier	Adhesive plaster
Antiseptic and disinfectant fluids	Scissors
Antiseptic cream	White string
	Surgical or methylated spirit
	Clinical thermometer

The following articles for use with the Nursing Chest should also be stored in the refuge room

Bedpan, chamber or flat dish. Urinal, jar or wide-necked bottle
Clean newspapers, brown paper and stout paper bags

Prepared in consultation with the Ministry of Health, Queen's Institute of District Nursing, St. John Ambulance Brigade and British Red Cross Society.



ONE-IN-FIVE

Issued by: Women's Voluntary Service for Civil Defence, 41 Tothill Street, London, S.W.1.



Improvised Methods of lessening **FIRE RISK**



Buildings could be protected at the first indication that danger was imminent, when householders would be asked to prevent fire by:

- a whitewashing windows to keep out heat
- b removing or flameproofing all materials that flame easily if exposed to great heat
- c having simple means of fighting fire on each floor in the house



Materials can be flame proofed by dipping in a solution of

- 1½ lbs Borax
- 1 lb Boric Acid
- 2 gallons Water

Dry flat. Re-dip after each wash



Unpainted Woodwork can be rendered fire retardant by spraying with a solution of

- 3½ lbs Borax
- 3 lbs Boric Acid
- 4 gallons Water



Painted Woodwork can be made safer by painting with a solution of

- 4½ lbs Waterglass
- 6 lbs Kaolin
- 4 gallons Water

Planning a Refuge Room

Distance

Choose the place with fewest outside walls and sit as far from the outside walls as possible

Density

Think how to thicken any outside windows or doors with boxes of earth or in some other way

Time

Make your Refuge Room as safe and comfortable as possible with the things your family would need for a stay of up to two weeks

If there is no suitable room in your home, make arrangements to go to one of your neighbours.

The One-in-Five Scheme advises:

Water

For drinking purposes in covered containers, e.g., screwtop jars. For washing in buckets, baths, etc.

Food

Wrapped or tinned. Tin opener, baby food and bottles, crockery and cutlery

Heating and Lighting

Oil stove or flower pot heater, blankets, extra clothing, newspapers, hotwater bottles, candles, matches, torch and batteries

Sanitation

Buckets, toilet paper, screening, plus bin for disposal

First Aid and Nursing Chest

And of course, chairs, camp beds, cushions, etc., battery wireless set, books, sewing and knitting, games and toys for the children, and anything else your family would advise

The Larder

Supplies of food, and plenty of water in covered containers would be needed in a Refuge Room during a possible emergency, but these supplies should be used and replaced regularly in the same way as other stores in the house.

For protection against fall-out all food, and water, **must be wrapped or covered.**

Most larders already contain some of the following stores, from which people can make their own choice:

Tinned Foods

Meat:

Corned beef
Stewed steak
Boiled beef, carrots and dumplings
Meat and vegetables
Steak and kidney pudding
Veal and ham
Cooked pork sausages, etc.

Fish:

Herrings
Sardines
Pilchards, etc.

Miscellaneous:

Spaghetti and tomato
Soups
Fruit
Fruit juices
Full cream (unsweetened)
Condensed milk (or evaporated)
Baby foods
Cocoa, etc.
Dried milk
Boiled sweets

Vegetables:

Baked beans
Carrots
Peas
Beans
etc.

Wrapped or Bottled Foods

Meat or yeast extract
Margarine or butter
Sugar
Jam, marmalade or honey
etc.
Tea or Coffee (instant if possible)

Dried Fruits (dates, prunes, etc.)
Biscuits
Orange/Lemon Powder
Bread (wrapped)
Potatoes (in bags)

Prepared in consultation with the Ministry of Agriculture, Fisheries and Food and chosen from among the foods that many housewives already have in their larders.