

Before Disaster Strikes

WHAT TO DO NOW



A FAMILY HANDBOOK



ST. LOUIS OFFICE OF CIVIL DEFENSE

IT CAN HAPPEN HERE. . .

"Because the building of a completely impenetrable defense against attack is not possible, total defensive strength must include civil defense preparedness. Because we have incontrovertible evidence that Soviet Russia possesses atomic weapons, this kind of protection becomes sheer necessity."

---President Dwight D. Eisenhower



WHAT TO DO NOW. . .

why civil defense. . .

The H-Bomb has joined the A-Bomb in the up-to-date stockpile of war. The main job of civil defense has always been to work out the most effective protection against whatever weapons our enemies have. Today, in this new H-Bomb age, Civil Defense demands a "new look."

No one can state positively whether or not there is danger of enemy attack NOW, or ever, for that matter. But some things are certain, and some things are highly probable.

1. Any attacker would try to use the element of surprise. There would NOT be time to plan any kind of defense after the alert.
2. One of the greatest deterrents to the use of any weapon is the amount of known preparedness against it. If the potential damage is reduced by preparedness against it, the weapon becomes proportionately less effective.

Therefore, the people of the United States must recognize the possibilities, face them squarely and intelligently, and make certain preparations NOW which will save thousands of lives in the event of an attack. We all agree with the Boy Scout motto, "Be prepared." We all buy insurance against the mere possibility of automobile accidents, fires and thefts which will most probably never happen to us. But we sensibly recognize the possibility, and so we take all practical precautions. It is only sensible to recognize the possibility of direct attack on our cities and to calmly take all practical precautions as our "insurance" against it.

the a-bomb period. . .

When it became known that Russia had atomic bombs as powerful as those which the United States used at Hiroshima, and that it was entirely possible that our cities might be attacked, civil defense experts prepared the most effective defense against an A-bomb attack. People were told to:

1. Stay where they were when the warning came;
2. Take shelter nearby, as quickly as possible.

Accordingly, shelters were prepared and

preliminary "air raid drills" held to educate people to the best procedures.

Just about the time A-bomb precautions were perfected and thoroughly understood by people in general, the first H-bomb was exploded, which made the A-bomb defense plan inadequate over night.

the h-bomb period . . .

The United States exploded its first H-bomb in November, 1952. The Soviet Union soon followed - in August, 1953. Further developments have been made since, and on March 29, 1954, AEC Chairman Lewis Strauss stated that the new weapons now available could destroy any city in the world. Again in May of 1956, our country exploded a powerful H-Bomb in the Pacific which was dropped by an Air Force Bomber. The new hydrogen bombs are estimated to be more than 1,000 times as destructive as the A-bomb used at Hiroshima! An H-bomb dropped on St. Louis would totally demolish buildings in a radius of 5 miles; it would cause major damage to structures within the next 5-mile circle; and endanger life out to a distance of 15 miles from the point of explosion.

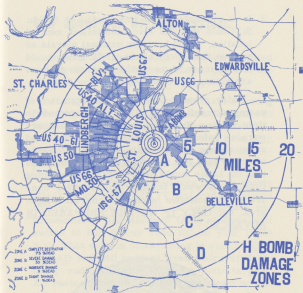
the "new look". . .

It seems obvious, then, that the best defense against the H-bomb, at least for the present time when adequate shelters are simply not available, and will not be for at least several years, is orderly evacuation of cities which are logical targets. Orderly evacuation will be a complicated procedure, at best. Remember the old school "fire drills"? Everything depends on speedy and orderly movement of people by all exits. Every city must have its own carefully worked out evacuation plan and every man, woman and child must be instructed exactly what to do in order to prevent panic and needless loss of lives.

how vulnerable is St. Louis. . .

St. Louis is one of the logical targets for enemy air attack because:

1. It is a key rail, manufacturing, and population center.
2. It is actually closer by air to Russian bases than either New York or San Francisco.



COMPUTED DAMAGE ZONES
for

A-Bomb 1(X)
H-Bomb 1000(X)

September, 1957

Office of Civil Defense
St. Louis, Mo.

3. It is psychologically important. A hit on St. Louis with its favorable inland, central location, would hurt our national morale as well as that of our allies. If St. Louis could be hit, most of us would conclude that we are vulnerable everywhere.

Under present conditions the approach of enemy aircraft would likely be detected in time to give St. Louis more than two hours warning before an attack. With the improved radar screen in the Arctic regions and elsewhere around our shores, it is highly probable that St. Louis would have even more warning time. This would be time to evacuate hundreds of thousands of people from the danger area, but ONLY IF WE ARE PREPARED IN ADVANCE.



how about our warning system. . .

Special Air Raid Sirens have been installed and tested that can be heard in all parts of the city and many areas of the county.

If St. Louis receives an Air Raid Warning from the Air Force, the Evacuation Signal will be sounded immediately over the Air Raid Sirens. The Evacuation Signal will be a Five Minute Steady Blast (——) on the sirens repeated after one minute of silence.

If the Air Force determines that an enemy attack is probable, all TV and radio stations will go off the air with an appropriate announcement. All standard (AM) stations will switch to 640 KC or 1240 KC on your radio dial. This system of switching is called CONELRAD and will prevent enemy aircraft from using radio stations to locate their targets. All radio information will be broadcast on 640 KC or 1240 KC when CONELRAD is in effect. Remember — tune your dial to 640 or 1240.

If no early warning of attack should be received and if the Air Force says that attacking planes are close, then the "Take Cover"

Signal will be sounded by a continuous wailing note on the sirens (~~~~) lasting three minutes. This means that attack is imminent. There will be no time for evacuation. Regardless of where you are, take shelter quickly and stay there. Act as you were instructed to do in case of an A-bomb attack.

Remember—you greatly increase your chances of surviving an enemy attack if you increase the distance between you and the probable point of explosion. Therefore, you should move out quickly on the evacuation signal. On "Warning Red", however, with attack imminent, wherever you are take shelter immediately.

when the warning comes. . .

1. If it is the Evacuation Signal

Detailed plans for evacuation of the city have been made. Every possible means will be used to get people to areas of safety as quickly as possible. Turn your radio to 640 or 1240 and follow instructions exactly. Be calm, and don't get panicky. Each member of your family should have been previously instructed on what to do so members of families

that might be separated will not worry about one another.

You can appreciate that moving over a million-and-a-half people is a tremendous task and creates many problems. Everyone will be inconvenienced and perhaps frightened. People will not be able to go exactly where they want to go nor to get there as fast as they may want to travel. By cooperating, however, people will be able to get to a place of safety much more quickly.

If you are in a congested area, such as downtown, start moving outward - away from congestion - by the best means available (by vehicle or on foot). Follow the traffic plan that has been worked out for the fastest possible evacuation of the congested areas. Do not try to go against the direction of traffic officers.

You surely realize that with everyone evacuating the city at the same time, the roads will become clogged and traffic will be slower than normal. Be patient. In order to permit everyone to get out of the danger zones, it may be necessary to relieve the congestion near outlying bridges by directing some vehicles into temporary parking places (called "Staging Areas") so that those behind may move out of the danger zone more rapidly.

2. If it is the Take Cover Signal

If and when you hear the sirens wail out "Take Cover," find the best shelter possible nearby and take cover immediately, regardless of where you are.

On the remote possibility that there is no time for an "Evacuation Signal" and the first indication you have is the "Take Cover" Signal, do not attempt to go anywhere. Go immediately to the best nearby shelter. The location of shelters should be a part of the instruction given to all members under the "family plan."

3. If there is no warning

On the further and even more remote possibility - but still a possibility - of attack with NO warning at all (a blinding flash in the sky), FALL TO THE FLOOR FACE DOWN near a wall or under something if possible, but DO IT INSTANTLY. Do not try to reach a shelter - there isn't time.



what should we do to be prepared. . .

An extensive and detailed plan to remove the most people in the shortest time has been prepared by the Office of Civil Defense. Details of this plan are contained in a pamphlet "Escape from the H-Bomb", copies of which can be obtained from the Office of Civil Defense, City of St. Louis, 5100 Clayton Avenue, St. Louis 10, Missouri. Write for your copy today or phone OLive 2-1488.

In the meantime, there are some parts of this extensive plan which can and SHOULD be attended to NOW. Carrying out these simple steps does not mean that you are afraid of an impending attack any more than equipping your medicine chest with adhesive tape proves that you are afraid of cutting your finger.

Actually they are no more than sensible safety measures which could prove helpful in many peacetime emergencies in the average household.

the family plan. . .

Most families are separated at some time during the 24-hour day - in many cases by con-

siderable distance. Under any workable evacuation plan, people in different parts of the city will leave by the closest and most direct route. Thus families will be temporarily separated.

NOW is the time to have a family conference and make plans that will add to your chances of survival in an emergency. Here's what you should do NOW.

1. Every family should make arrangements now with a relative or friend living outside of the St. Louis Metropolitan area (at least 30 miles from Broadway and Olive) to be the "family contact" for exchange of information or as a meeting place for reuniting the family. This "family contact" could, if necessary, be in another state, but should always be in a small town or rural area which is not likely to be an enemy target. Each member of the family should carry the name, address, and telephone number of this "family contact" on his person at all times, and should be instructed to get word to this person as soon as possible in the event of temporary separation from other members of the family.
2. Every family should make definite transportation arrangements now with neighbors, fellow

workers, friends, or relatives living close by, so that every member of the family has a means of getting out of the city, either:

- a. when the family is together at home,
- b. when the family is separated,

- 1) usual separations - at work or school (special school plans will be worked out).

- 2) special social or business situations.

Locate your escapeway route. Then, the family should select, and each member should write down for immediate reference when needed, the most direct route from home, and from place of employment, to the nearest escapeway.

3. Every family should pack a "survival kit" consisting of four units:
 - a. Emergency Food Supplies: A 3-day supply of canned or packaged foods, a can opener, container of water, and other things that would be needed to take care of the family during the emergency period.
 - b. Emergency Shelter Supplies: Items such as blankets, sleeping bags, a piece of canvas or small tent, or whatever you have that might come in handy for shelter should be tied in a roll and kept either

in the family car or in a convenient place in the house or basement.

c. Emergency Medical Supplies: A First Aid Kit containing essentials for emergency family use should be prepared. This kit should be kept in the family car at all times, or kept in a convenient place where it could be picked up quickly in an emergency. A recommended First Aid Kit which can be assembled from household items is shown in Table I.

d. Emergency Sanitation Supplies: See below, page 20

4. If you own an automobile, make certain that it is kept in proper operating condition and that the gasoline tank is reasonably filled at all times so you can evacuate promptly.
5. To be ready for attacks with little or no warning, you should equip the most protected place you can find in or near your home for an air-raid shelter. Learn what steps you can take at home or work to minimize danger of injury in an atomic attack.
6. To reduce damage from fires, practice fire-proof housekeeping. Learn to fight fires in the home.

7. Get official CD identification tags for yourself and family. They are available through the Office of Civil Defense.

8. Take a regular Red Cross First Aid or Home-Nursing Course. Conditions following an attack will disrupt normal medical service. Medical personnel will be busy caring for the many seriously injured from attack and therefore will not be available to treat you and your family for minor injuries or post-attack emergencies. Therefore, members of your family should be trained in first aid. You can take a complete course, conducted by the American Red Cross, which will teach you how to treat injuries. Every member of the family ought to know how to treat shock, how to stop bleeding, and handle fractures, and at least one member of the family should be well versed in all aspects of first aid.



Table I First Aid Kit

FOR THESE PURPOSES	USE THESE	OR THESE	SUGGESTED QUANTITY
For open wounds, scratches, and cuts. Not for burns.	1. Antiseptic solution: Benzalkonium Chloride Solution, U. S. P., 1 to 1,000 parts of water.	Quaternary ammonium compounds in water. Sold under trade names as Zephiran, Pheneosol, Caspary, and Disapene Chlorides.	3- to 6-oz. bottle.
For faintness, adult dose $\frac{1}{4}$ teaspoon in cup of water, children 5 to 10 drops in $\frac{1}{2}$ glass of water. As swelling subsides, remove stopper, hold bottle under nose.	2. Aromatic spirits of ammonia.	None.	1- to 2-oz. bottle.
For shock—dissolve 1 teaspoonful salt and $\frac{1}{2}$ teaspoonful baking soda in 1 quart water. Have patient drink as much as he will. Don't give to unconscious person or semiconscious person. If using substitutes dissolve six 10-gr. sodium chloride tablets and six 5-gr. sodium bicarbonate (or sodium citrate) tablets in 1 qt. water.	3. Table salt.	Sodium chloride tablets, 10 gr., 50 tablets in bottle.	1 box.
For a sling as a cover for a dressing.	4. Baking soda.	Sodium bicarbonate or sodium citrate tablets, 5 gr., 50 tablets in bottle.	8- to 10-oz. box.
For open wounds or for dry dressings for burns. These are packaged sterile.	5. Triangular bandage, folded, 37 by 37 by 52 in., with 2 safety pins.	Muslin or other strong material. Cut to exact dimensions. Fold and wrap each bandage and 2 safety pins separately in paper.	4 bandages.
For open wounds or for dry dressings for burns. These are packaged sterile.	6. Two medium first aid dressings (Cortile) folded, sterile with gauze enclosed cotton pads, 8 in. by 7 $\frac{1}{2}$ in. Packaged with muslin bandage and 4 safety pins.	a) Two emergency dressings 8 in. by 7 $\frac{1}{2}$ in., in cellophane bags, sterilized. One roller bandage, 2 in. by 10 yd. b) Four large gauze sponges, wrapped separately and sterilized. One roller bandage, 9 in. by 10 yd.	As indicated.
For open wounds or for dry dressings for burns. These are packaged sterile.	7. Two small first aid dressings (Cortile) folded, sterile with gauze enclosed cotton pads and gauze bandage, 4 in. by 7 in.	Twelve sterile gauze pads in individual packages, 3 in. by 3 in. One roller bandage, 1 in. by 10 yd.	As indicated.
For eyes irritated by dust, smoke or fumes. Use 2 drops in each eye. Apply cold compress every 20 minutes if possible.	8. Eye drops: Castor oil.	Bleed eye drops sold by druggists under various trade names.	$\frac{1}{2}$ - to 1-oz. bottle with dropper.

FOR THESE PURPOSES	USE THESE	OR THESE	SUGGESTED QUANTITY
For splinting broken fingers or other small bones and for stirring solutions.	9. Twelve tongue blades, wooden.	Shingles, pieces of orange crate, or other light wood cut to approximately 1 $\frac{1}{2}$ in. by 6 in.	As indicated.
For purifying water when it cannot be boiled. (Radioactive contamination cannot be neutralized or removed by boiling or by disinfectants.)	10a. Water purification tablets (iodine). Trade names—Gletochlor, Iodochlor. 10b. Household bleach solution (sodium 5% available chlorine) 3 drops per quart.	Tincture of iodine or iodine solution (3 drops per quart).	a. Bottle of 50 or 100. b. One small bottle.
For bandages or dressings: Old soft towels and sheets are best. Cut in sizes necessary to cover wounds. Towels are best for burn dressings. Place over burn and fasten with triangular bandage or strips of sheet. Towels and sheets should be laundered, ironed, and packaged in heavy paper. Re launder every 3 months.	11. Large bath towels.	None.	2.
For administering stimulants and liquids.	12. Small bath towels.	None.	2.
Electric lights may go out. Wrap batteries separately in moisture proof covering. Don't keep in flashlight.	13. Bed sheet.	None.	1.
For holding bandages in place.	14. Paper drinking cups.	Envelope or cardboard type.	55 to 50.
For cutting bandages and dressings, or for removing clothing from injured body surface.	15. Flashlight.	Must be bought.	1.
For cleansing skin.	16. Flashlight batteries.	Must be bought.	3.
For measuring or stirring solutions.	17. Safety pins, 1$\frac{1}{2}$ in. long.	None.	12 to 15.
For splinting broken arms or legs.	18. Razor blades, single edge.	Sharp knife or scissors.	3.
	19. Toilet soap.	Any mild soap.	1 box.
	20. Measuring spoons.	Inexpensive plastic or metal.	1 set.
	21. Twelve spints, plastic or wooden, $\frac{1}{2}$ to $\frac{3}{4}$ in. thick, $\frac{1}{16}$ in. wide by 15 to 15 in. long.	A 40-page newspaper folded to dimensions, pieces of orange crate salvaged, or shingles cut to size.	As indicated.

Note.—To sterilize substitutes, wrap in gauze cloth, aluminum foil or brown wrapping paper, and place in 200-degree oven for one hour.

what happens after the attack. . .

Assuming that you have followed instructions and are in a place of safety after an attack, your first consideration will probably be to reunite your family. Here is where prior arrangements for a "family contact" will be of great benefit. The most chaotic conditions will exist. Communications will be disrupted and may be destroyed. Transportation facilities will be impaired. Virtually every human need will be in short supply. Food and water will become primary considerations.

Therefore, the person who knows how to take care of himself and his family will be better equipped to help bring order out of chaos. If you have prepared wisely you will have with you essential supplies to last until you can reach a more permanent residence. You may have to stay where you are for a few hours, perhaps even days. The following suggestions will help you take care of yourself and others during this period.

emergency sanitation. . .

You know that impure water and unsafe food can make you sick or even kill you. You know

also that garbage and human waste may help spread diseases if not properly disposed of promptly, and that it is important for health reasons to keep clean. You probably take for granted the public services that daily protect you and your family. Following an attack these services would cease to function, at least temporarily; therefore, you must plan to protect yourself and others against infection.

Following are some ways to assure safe handling of drinking water and food and disposal of waste.

Water Purification:

You and your family could get along quite a while without food, if necessary, but you must have safe water to drink. Any disaster situation could result in contamination of the Water System from chemicals, leaking sewage, biological agents, or radioactive fall-out. You may purify water by:

1. Boiling for 5 to 10 minutes.
2. Chlorination by adding specified amounts of chlorine solution. Any household bleach that contains hypochlorite may be used to purify water. The strengths of such solutions are given on the labels. Proper amounts to be used according to strength of solution are shown in Table II.

3. The use of purification tablets commercially available.
4. Adding 2 or 3 drops of tincture of iodine to each quart of clear water (8 to 10 drops for cloudy water).

Water contaminated by radioactivity should be avoided as it cannot be purified by the methods listed on page 21. Follow advice of Civil Defense

Table II

Dosage of Chlorine Solution

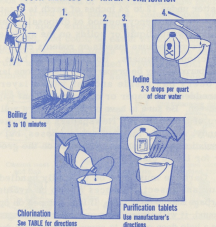
(See Label on Bottle of Bleach for Strength of Solution)

Gallons of water	3 to 5 percent		2 percent		1 percent	
	Clear water	Cloudy water	Clear water	Cloudy water	Clear water	Cloudy water
$\frac{1}{4}$ (1 quart)	Drops 1	Drops 3	Drops 2	Drops 5	Drops 4	Drops 10
$\frac{1}{2}$ (2 quarts)	2	5	4	10	8	20
1	4	10	8	20	16	Teaspoon $\frac{1}{2}$
2	8	20	16	Teaspoon $\frac{1}{2}$	32	$\frac{3}{4}$
3	12	Teaspoon $\frac{3}{4}$	Teaspoon $\frac{3}{4}$	$\frac{3}{4}$	Teaspoon $\frac{1}{2}$	$1\frac{1}{4}$
5	Teaspoon $\frac{3}{4}$	$\frac{3}{4}$	$\frac{1}{2}$	1	$\frac{3}{4}$	2

After adding the proper dosage and stirring allow the water to stand for 30 minutes. After that length of time it should have a distinct taste or smell of chlorine; if not, add another dosage to the solution and let the water stand for 15 minutes.

Authorities as to location of water sources not contaminated by radioactivity. Remember that in most cases, food and water in sealed containers will not be contaminated by radioactivity.

FOUR METHODS OF WATER PURIFICATION



Emergency Sewage Disposal

Failure to properly dispose of human waste can lead to epidemics, such as typhoid, dysentery, and diarrhea. At the same time sewage must be

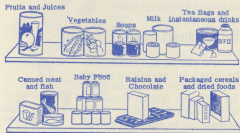
disposed of in such a way that will prevent contamination of water supply for domestic use.

Your first task is to make some temporary toilet facility for members of your family, especially the children. Burying human waste matter under 12 to 24 inches of earth is a satisfactory emergency method of disposal. Never deposit waste liquid or solids on the surface of the ground because insects or rodents can carry infections to humans. Homemade soil bags for this purpose may be prepared by placing one large grocery bag inside another with a layer of shredded newspaper or other absorbent paper between. Be sure to have on hand an extra roll or two of toilet tissue. Newspapers will come in handy, not only for sanitary purposes, but for insulation against cold and dampness on the ground or for lining clothes.

Garbage must also be carefully handled if odor and insect nuisances are to be avoided. Garbage should be buried. If it is dumped on open ground, it will attract rats and other scavengers. Dig a hole deep enough to cover garbage with from 12 to 24 inches of dirt. This will prevent insect breeding and discourage animals from digging it up. Inflammable garbage and rubbish should be burned.

what to do about food. . .

Your emergency food supply should consist of foods which normally fit the food habits of your family and are easily transportable. Canned foods and powdered or condensed milk are preferable to fresh foods and milk. Select foods which will not spoil without refrigeration, are easily prepared, and could be eaten without cooking, if necessary. Such foods might include canned fruits and juices, canned vegetables and soup, canned milk, tea bags and instant coffee, etc.,



A WELL-BALANCED 3-DAY SUPPLY OF FOOD

canned meat and fish, raisins and chocolate, packaged cereals and dried foods, (baby food, if necessary).

You should keep this food where it will be safe from contamination but readily accessible to take with you during evacuation. Some packaged foods become rancid and lose flavor when stored for long periods. These should be used and replaced regularly. When buying cans or packaged food for your reserve supply buy them in family sizes which will meet your family needs for one meal only. This will cut down on leftovers which will become difficult to preserve without refrigeration. When possible, avoid salty foods which will add to the problem of finding sufficient drinking water.

out of doors cooking. . .

Out-of-doors cooking can be done over several types of fires such as the trench fire, the hunter or trapper blaze, or an improvised fireplace. Each of these can be easily controlled and offers adequate space for pots and pans.



1. A trench fire is nothing more than a fire built in a trench dug in the ground facing the wind. This assures proper draft unless too strong a breeze is blowing, in which case an

open fire should not be built.

Support for the pots and pans can be made from such debris as a flat scrap of sheet iron or a sliding grate from a kitchen stove.



Trench fire

2. The hunter or trapper blaze is a fire laid between two parallel green logs, flat rocks, rows of brick, or pieces of beams that may have been dislodged by the explosion. Again,



Trapper blaze

the beams, rocks, etc., should be placed facing the wind. By varying the angle of the beams, rocks, or brick, it is possible to accommodate varying sizes of pots and pans.

3. An improvised fireplace can be made of bricks or rocks. The fireplace may be nothing more than a slanting hole dug into the side of a hill, but it must have a chimney for proper draft.



Charcoal grill

4. You may have room to carry a small charcoal grill that burns briquets of wood.

Remember, a large fire is not necessary. Fires made from such hardwood as oak, hickory, maple, ash, or beech, last longer and produce the best coal bed. The coal bed makes the difference between easy and difficult cooking. The harder the wood, the steadier and more even the heat.

If a Dutch oven (a cast iron pot with a lid) is available, it can be placed directly on the coals. The coals should be heaped high around the oven.

Actually, one need not be an expert to know how to cook out-of-doors. A little practice, patience, and some ingenuity will produce results. When selecting an outdoor cooking site, remove all inflammable materials surrounding the site, and be sure it is not near broken gas pipes.

SUMMARY. . .

In Summary, here's what you will need in the emergency period:



1. Stored drinking water or other liquids to quench thirst (1 gallon for each member of your family, plus an extra gallon for each child under 3 years of age).

2. Household chlorine solution (2 pints) for purifying drinking water, and 1 quart of 5 percent DDT solution for use against insects.



3. A three-day supply of proper foods for your family, including milk. Also, if possible, store paper plates and napkins.



4. Towels for emergency use, plus cooking and eating utensils, measuring cup, can and bottle openers, pocket knife, and matches.



5. Canned milk for baby, and emergency canned foods for diabetics or others requiring special diets.



6. A supply of soap, toilet tissue, sanitary napkins, and disposable diapers (if there is a baby in the house).



7. If there is illness in the family, spare rubber sheeting, extra medicines, and a reserve supply of any special equipment needed by the patient.





8. A supply of grocery bags (large) and a week's accumulation of daily papers, for soil bags, garbage wrappers, and other sanitary purposes.



9. A hatchet and a shovel. (A hatchet alone will do for emergency chopping and digging.)

10. An Emergency First Aid Kit.

In the final analysis your comfort and in a large measure your survival will depend on the common sense preparations you make NOW. Remember that public and private agencies which normally provide you with basic services will be seriously handicapped themselves and that hundreds of thousands of people will all need these services. This means that in all probability the only help you can expect to receive during the first few hours or maybe even days after the attack is what you and your family can do for yourselves. Therefore, you should do NOW what you can to save your family if attack comes.

What About "Fall-Out" . . .

Your first job is to get away from the blast and heat of the bomb or you won't be alive to worry about "Fall-Out." Since "Fall-Out" is

more likely to be blown eastward you will be in less danger moving westward.

Almost any kind of shelter will reduce the danger of radiation. The best shelter is underground, but a building of any kind will offer some protection. Even an automobile with the windows up will help. Stay under cover until told to come out. Remember, there is less danger from "Fall-Out" if you use your head and take cover.

What About Future Planning. . .

Studies at local, state and Federal levels are constantly being made to keep civil defense planning abreast of today's changing situations.

These studies will result in improving and extending the existing Civil Defense Plans. They will also examine the possibilities of weapons of the future such as the Intercontinental Ballistic Missile, which may be perfected at an early date.

But remember that now and for some time to come, the best way to save your life, should warning of attack come, is to get away and that means evacuation if and when the evacuation signal is sounded.



*Additional copies of this booklet
are available from:*

**St. Louis Office of Civil Defense
5100 Clayton Ave. (Forest Park)**

St. Louis 10, Missouri

OLive 2-1488

Revised August, 1957