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CIVIL DEFENCE COMMITTEE

STANDING GROUP REPORT ON SOVIET AND SATELLITE
EMERGENCY AND CIVIL DEFENCE PLANNING

Note by the Secretary

At the meeting of the Senior Committee in October 1961 (AC/98-R/9, paragraph 143(3)), the Senior Committee "requested the Standing Group to keep the International Staff fully informed of any further developments on civil emergency planning". This was in connection with document SG 254/1 of August 1961 which concerned Civil Defence preparations in Iron Curtain countries and which the Senior Committee noted with great interest.

2. The Standing Group has now submitted an up-to-date report on Soviet and Satellite Emergency and Civil Defence Planning (SG 254/2(Final)), and has given the Secretariat permission to reproduce it for interested Civil Emergency Planning Committees. This report is attached. The translation into French is being undertaken by the Standing Group and the Secretariat is informed it will be available in a few weeks' time.

(Signed) J. BARRY DELONGCHAMPS

OTAN/NATO,
Paris XVIe.

NATO SECRET

A REPORT BY THE STANDING GROUP ON SOVIET
AND SATELLITE EMERGENCY AND CIVIL DEFENCE PLANNING

GENERAL

Extensive Civil Defence and emergency planning policies have been in force for some years in the USSR and most of its European satellites. The Soviet model is followed fairly closely in the satellites, both in doctrine and in organization, though there are considerable differences between them in manner and degree of implementation. In this paper, therefore, only a general outline of the situation in the satellites is given, with special emphasis on points of difference from the Soviet model in doctrine, organization or achievement.

2. The view that general war would involve economic disruption and civilian casualties on a hitherto unprecedented scale is a basic element in Civil Defence thinking in the countries of the Soviet bloc, and the heightened importance of Civil Defence compared with past wars is emphasised both in the specialised Civil Defence press, and by military writers, the latter stressing in particular the contribution which Civil Defence can make to viability in the post-nuclear exchange period. It is felt that in addition to a requirement for skilled cadres larger than hitherto, survival of much of the population depends on the widespread dissemination of a number of simple techniques, which will reduce the dependence of the population of target areas on outside assistance and also facilitate organization of the population in adjacent areas into rescue groups under skilled cadres supervision. In conformity with this doctrine of "simplicity" increased emphasis on improvisation and self-help has been noted since the Soviet programme was subordinated directly to the Ministry of Defence in 1960.

3. All the Soviet bloc countries have accepted in principle the idea of a mass training programme. In Albania (included here for geographical reasons despite its apparent expulsion from the Soviet bloc) very little attention has in fact been paid to the subject. Limited progress has been made in Roumania, Poland has relied, with moderate success, on a system of voluntary recruitment through normal publicity, while in the Soviet Union, Czechoslovakia, Hungary, Bulgaria and East Germany social and sometimes legal pressures have been employed to make the programmes compulsory in theory, though often not in fact.

3 ENCLOSURES:

1. Civil Defence (GO Organization in a large Soviet Town)
2. 1963 Civilian Defence Training Plan
3. Translation of Civil Defence Pamphlet "How to Defend Yourself against Mass Destruction Weapons" published by the Staff of Civil Defence of the USSR and issued by the Ministry of Defence of the USSR in April 1962.

4. No bloc country has attempted large-scale provision of deep shelters adequate to withstand "nearby" nuclear explosions; economic feasibility of such a programme is in any case doubtful. Provision of shelters to withstand blast, fire and fallout outside the total destruction zone is economically less onerous; apart from airtightness and provision for air filtering equipment such shelters are not greatly different from World War II types, and may be installed in basements of buildings during construction. Such a policy was pursued in the Soviet Union, Czechoslovakia, Bulgaria and Poland for some years, though it appears to have been given up at least in the Soviet Union and Czechoslovakia since 1958. Some shelter construction has been carried out in the other satellites, but not on a comparable scale. In the Soviet Union, in particular, greater emphasis is now laid on improvisation of shelters, use of nearby basements or cellars, and pre-attack evacuation.

5. In addition to providing protection for a segment of the population, the programme also has a probable objective of providing a Civil Defence posture that will appear adequate to all. To this end emphasis has been laid on:

- (i) maintenance of a well-organized "control" organization;
- (ii) training all citizens in the "validity" of individual survival, while at the same time playing down the true capabilities of nuclear weapons. (This to some extent conflicts with the requirement to maximise deterrence by stressing the power of Soviet nuclear weapons, and has become progressively less important.)

6. It is probable that protected alternate Government facilities exist in the Soviet Union. Existence of such facilities has been confirmed in several locations in the satellites.

7. The various aspects of the Civil Defence programme are examined in more detail below, and summed up in "Conclusions on Scope and Effectiveness of the Civil Defence Programme".

DETAILED EXAMINATION

8. The context in which the Soviet Civil Defence programme is set is one of an attack by the West with nuclear weapons delivered by ballistic missiles and aircraft either completely without warning or, felt to be more likely and implicit in the planning assumptions, after a period of crisis and gradually increasing tension, during which the scope of Civil Defence preparations would be increased by stages. The first stage, bringing of the cadres organization to a state of readiness, is to take place early in the crisis. If further deterioration occurs a "State of Threat" is proclaimed by the Government, entailing complete mobilisation of the Civil Defence (GO) organization in all likely target areas, the immediate enforcement of black-out and anti-fire precautions, readying of all equipment, digging

of simple shelters and partial urban evacuation, possibly including removal of some administrative headquarters to their alternate locations and of some Civil Defence units to peripheral areas, to be instituted. Surplus food stocks and water supplies are to be kept covered, and small emergency supplies kept handy. Radios are to be kept permanently switched on as they will be used for Civil Defence purposes. In the event of imminent attack the signal "Air Alarm" (Vozdushnaya Trevoga) is given. All Civil Defence personnel are to assemble at their designated posts. The public are, if time permits, to extinguish all heating appliances and go to shelter. Otherwise they are to take cover wherever possible. It is presumed in the directives that nuclear weapons will be used, though a special signal, the "Chemical Attack" (Khimicheskoye Napadeniye) is to be used to indicate actual use of ABC weapons. On hearing it, all those not in airtight shelters are to put on gasmasks or improvised protection for nose and mouth.

9. The directives for procedure after the "All Clear" show a change of emphasis from those of pre-1960. Though the pre-1960 regulations laid down that those in shelters threatened by fire or flooding should emerge forthwith, they laid most stress on the need for those in shelter to remain there until permitted to come out by the C.D. authorities. Post-1960 directives, though still mentioning the need to obey the order of C.D. personnel place major emphasis on quick evacuation of damage areas and on self-extrication from damaged shelters. This appears to reflect a revised estimate of likely damage levels, as well as the increased stress on initiative and self-help already noted as a consequence of the takeover of C.D. by the Ministry of Defence from the Ministry of the Interior (MVD). After passing through decontamination stations survivors are at the disposal of the C.D. organisation for rescue and clearance work. The post-attack phase is divided into two periods: the first (rescue, first-aid and extinguishing fires) is of two or three days' duration and comprises the urgent tasks. No time limits are given for the second, rehabilitation phase. Units from adjacent, undamaged, areas are to participate in both phases.

Organization

10. Prior to 1960 the Ministry of the Interior controlled the organization of C.D. through the "Staff of Local Anti-Air Defence of the Homeland" (Shtab MPVO Strany), while training of the general public was controlled by the Ministry of Defence through the "Voluntary Society for Co-operation with Army, Aviation and Fleet" (DOSAAF). Since abolition of the Central Government MVD in 1960 both higher level organization and training have been under Ministry of Defence Control with control at Republic, Oblast and Rayon levels possibly being shared with MVD officials in some aspects of the many faceted Civil Defence programme. Actual control is believed to be invested in GO Strany with the new Ministry of Preservation of Public Order (MOOP), active in the middle and lower levels. The term "Local Anti-Air Defence" (MPVO) was replaced by "Civil Defence" (GO) in 1962, on the grounds that it could no longer be run on a localized basis and "had become a State-wide system". The active defences (Anti-Air and Anti-Missile Defence of the Homeland, PVO and PRO Strany) are closely integrated with the passive defences.

11. Little is known of the structure of C.D. at Republic or Oblast level, but it appears to be a smaller scale version of the "Shtab GO Strany".

12. Organization in large towns has been described in some detail in training literature, and a diagram is given at Enclosure I. The Head of the elected Local Authority (Chairman of the Town Executive Committee) is ex-officio head of Civil Defence, though actual planning is carried out by the "Town Civil Defence Staff" and similar Staffs in the urban sub-divisions (Rayons), under the guidance of the higher Civil Defence organs. Below these are the Town Civil Defence Services and the Industrial and Non-Industrial Civil Defence.

Town Civil Defence Services

13. These are basically the peacetime municipal services, performing specialist functions related to their peacetime work and forming cadre forces to handle the more difficult tasks and severe incidents, with the aid of members of the public trained to perform the more simple tasks under supervision. Thus the Fire Services form the nucleus of the Fire Defence and Terrain and Building Decontamination Services; the Building Enterprises are the nucleus of the Heavy Rescue Service, and Health Department, Hospital and Polyclinic staffs of the Medical Civil Defence and Personal Decontamination Services. The Militia (Police), supplemented by Passive Defence teams are responsible, as in peacetime, for maintaining public order and safeguarding property.

Industrial Civil Defence

14. The more important industrial installations are allotted a "Civil Defence category", which probably determines their priority for training, equipment and shelter provision, and for outside assistance in case of attack. They are directly subordinated to the Town Headquarters and have an internal organization, including permanent Civil Defence staff and specialised teams of workers, similar to that of the Town Services. Less important installations are subordinated to the Rayon Headquarters and their internal organization consists only of "general purpose" teams.

Non-Industrial Civil Defence

15. In residential areas and educational establishments the basic unit is the "Self-Defence Group", recruited from citizens of both sexes over the age of sixteen on a scale of one group to every 500-700 inhabitants. Groups vary in strength between forty-five and seventy-three persons. They consist of a leader, an Assistant for Political Work, Runner and six Teams of 5-8 persons each plus two reserves - Preservation of Order and Observation, Fire, Gas Decontamination, Rescue, Medical, Shelters and (in rural areas) Veterinary.

Educational establishments have an additional obligation to provide students aged over sixteen for the "Detachments for Finding and Bringing out Casualties" (ORVP), teams of five whose main duties are to act as stretcher bearers under supervision by a Medical Services Nurse controlling a number of teams. Many potential ORVP members receive general training in the mass training programmes, but there is little to suggest that ORVP teams train as such in peacetime.

Training

16. Little is known about training of permanent cadres, though a Civil Defence Staff College exists in Leningrad and courses there have been attended by C.D. officials from some satellite countries.

17. Civil Defence Training Schools have been identified in most Oblasts of the USSR. Their function is to train lower-level permanent staffs and some unpaid members of C.D. with leadership functions. Instructors for the mass training programme are also trained at these schools, run by DOSAAF.

18. Instruction materials for the mass training programme and the "Self-Defence Groups" is readily available. The programme is run by DOSAAF, whose subordination to the Ministry of Defence and country-wide facilities must have made it the obvious instrument for this purpose.

19. Until 1955 the Soviet public was told little or nothing of the true capabilities of nuclear weapons. Mass training in "nuclear age" Civil Defence began in that year with a ten-hour course which, it is claimed, was taken by 85.5 per cent of the adult population. Since then twenty-two hour, fourteen hour and eighteen hour courses have been held, each laying more emphasis on practical work than its predecessor, and each revealing more of the true capabilities of nuclear weapons. A fifth programme of nineteen hours of training, is in course of introduction. It largely covers the same ground as its predecessors, but lays more emphasis on improvisation, e.g. of anti-dust masks, and on first aid and "mutual aid". No national figures for completions have been issued for any course other than the first, but regional figures are freely quoted for all of them. Not unexpectedly they show that in the industrial areas (especially in Western USSR) from 75 to 100 per cent of the population have completed courses, with rural areas lagging far behind. The Soviet Press has complained in the past that some high completion figures covered poor training and even, in some cases, no training at all. Probably to circumvent this, the instructions for the new course provide that once a group has begun training it must complete that process within four months, or begin again. The effect of this will probably be to restrict the numbers training at any given time and thus spread the load more evenly among the available instructors.

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20. Training of "Self-Defence Groups", while apparently independent of the mass programme, involves little or no additional skill, though a higher standard of performance can be expected. A "Self-Defence Group" already has a task and area allotted to it, whereas the participant in the mass programme is taught the same techniques to facilitate individual survival and ability to function as part of an ad hoc group.

21. Medical aspects of Civil Defence are taught at various medical institutes. The purely medical aspects of the course given do not differ greatly from those taught in the West. A textbook of one such course, published in 1959 showed much more awareness of the likely effects of nuclear weapons than would have been deduced solely from the rather sketchy treatment of the subject in the course for the general public being given at that time. In addition to basic nuclear physics, dosimetry, radiation sickness, chemical and biological agents it covered in detail the organization and tactical doctrine of the Civil Defence Medical Service.

22. Junior and middle school classes are given specially simplified and adapted courses. Senior pupils are covered by the normal adult course.

Shelters

23. As in most other countries, the Soviet Union has not attempted to provide heavy shelter accommodation for the general public. However, an attempt was made at widespread provision of shelters capable of resisting fire, blast and fallout through the provision in new buildings erected between about 1949 and 1958 of reinforced basements with space for air-filtering equipment, airtight doors, sanitation and an emergency exit opening at a distance from the building approximately equal to its height. These shelters were included as standard practice in many areas of the USSR, Poland, Czechoslovakia and in some cases in other satellites as well. Reports of these shelters have been very infrequent since 1959, and it has been conclusively established that many post-1958 buildings have no basements of any kind. Some free-standing shelter has been seen, but it is clearly not being provided on a scale adequate to compensate for the abandoned basement shelter programme. There is in current Soviet C.D. literature an emphasis on using whatever may be available - Metro stations, ordinary basements and cellars, shelters, vegetable stores, or simple wood and earth shelters built in a crisis period, rather than an insistence on use of shelters as noted in earlier literature. Pre-attack evacuation of some of the urban population is also envisaged. This evidence seems to support the opinion expressed by some Soviet leaders that, in a general nuclear war, effective protection against bomb effects is a doubtful proposition and that therefore it would be unwise and uneconomic to build expensive anti-atomic shelters.

24. Despite the change in policy, Soviet shelter provision is still substantial, consisting of renovated WW II shelters, the large numbers of basement and free standing shelters built prior to 1959, and the Metro systems of Moscow, Leningrad and Kiev (which the Soviet admit have a Civil Defence function, and whose design takes this into account). Much of it is not suitable for extended occupation, and little of it is likely to provide much protection against high-yield weapons. Nevertheless, it has been provided on a wider scale than in any major Western country, and would probably provide varying degrees of protection for one quarter to one third of the urban population. This proportion will decrease, as the urban population is increasing, while shelter space is not, except in the towns whose Metro systems are being extended (Moscow, Leningrad, Kiev).

Urban Planning

25. For new buildings the Soviet building regulations enforce fairly strict requirements on spacing and use of fireproof or fire-resistant materials. These vary according to district and materials used in adjacent buildings, but their effect is to localise fires and make blocking of roads by debris less likely. However, a substantial, though decreasing proportion of the urban housing stock consists of wooden buildings which constitute a serious fire hazard. Civil Defence need to approve new buildings was abolished in 1958, but there are indications that Civil Defence authorities have some say over alignments of transport and other facilities, and possibly over siting of factories.

26. Disposal of industry is taking place in the Soviet Union, but as a consequence of development of new areas, not through resiting of existing facilities. Recommendations of a C.M.E.A. committee in the late 1950's that new factories should be sited away from urban areas and from residential areas of their labour force have not received general application, though the "Schwarze Pumpe" combine in East Germany has in fact been built on this principle.

Scope and Effectiveness of the Civil Defence Programme

27. This is difficult to assess. Information on equipment stockpiles is almost entirely lacking, although the programmes imply sufficiency of equipment, a relatively small stock suffices for training purposes, and there have been complaints that even the equipment requirements of the training programme have not been met in all places. The current increased emphasis on improvisation may point to a lack of adequate stockpiles, or to a lack of any intention to build up such stockpiles. Food reserves are another area of inadequate information, though present Soviet grain purchases may suggest that the normal peacetime reserves are smaller than was previously thought.

29. Effectiveness of the training programme is also uncertain. Soviet figures cannot be accepted at their face value, as the Soviets themselves have complained of widespread falsification, as well as of instruction so poor as to be valueless. Rough estimates can only be made by applying substantial arbitrary discounts to published Soviet figures, and by taking into account defector experience and remarks by Soviet leaders. On this basis it appears that about 80-90 million adults have attended some course between 1955 and 1963, of which 20-25 million (slightly better than one adult in seven) attended a course in the period 1960-63 and therefore can be said to have a good basic grounding in modern CD techniques. In addition to these is an unknown number of permanent CD cadre personnel. Though there is no firm evidence that Civil Defence troops exist in the USSR, their existence has been established in some of the satellites and Soviet military writings have hinted at the possibility of use of troops on Civil Defence tasks.

30. The Soviet Civil Defence organization cannot be said to be "Ready for War", but has made more progress in terms of shelter and training provided than any likely antagonist. The current campaign for improvement in Civil Defence has been accompanied by a number of statements by Civil Defence and military figures which emphasise the importance of Civil Defence as a contribution to viability in war and do not indicate that the Soviets regard it as a contribution to deterrence, or a possible component of "nuclear blackmail".

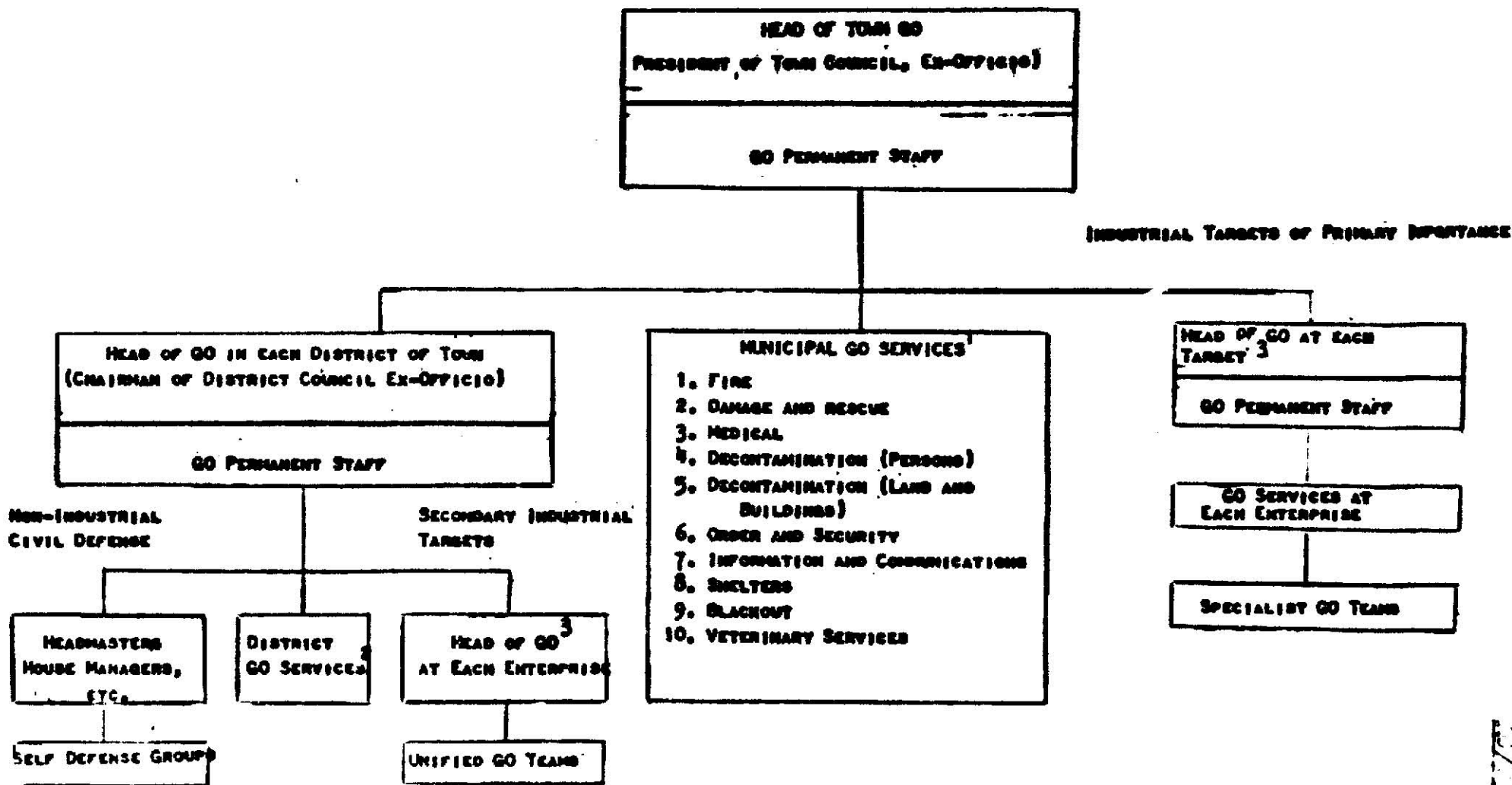
31. Progress in the satellites was much less significant up to 1960-61. Where basement shelters were built (Czechoslovakia, Poland, Bulgaria and to some extent, Hungary), the relatively small size of the housing programmes meant that only modest numbers of shelters were provided. In 1960-61 an increase in activity was observed in all the satellites, with renovation of W.W.II shelters and some increases in new construction. However, shelter building was officially abandoned in Hungary in mid-1961, apparently against the wishes of the Civil Defence organization, which publicly re-emphasised the importance of shelters and issued a series of articles describing how to convert an existing basement into a shelter. Shelter building was given up in Czechoslovakia in 1958, but appears to have been resumed, though probably on a more limited scale. In Poland (where it is declared policy to provide shelters in all new buildings) the construction of shelters does not appear to have been given up. Shelter building is also going on in East Germany and Roumania, though its scale cannot be assessed. There has been a small amount of shelter provision in Albania.

32. Considerable progress in mass training has been noted in all the satellites except Albania since 1960-61. In Rounania little was done before 1959 and the effort since, though much increased, is still small compared with the programmes instituted elsewhere in the bloc. In Czechoslovakia it is claimed that 5.7 million people were trained between 1959 and 1962, and 4 million were to be instructed under the second stage "24-hour course" in 1962-63. It is not clear whether these were to be additional to those already given training. No nation-wide figures are available for East Germany, but the programmes for specialised groups (e.g. students and industrial workers) which began in 1958-59 have gradually broadened their scope into a national programme. A high level of training is claimed in Bulgaria, but there is little evidence to support it, though training is carried out on a nation-wide scale, and most of the population of Sofia was given a course during December 1961. Compulsory training for all between the ages of twelve and seventy of both sexes, was instituted in Hungary during 1961-62 and most of the population of Budapest has attended a course. A further national course for most of the population is to be held between 15th November, 1963 and 1st March, 1964. No compulsory mass course has yet been held in Poland, though compulsory training for, e.g. medical personnel and industrial workers have been held for some years. Policy publicity tends to emphasise the Civil Defence usefulness of bodies such as the Polish Red Cross, Association of Voluntary Firefighters, Boy Scouts etc., which suggest that substantial members of such organizations undergo specifically Civil Defence training.

33. Elaborate and, as far as can be judged, reasonably efficient Civil Defence planning organizations exist in Czechoslovakia, East Germany and Poland. Those in the other satellites appear at present to be of a somewhat lower standard.

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CIVIL DEFENSE (GO) ORGANIZATION IN A LARGE SOVIET TOWN



- NOTES: 1. FORMED ON BASIS OF FIRE, POLICE, HEALTH, WATER CONSTRUCTION AND VETERINARY DEPARTMENTS OF LOCAL AUTHORITY.
 2. SIMILAR TO THE MUNICIPAL GO SERVICES BUT ON A SMALLER SCALE.
 3. THE DIRECTOR OF THE ENTERPRISE (FACTORY, TRANSPORT FACILITY, ETC.) EX-OFFICIO.

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ENCLOSURE 2

1963 Civilian Defence Training Plan

Voyennye Znaniya (Moscow), No. 6, June 1963, published a plan for DOSAAF primary organizations to utilise in conducting training under the new 19-hour civilian defence programme "which is to be launched during the second half of 1963". The six-phase plan follows, as published:

(1) Nuclear and Chemical Weapons

First Class (1 hour): Destructive Effects of Nuclear Weapons

Second Class (1 hour): Destructive Effects of Chemical Weapons

(2) Defence against Nuclear and Chemical Weapons

First Class (1 hour): Collective Means of Defence

Second Class (1 hour): Individual Protective Equipment

Third Class (2 hours): Preparing Antidust Masks

Fourth Class (1 hour): Training in Utilising Individual Protective Equipment

Fifth Class (1 hour): Defence of the Population in Radioactively Contaminated Areas in the Path of the Cloud from a Nuclear Blast

(3) Rules for Civilian Conduct in Areas Contaminated by Bacteriological Substances (2 hours)

(4) Duties of the Population During a Threat of Enemy Attack and at the Civilian Defence Signal

First Class (1 hour): General Duties of Civilians

Second Class (2 hours): Familiarisation with Civilian Defense Measures at Work and at Home

(5) Eliminating the Effects of Nuclear Attack (2 hours)

(6) Administering Self-Aid and Mutual-Aid in Damage Centres

First Class (2 hours): Self-Aid and Mutual Aid in Damage Centres Following a Nuclear Blast

Second Class (2 hours): Self-Aid and Mutual Aid under Conditions Following the Employment of Toxic Chemical Agents

ENCLOSURE 3
TRANSLATION OF CIVIL DEFENCE PAMPHLET
"HOW TO DEFEND YOURSELF AGAINST MASS DESTRUCTION WEAPONS"
PUBLISHED BY THE "STAFF OF CIVIL DEFENCE OF THE USSR"
AND ISSUED BY THE MINISTRY OF DEFENCE OF THE USSR
APRIL 1962

The authors of this pamphlet are Yu.A. Lebedeva, V.D. Moskalev, S.V. Chukov and V.I. Chumakov. The publication was approved on 14th April, 1962 and it was issued in an edition of 750,000 copies.

I. MODERN MASS DESTRUCTION WEAPONS

2. Modern mass destruction weapons comprise nuclear, chemical and biological weapons.

3. NUCLEAR WEAPONS possess the most powerful destructive effect. During a nuclear explosion the following destructive factors operate: the shock wave, light radiation, penetrating radiation and radio-active contamination of terrain and air.

4. What does a nuclear explosion look like?

5. A nuclear explosion is accompanied by a blinding flash, brighter than sunlight. After the flash a fireball is formed in the area of the explosion. This is the source of the light radiation (if the explosion took place on the surface of land or water then a half fire ball is formed). The fireball increases swiftly in size, rises and cools. Its light becomes weaker and ceases in a few seconds. In place of the fireball a swirling cloud forms, increasing swiftly in size, rising and drawing beneath it a pillar of dust from the earth's surface. Subsequently this cloud takes on the form of a mushroom. It gradually loses its mushroom shape and disperses in the direction of the wind. The sharp and strong sound of a nuclear explosion can be heard at a distance of several dozen kilometres.

6. THE SHOCK WAVE disperses at great speed in all directions from the place of the explosion. On its way it destroys buildings and installations. The destructive and injurious effect of the shock wave is noticeably weakened in proportion to the distance from the centre of the explosion. After one or two minutes from the time of the explosion its injurious effect ceases altogether. People who are not in shelter or under cover at the moment of the explosion may die or receive various wounds; fractures, bruises, contusions, damage to the lungs and other internal organs.

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ONE CAN PROTECT ONESELF AGAINST THE SHOCK WAVE OF A NUCLEAR EXPLOSION

7. Shelter or cover provides varying degrees of protection against it and against the other destructive factors of a nuclear weapon.

8. It must be realised that the shock wave can cause injury even within closed buildings, by penetrating crevices and openings.

9. The shock wave spreads more slowly than the light radiation. A man who has seen the flash of the explosion can succeed in taking cover. The greater the distance from the centre of the explosion, the more time he has to get to the nearest cover or to lie on the ground and thus reduce the danger of injury by the shock wave.

10. Try to avoid injury from fragments of falling buildings and structures, pieces of glass, stones and other objects flying about as a result of the shock wave.

11. LIGHT RADIATION from a nuclear explosion is a stream of light rays, like the rays of the sun - which spreads instantly. It acts for eight to fifteen seconds (the period of luminosity of the fireball) and can char, set on fire and melt various materials. As a result of the action of light radiation unprotected people may be burnt, blinded or receive burns on the unclothed parts of the body. Light radiation may be the cause of fires in inhabited places, in forests or on the plains.

12. Light radiation does not penetrate through opaque objects and materials (a layer of soil, stone, concrete or brick walls etc). THEREFORE ANY COVER OR OBJECT WHICH CASTS A SHADOW MAY PARTIALLY OR COMPLETELY PROTECT AGAINST LIGHT RADIATION.

13. PENETRATING RADIATION is an invisible radiation which spreads instantly on all sides from the place of explosion and continues for about 10 to 12 seconds. As a result of the action of this radiation people may become ill from radiation sickness. Serious forms of radiation sickness are fatal.

14. People who are in various types of cover at the moment of the explosion receive lower doses of radiation than people at the same distance who are in the open.

15. Radio-active radiation may penetrate through various materials but in passing through them it is very much weakened. The greater the thickness of the materials, the better the protection they afford from penetrating radiation.

16. RADIO-ACTIVE CONTAMINATION of ground, buildings, reservoirs and air is the result of a fall-out of radio-active dust from the cloud

which forms during a nuclear explosion. Radio-active substances fall out of the cloud along the direction of its movement, not only in the damage area but far beyond its bounds, to a distance of several hundred or even thousand kilometres.

17. Radio-active substances are most dangerous when they get inside the organism. They penetrate the human or animal organism through breathing contaminated air, or along with contaminated food, water or fodder. As a result people or animals may become ill from radiation sickness.

18. YOU MUST MAKE USE OF ANY COVER TO PROTECT YOURSELF AGAINST THE EFFECT OF THE SHOCK WAVE, LIGHT RADIATION, PENETRATING RADIATION OR RADIO-ACTIVE CONTAMINATION.

CHEMICAL WEAPONS are used to injure people and animals. Air, soil, water supplies, various buildings, transport, agricultural and other equipment, food products and fodder for animals may be contaminated by the poisonous substances used in a chemical attack. These substances can also penetrate into various buildings and installations which are not hermetically sealed.

19. Poisonous substances penetrate the human or animal body through breathing of contaminated air, through the skin or through taking contaminated food and water. They cause various kinds of poisoning; some of them act in a very short time - a few seconds.

20. The injurious effect of poisonous substances on terrain may last from a few minutes to several hours, days or even weeks.

21. BIOLOGICAL WEAPONS ARE intended for mass injury to people and animals and also for destruction of agricultural crops. In a biological attack, disease-bearing microbes and toxins or poisons produced by them may be used. They enter a human or animal body through breathing contaminated air, use of contaminated products or contaminated water, and also through bites from insects infected with microbes, and cause serious infectious diseases and poisoning.

22. Contamination of people and animals may occur not only at the moment that biological means are used but over a period of several hours and sometimes even days.

II. WHAT TO DO WHEN ATTACK THREATENS

23. Warning of threat of attack will be broadcast over the radio network and television, published in the press and displayed on posters.

24. When you hear the statement that there is a danger of attack DO NOT LOSE TIME, BEGIN PREPARATIONS FOR DEFENCE IMMEDIATELY, AS THE ENEMY ATTACK MAY TAKE PLACE AT ANY TIME!

25. TO PREVENT THE ENEMY ATTACK TAKING YOU UNAWARES test that your wired radio is working. and keep it switched on all the time - this will permit you to hear all the Civil Defence Signals and orders or the organs of Soviet power; learn the most convenient and shortest ways to the nearest shelters or cover, to the underground railway stations and to the medical points.

26. TEST HOW WELL THE MEMBERS OF YOUR FAMILY KNOW THEM!

27. SHOW THE MEMBERS OF YOUR FAMILY WHERE THEY MAY TAKE COVER IF THERE ARE NO SHELTERS OR REFUGES.

28. For example:

In a basement underneath a building.

Under a staircase on the ground floor.

In a cellar, vegetable store or similar semi-underground building.

In a gully, hollow or any other depression in the ground.

29. If there are no shelters or refuges near your house then as soon as the warning of danger of attack by the enemy is proclaimed you should, together with your neighbours IMMEDIATELY BEGIN BUILDING SHELTERS OF THE SIMPLEST TYPE (DUGOUTS OR TRENCHES). A convenient place for building shelter may be found in yards, kitchen gardens, orchards, greens, boulevards or other open spaces.

30. Even if you are only able to excavate a trench it can in certain conditions provide protection against the destructive factors of a nuclear explosion.

31. For greater solidity reinforce the walls of the trench with planks and beams. Cover the trench with joists, poles, planks etc., put on top of them a layer of earth 60 to 80 centimetres thick and on top put a layer of turf.

32. Make permanent doors or screens and put benches inside.

33. If all crevices are blocked and puttied up, the windows covered and the entrance sealed then a cellar, basement or ordinary residential building will provide good protection against radio-active substances falling from the nuclear explosion cloud. Buildings for

livestock are equipped the same way.

34. Air from outside, contaminated with radio-active and poisonous substances, disease-bearing microbes or toxins, may penetrate into unprepared shelters, basements, cellars or other premises.

35. PREPARE INDIVIDUAL MEANS OF DEFENCE FOR YOURSELF AND THE MEMBERS OF YOUR FAMILY.

36. Gas masks provide reliable protection against radio-active and poisonous substances, disease-bearing microbes and their toxins, for the lungs, eyes and face.

37. A gas mask of suitable size must be chosen, and it must fit closely to the face and head.

38. If there are no gas masks you must prepare yourself simple means of protection in good time:

A gauze and wadding mask.

A cloth anti-dust mask.

39. CLOTH MASKS, GAUZE AND WADDING MASKS, AND INDUSTRIAL RESPIRATORS PROTECT ONLY AGAINST RADIO-ACTIVE DUST.

40. For protection of the skin prepare raincoats, cloaks of rubberised cloth, polythene and other materials for protection of the feet, high rubber boots, waders, felt boots or ordinary shoes with galoshes.

41. If there is no waterproof clothing, you may use ordinary men's clothing, skating or sports costumes, working overalls or quilted jackets.

42. To prevent penetration by contaminated air through the front of the costume, sew a breast piece of any thick cloth (baize, oil-skin, etc.).

43. To protect the neck and uncovered parts of the head not protected by the gas mask make a hood.

44. ... Anyone can make a cloak and home-made stockings from thick cloth (preferably of light colours), to be put on over his ordinary shoes. Ordinary gloves or mittens (leather, wool etc.) are suitable for protecting the hands.

45. TEACH ALL THE MEMBERS OF YOUR FAMILY TO USE THE INDIVIDUAL MEANS OF DEFENCE! TRAIN THEM IN PUTTING ON GAS MASKS AND OTHER MEANS OF DEFENCE!

46. Don't forget to obtain individual anti-chemical and dressing packets and sterile bandages. They may be needed for giving first aid to casualties.

47. After the declaration of a threat of attack by the enemy, prepare a small store for each member of your family of food not requiring preparation, and also of drinking water, and put everything into a bag, rucksack or holdall.

48. ALL THIS, INCLUDING PERSONAL DOCUMENTS (PASSPORT, BIRTH CERTIFICATE, DIPLOMAS ETC.), MUST ALWAYS BE KEPT HANDY.

49. Means of defence must be kept in one place, known to the members of your family!

PREPARE YOUR APARTMENT AGAINST FIRE!

50. Take down curtains and blinds from the windows. Paint the glass with any white paint or whitewash. Put away clothes, shoes, books and other things not in daily use in boxes, cupboards or suitcases. Put soft furniture under walls between windows. By doing all this you will avert the possibility that things will catch fire from light radiation penetrating through the window.

51. Cover wooden roofs, walls and other parts of the house with wet clay. Pull down unnecessary wooden structures, and put planks and beams carefully as far away from the house as possible. Make stores of water and sand around the house outbuildings and buildings for animals. See that there is always water in barrels.

52. Test whether doors leading from rooms into corridors from apartments on to staircases open easily. Do not forget to test how doors and gates of buildings for livestock open.

WHEN YOU GO OUT DO NOT FORGET TO SHUT OFF ALL HEATING INSTALLATIONS AND ACCESSORIES AND TO SHUT DOORS AND WINDOWS.

53. To prevent radio-active and poisonous substances or disease-bearing microbes and their toxins from falling on vegetables, meat, butter, meal and other products, pack them away in cellophane or polythene packets (bags) or wrap them in two or three layers of thick paper, and then put them away in saucepans, cans, or pails with lids.

54. Cover up carefully stocks of vegetables, corn, meal and other food products, and keep them in a cellar, pantry or cupboard.

55. Keep boiled water for drinking in cans or glassware with tightly fitted lids and stoppers.

56. Wells and water taps must also be carefully covered up.

57. Every time food is prepared or eaten the remaining food products and dishes should be covered up immediately and put into pantries or cupboards.

DO NOT LEAVE FOOD AND WATER UNCOVERED!

58. When a threat of attack arises the population of the big towns must be dispersed. Dispersal will be effected under the leadership of organs of Civil Defence.

59. To leave town quickly and in an organized fashion order established by the Civil Defence must be maintained.

60. Organized action by the population under threat of attack will permit measures of defence against mass destruction weapons to be taken in good time.

61. If you are to leave town take a small stock of food (enough for two or three days), which is compact, will not spoil and can be prepared quickly while travelling (for example conserves, concentrated food, biscuits).

62. If children of under school age are going with you, sew a label to their dress or coat, giving the name and age of the child and your permanent address.

63. Keep calm, stop panic, help the police.

REMEMBER THAT WHEN A THREAT OF ATTACK ARISES THE WORST ENEMY IS PANIC!

64. ALWAYS HAVE YOUR GAS MASK AND OTHER MEANS OF DEFENCE WITH YOU!

III. ACTION ON THE SIGNALS OF THE CIVIL DEFENCE

65. The Civil Defence will give special signals to warn the population of danger of an enemy attack and to warn them when it is over.

YOU AND YOUR FAMILY MUST BE FAMILIAR WITH THE CIVIL DEFENCE SIGNALS, ACT IN ACCORDANCE WITH THEM CONFIDENTLY AND QUICKLY, AND OBEY STRICTLY ALL THE RULES FOR CONDUCT Laid Down BY THESE SIGNALS

66. If an immediate danger of enemy attack arises the signal "AIR ALARM" will be given. It is given over the radio network

and also by sirens and whistles of factories, steam engines and steamships over a period of two to three minutes.

67. The signal "AIR ALARM" means that enemy aircraft or missiles have already violated our air space and that a given town may be attacked within the next few minutes.

WHEN YOU HEAR THE "AIR ALARM" SIGNAL, GO QUICKLY WITH YOUR FAMILY TO THE NEAREST SHELTER, BASEMENT OR ANY OTHER COVER

68. When you leave the building warn your neighbours: it is possible that they did not hear the signal.

69. DO NOT STAY IN THE BUILDING, ESPECIALLY ON UPPER STOREYS: they are the most likely to be destroyed by the nuclear explosion shock wave.

70. If the signal "AIR ALARM" finds you in a shop, cinema or other public place do not rush for the doors! Obey the orders of the administrator and go to shelter or cover.

71. If you are in public transport when the "AIR ALARM" signal is given wait until it stops and get out. The Civil Defence posts will show you the nearest shelter or other cover.

OBSERVE THE RULES OF CONDUCT IN SHELTERS AND COVER!

72. Do not cause a crush at the shelter entrance. Children and old people go in first. Take your place in the compartments as ordered by those on duty.

HELP THOSE ON DUTY IN THE SHELTER TO KEEP ORDER!

73. Domestic pets, inflammable or strong-smelling substances may not be taken into shelter or cover.

74. It is forbidden to smoke, light Kerosene lamps or candles in shelters: this may worsen the composition of the air.

75. If you feel unwell go immediately to the shelter Commandant or Orderly.

76. If the light in the shelter goes out after the nuclear explosion or communication is interrupted you must wait calmly for the orders of the Shelter Commandant or Orderly.

77. When the danger has passed the signal "END OF AIR ALARM" will be given. On this signal you may leave the shelter. In doing this you must strictly observe the orders of those on duty in the shelters.

78. As soon as permission is given to leave the shelter put on your gas masks or anti-dust mask, cloak, protective stockings, gloves, and carefully cover up all bare parts of the body.
79. When leaving the shelters carry out the orders of the Civil Defence posts to the letter!
80. When moving through an area contaminated by radio-active substances, IT IS FORBIDDEN TO DRINK, EAT, OR SMOKE. Try not to brush against objects in the area.
81. If you do not know whether or not the area is contaminated behave as if it is.
82. WHAT SHOULD YOU DO IF THE SHELTER IS PARTIALLY DAMAGED?
83. If the exits from the shelter in which you are blocked after the explosion you may use the emergency exit. When the Shelter Commandant has tested the condition of the emergency exit he will tell you the order and rules for using it.
84. Help old people and children to get out, especially in climbing through the shaft of the emergency exit.
85. If there is no emergency exit, or if it is damaged, take organized measures along with the others in the shelter to repair the damaged exit or to make a new one. To do this you must knock a hole in the wall and go out into the neighbouring basement or dig a passage and then remove the debris from below.
86. It is almost always possible to get out of a shelter whose exits are destroyed and obstructed; you must open the door and remove the obstruction from within.
87. If the exit is completely destroyed or blocked by debris from buildings it is still possible to get out. For this you must partially remove the roof and bring the earth covering down inside.
88. BY ACTIVE OPERATIONS IN CLEARING AND MAKING EXITS FROM SHELTERS YOU WILL HELP THE RESCUE DETACHMENTS OF CIVIL DEFENCE AND YOURSELF GET OUT QUICKER.

EVEN IF YOU ARE UNABLE TO TAKE COVER DURING A SUDDEN ENEMY ATTACK, REMEMBER THAT EVEN AFTER THE FLASH OF THE NUCLEAR EXPLOSION YOU MAY HAVE SEVERAL SECONDS AT YOUR DISPOSAL TO TAKE MEASURES OF DEFENCE!

89. If you are indoors lie down immediately on the floor against an external wall between windows; you may hide behind a cupboard, under a desk or other furniture. This will protect you against light radiation, penetrating radiation and fragments of glass.
90. If the nuclear explosion has caught you in the street, DO NOT WASTE TIME AND DO NOT LOOK FOR A SPECIAL SHELTER OR COVER.

91. Use for protection:

Low stone walls.

Ditches, holes, trenches, culverts, embankments and cuttings of railways and roads, pipes under embankments, tunnels.

Dense thicket or young wood.

92. DO NOT IN ANY CIRCUMSTANCES LOOK AT THE FIREBALL OF THE EXPLOSION, THUS YOU WILL SAVE YOUR EYES FROM INJURY BY LIGHT RADIATION!

93. After the shock wave has passed over stand up, and put on your gas mask or anti-dust mask. At the very least cover your mouth and nose with any mask, handkerchief or muffler.

94. Shake your clothing, help those who have been wounded, and then leave the stricken area.

95. The Civil Defence posts will show you the safe routes. If there are no posts go in the direction where the buildings are least damaged. Observe safety measures strictly; do not go near damaged buildings and installations - they may fall down. Your life depends on how strictly you observe the safety measures! REMEMBER THAT EVERYTHING AROUND MAY BE CONTAMINATED BY RADIO-ACTIVE SUBSTANCES, AND IT IS VERY DANGEROUS TO BE STRUCK BY THEM!

96. If you see children, old people or invalids help them to get out of the stricken area. Take care that they put on their gas masks, anti-dust masks or masks made from whatever is at hand.

97. After leaving the area of radio-active contamination begin decontamination immediately - de-activation of clothing and shoes and sanitary care. First of all remove dust from your clothes and shoes and means of defence. It may be radio-active.

98. Remove the dust carefully from overcoat or outer clothing with a broom or brush.

99. Clean mud from your shoes or protective stockings.

100. Take off your overcoat or outer clothing and shake it thoroughly several times, standing with your back to the wind. BE CAREFUL THAT RADIO-ACTIVE DUST DOES NOT FALL ON YOU OR YOUR NEIGHBOURS!

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101. Wipe the facepiece and case of your gas mask and shake the sack. Then take off your gloves, wash your hand, and wipe thoroughly the unprotected parts of face, neck, arms and legs. After this take off your gas mask, wash your face and wash out mouth and nose.

102. If you have used a gauze and wadding mask there is no need to clean it. Take it off and throw it away into a place designated for the purpose. It cannot be used again.

IV. HOW TO HELP THE INJURED

103. If you are uninjured join in the work of the Civil Defence formations when you leave the shelter or cover. If they have not yet arrived then you, together with other people capable of working, may proceed to organized rescue and other work.

104. DO EVERYTHING YOU CAN TO HELP THE INJURED!

105. If you know the location of the nearest shelters or covers which are underneath debris, then try by every possible means to establish contact with the people sheltering in them.

106. To get people out of a damaged shelter or cover the first thing to do is to remove debris over the main or emergency exit.

107. If there are people in buildings with destroyed staircases, you must help them to come down from the upper storeys.

108. Some of the injured may be unconscious. They must be lowered with the aid of ropes and stretcher straps.

THE QUICKER YOU START RESCUE WORK, THE MORE INJURED YOU WILL BE ABLE TO SAVE!

109. Some of the injured may be in the streets under piles or separate pieces of debris.

110. A man who is trapped underneath heavy debris must be freed as quickly as possible. Raise the burden carefully and smoothly, without jerking, otherwise you will give the injured man additional injuries.

111. In dragging an injured man out from under debris first of all free his head and chest and then try to drag him out carefully.

112. IN RESCUING PEOPLE DO NOT FORGET SAFETY MEASURES! DO NOT GO INTO DEBRIS UNNECESSARILY AND DO NOT ENTER DAMAGED BUILDINGS ON YOUR OWN! DO NOT TOUCH BARE WIRES!

113. Work particularly quickly in buildings which are on fire. If you have to go through burning premises to save people, cover yourself from the head down with a red blanket, piece of thick cloth or overcoat and go through the dangerous place quickly.
114. Open the door into a smoke-filled building carefully. Remember that a quick current of oxygen would cause a burst of flame. It is best to crawl through a very smoky building.
115. On entering a building where people should be, call out to them. Remember that frightened children often hide under the bed, behind cupboards and in other places. Before leading or carrying people out of a burning building put a blanket, sheet or some such other covering over them.
116. During fires people's clothing often catches fire. In these circumstances most people try to run away. This fans the flames. Put an overcoat or blanket over the casualty, or some such other cover, and PRESS IT TIGHT TO HIS BODY, SO AS TO STOP THE STREAM OF OXYGEN AND EXTINGUISH THE FLAMES. Then put dressings on the burns, cover the casualty with a sheet or overcoat etc. and DELIVER HIM IMMEDIATELY TO THE MEDICAL DEPARTMENT.
117. A nuclear explosion may cause massive fires. Fires also arise as a result of use by the enemy of various incendiary weapons.
118. REMEMBER! ORGANIZED COLLECTIVE ACTIONS ARE OF GREAT IMPORTANCE IN FIGHTING FIRES. WHEN YOU SEE FIRES, TELL YOUR NEIGHBOURS AND ACT TOGETHER!
119. Small outbreaks of fire in rooms, yards, livestock buildings, industrial buildings, in the fields and other places should be put out with water, sand, earth, by covering the flames with a bedspread, blanket etc. If there is a fire extinguisher handy, use it.
120. So as to get animals out of a burning building more quickly, open all doors and gates immediately.
121. Animals may be driven out of a burning building by water from a hose. Chase the rescued animals to a safe place.
122. GIVE EVERY ASSISTANCE TO THE CIVIL DEFENCE FIRE-FIGHTING DETACHMENTS!
- V. EVERYONE MUST BE ABLE TO GIVE FIRST AID TO THE INJURED
123. Put dressings on wounds and burns. This will preserve them from dirt and contamination. Use individual dressing packets, bandages, napkins, pieces of material, underwear etc. as dressings.

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124. Stop a strongly pulsating flow of blood with the aid of a strap or tourniquet. A tourniquet may be made from a piece of material, rope or belt. A strap or tourniquet must not be put on the bare body, so put a piece of cloth or clothing underneath it.

124(b). DO NOT FORGET TO PUT UNDERNEATH THE DRESSING A NOTE OF THE TIME AT WHICH THE STRAP OR TOURNIQUET WAS APPLIED.

125. In cases of fractures or dislocations conditions must be created for immobility of the damaged bones. To do this bandage a splint to the damaged limb - a plank, stick, a piece of plywood. At the very least bandage the damaged limb to the healthy one.

126. In case of deep unconsciousness carry out artificial respiration.

127. In a stricken area there may be people injured by electric shock. HELP THEM IMMEDIATELY! PUT DRY GLOVES ON YOUR HANDS AND MOVE THE WIRE AWAY FROM THE CASUALTY WITH A STICK OR DRAG THE CASUALTY AWAY BY HIS CLOTHING. Then give him artificial respiration. Put a dressing on the burn.

128. AFTER GIVING FIRST AID TO THE INJURED THEY MUST BE DELIVERED TO ANY MEDICAL POINT.

129. Use whatever is at hand for carrying the injured: stretchers made from sticks and overcoats, doors, step ladders, sheets of plywood, table tops.

130. They may also be carried on the hands.

131. In case of fractures or severe injuries to the spine carry the injured person on a hard surface - a table top, planks, a door etc.

132. DO NOT FORGET THAT AN INJURED PERSON'S LIFE DEPENDS ON THE SPEED WITH WHICH YOU HELP HIM AND DELIVER HIM TO THE MEDICAL DEPARTMENT.

VI. HOW TO AVOID INJURY BY CHEMICAL AND RADIO-ACTIVE SUBSTANCES

133. If the enemy uses poisonous substances the signal "CHEMICAL ATTACK" will be given. This signal consists of a series of repeated sounds (one long and one short) and is given over a period of one to two minutes by whistles of locomotives, factories, and also by striking rails, and is repeated by radio.

WHAT TO DO ON THIS SIGNAL?

134. PUT ON YOUR GAS MASK AND OTHER MEANS OF DEFENCE QUICKLY.
135. If there is a shelter nearby take cover in it.
136. If you are wearing your defensive clothing, are away from shelter on contaminated territory, act in accordance with the orders of the Civil Defence posts, help the injured and leave the contaminated area.
137. GO QUICKLY THROUGH CONTAMINATED TERRITORY BUT DO NOT RUN. REMEMBER THAT THE LONGER YOU ARE ON CONTAMINATED TERRITORY THE GREATER IS THE DANGER OF CONTAMINATION!
138. Do not touch objects around you. Do not step on visible drops of poisonous substances. Even if you are very tired DO NOT TAKE OFF YOUR GAS MASKS OR OTHER MEANS OF DEFENCE.
139. After you leave the contaminated area the Civil Defence posts will direct you to a special area where you must carry out personal decontamination and decontamination of clothes.
140. First of all carefully wipe off visible drops and smears of poisonous substances with a swab made from rags, floor cloth, paper, straw or handkerchief. Throw used swabs away in a designated place.
141. Go over the places where the drops or smears of poisonous substances were with the liquid from the anti-chemical packet or with soap and water. Do not take off your gas mask while doing this.
142. YOU MAY ONLY TAKE OFF YOUR GAS MASK WHEN ORDERED TO DO SO BY THE CIVIL DEFENCE POSTS.
143. THE POPULATION WILL BE WARNED OF THE APPROACH OF A RADIO-ACTIVE CLOUD BY THE SAME MEANS AS THOSE USED FOR CHEMICAL ATTACK.
144. When you receive warning, IMMEDIATELY:
- Prepare shelters, basements, underground rooms, apartments or service buildings for use as shelter: put them in order quickly, close windows and shutters, putty up all cracks and crevices;
 - Prepare a stock of food and water sufficient for two to three days;
 - Cover up wells, water troughs and animal fodder;

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Close tightly doors and hatches leading to larders, cellars, underground rooms and other places where food is kept;

Check that there is a reserve of food and water in buildings for animals, close windows and all ventilators with screens, then chase the animals in and close doors and gates tightly. If there are no buildings, hide the animals in the woods.

145. When the signal is given that radio-active fallout is coming down put on your respirator or mask and take cover in the places prepared for protection.

146. IF RESIDENTIAL AND SERVICE BUILDINGS HAVE BEEN PREPARED FOR PROTECTION STAY IN THEM.

147. YOU MAY ONLY LEAVE SHELTERS AND BUILDINGS IF YOU OBSERVE THE REGULATIONS LAID DOWN BY THE CIVIL DEFENCE ORGANS!

148. HOW SHOULD YOU BEHAVE IN AN AREA OF BIOLOGICAL CONTAMINATION?

149. On territory which has been subjected to biological attack a special regime will be instituted - QUARANTINE.

150. OBSERVE STRICTLY ALL THE RULES LAID DOWN FOR THE POPULATION DURING THE QUARANTINE PERIOD. Do not leave a quarantine area, do not go from the house into the street or to the neighbours unless especially necessary. Do not allow the children to run about into the yard or street or to go to their friends. WHEN YOU LEAVE THE HOUSE PUT ON YOUR RESPIRATOR OR ANTI-DUST MASK.

151. DO NOT REFUSE PROPHYLACTIC INNOCULATIONS OR MEDICINE TO AVERT ILLNESS IN ANY CIRCUMSTANCES!

152. Observe the measures of personal and social hygiene especially thoroughly.

153. Use water only from those sources from which it is permitted. DO NOT DRINK UNTREATED WATER OR MILK.

154. Wash fruit, vegetables and other products used raw thoroughly in boiling water. Bake bread or heat it thoroughly in oven or stove. Boil or roast food thoroughly.

155. KEEP FOOD ONLY IN TIGHTLY SHUT UTENSILS! IF YOU SUSPECT THAT FOOD, WATER OR FODDER IS CONTAMINATED YOU SHOULD IMMEDIATELY INFORM THE CIVIL DEFENCE OR ANY MEDICAL OR VETERINARY DEPARTMENT.

156. Take every step to prevent insects and rodents which could be vectors of many dangerous diseases from getting into your house and buildings. Destroy them.

157. For daily cleaning of the house moisten a cloth with a weak disinfectant solution (for example 1% solution of chloramine).

158. If someone in your family or apartment is taken ill, CALL THE DOCTOR IMMEDIATELY, TAKE ALL PRECAUTIONARY MEASURES TO PREVENT THE SICK PERSON COMING IN CONTACT WITH OTHER MEMBERS OF THE FAMILY AND NEIGHBOURS. To do this, put the sick person in an isolation room or partition off his bed with a screen or sheet.

159. UNDER BIOLOGICAL ATTACK THE PROBABILITY OF ILLNESS WILL BE SIGNIFICANTLY REDUCED IF THE RULES FOR BEHAVIOUR AND THE MEASURES OF PERSONAL AND SOCIAL HYGIENE ARE STRICTLY OBSERVED.

IT IS THE DUTY OF EVERY SOVIET CITIZEN TO PARTICIPATE
ACTIVELY IN ALL WORKS CARRIED OUT BY THE CIVIL DEFENCE
FORMATIONS

160. REMEMBER THAT ORGANIZATION, STRICT COMPLIANCE WITH ALL
RULES OF CONDUCT AND DECISIVE ACTION AT THE DAMAGE CENTRE
GUARANTEES SAVING THE LIVES OF MANY PEOPLE!

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