FAMILY EMERGENCY PREPAREDNESS PLANNING

INFORMATION AVAILABLE AT:

www.acereport.org

www.BePrepared.com

www.ReadyPA.org

FIND OUT HOW CLOSE YOU ARE TO LIMERICK NUCLEAR POWER PLANT

www.psr.org/evacuation2011

Alliance For A Clean Environment
November, 2011

WHY YOU SHOULD START TO PLAN TODAY!

A meltdown at Limerick could be started by an earthquake or other natural disaster, fire, human error, or mechanical breakdown that could cause Limerick's reactors or fuel pools to lose water.

Nukes As Dirty Bombs - A terrorist plan to use a nuclear plant like Limerick as a "dirty bomb", is considered far more likely and dangerous than use of a nuclear explosive device. The primary purpose of terrorist is to cause psychological fear and economic disruption. An attack on Limerick or a severe accident could scatter dangerous, lethal amounts of radioactive material over a huge area, well beyond 50 miles in the wind direction of the plume.

MELTDOWN CONSEQUENCES - NRC Worst Case - 1974 Rasmussen Report

45,000	Cases Radiation Sickness (Requiring Hospitalization)
3,300	Prompt Deaths (From Acute Radiation Sickness)
45,000	Fatal Cancers (over 50 years)
250,000	Non-Fatal Cancers (over 50 years)
190	Per Year Defective Children Born

$14 Billion (1974 Dollars) Property Damage: NOT Insurable

1980 Estimated Consequences From An Accident At Limerick Nuclear Plant Calculated and Reported To Congress In 1982:

74,000	Early Fatalities
610,000	Early Injuries
34,000	Cancer Deaths

Numbers Above Would Be Drastically Higher Today
Census Shows 183% INCREASE in Population From 1980 to 2010 (2000 and 2010 Census Data)

NRC's Estimated Costs Today - Over $1 Trillion

Find Out How Close You Live To Limerick Nuclear Plant
www.psr.org/evacuation2011

Leave Immediately or Be Prepared To Shelter In Place Until It's Safe To Leave

- **A Limerick Emergency Is Far Worse When Getting Stuck In Traffic Because Of Radiation Exposure. There's Traffic Gridlock Even In Rush Hour**
- **Be Sure You Have Enough Basic Supplies For At Least A Week There's Not Enough Shelter or Supplies For So Many People**
- **Almost 8 Million People Live Within 50 Miles Of Limerick Nuclear Plant.**

The Current Evacuation Plan Is Seriously Flawed and Fundamentally Inadequate. The Nuclear Regulatory Commission Refuses To Require Changes.

NUCLEAR DISASTER CAN HAPPEN AT LIMERICK

MAKE YOUR FAMILY EMERGENCY PLAN

GET PREPARED – START TODAY

1. Collect Evacuation Items NOW

- Food - Enough for Two Weeks - Keep in a Tub Easy To Transport
- Store Large Amounts of Water (3 to 5 Gallon Bottles Easy To Transport)
- Store Emergency Supplies, Extra Clothes, and Medications
- Pets - Keep Extra Weeks of Supplies On Hand
- Keep Gas Tank Filled
- Store Supplements Known To Reduce Radiation Risks

2. Communication May Be Impossible - Plan A Meeting Point: Choose Evacuation Destination Over 50 Miles Away

- Plan Two Potential Routes – Take The One Farther Away From The Plume
- Provide Address and Phone Numbers For That Location To Everyone You Would Want To Meet After Evacuation From The Disaster

3. Prepare and Distribute Lists of Phone and E-Mails for:

- Out-of Area Contacts
- Local Contacts
- Nearest Relatives
- Family Work Numbers
- Utilities - Electric, Gas, Water, Telephone, Cable
- Family Physicians

4. Evacuate To Your Predetermined Location Immediately Don't Wait To Be Told To Leave - A Nuclear Plant Accident or Attack Is Different. You Are Continuously Exposed To Radiation While Evacuating. Leaving Immediately Could Avoid Exposure In Gridlock.

- Get Wind Direction, Determine Escape Route Farther Away From Plume
- Be Sure Route Is Open BEFORE You Head Out
- If You Call Police, Fire Department, or Hospitals, Know Your Exact Location

5. Shelter In Place Until You Can Travel Safely

- Go To LOWEST Level Of The Building
- As A Shield, Pile Things Against Walls, Especially Facing Limerick.
- Close Off All Air Intakes

For Additional Disaster Planning Go To: www.ReadyPA.org

Alliance For A Clean Environment

Suggestions For Emergency Preparedness

November 2011

Suggested Emergency Supplies

1. **Water and food for at least a week, that is sealed and can be resealed**
2. **Eating and cooking utensils including disposable plates, forks, spoons, knives and cups. A manual can opener, one sharp knife, and a small camping cooking stove.**
3. **Medications**
4. **List of important phone numbers and email addresses**
5. **Flashlights and battery powered lantern, extra batteries, and nail files***
6. **Radio, cell phone, laptop computer, extra batteries, and sandpaper***
7. **First Aid Kit**
8. **Tool Kit, rope, matches, candles**
9. **Toiletries including antibacterial soap, toilet paper, facial tissues, and moist towelettes**
10. **Blankets and sleeping bags**
11. **Body Protection Kit including glasses/goggles, face mask, and hooded poncho**
12. **Baby needs including formula, bottles, baby food, and disposable diapers**
13. **Extra sets of clean clothes and shoes for all family members**
14. **Different sized sealable plastic bags for food, clothes, blankets and other items used for protection from radioactive fallout**
15. **Wash cloths for all family members, to be used wet to cover the nose and mouth as needed, for protection and to wipe the eyes**
16. **At least $100 in cash, checkbooks, and recent bank statements**

17. **A metal box for your most valuable papers including passports, vehicle titles, copies of each utility bill, retirement accounts etc.**

18. **Full can of gasoline in garage, and keep all vehicle gas tanks at least 1/2 full**

19. **Have a neighborhood car pool plan to pick up children from schools**

20. **A map of the local area showing back roads. The family should have a designated primary escape route on the map, as well as a Plan B in the event of accidents or road closures**

21. **Designate a location for all family members, friends, or relatives to meet or a number to call within the first 24 hours of any emergency to verify safety**

***Check and test batteries once a year, and replace as needed**

For Suggestions and Specials On Emergency Products, 25-Year Shelf -Life Food storage, Specific Emergencies, Etc. Contact:

Emergency Essentials
1-800-999-1863 or www.BePrepared.com

Additional Information is Available at:

www.ReadyPA.org

WHY EVACUATE OR SHELTER IN PLACE "IMMEDIATELY"?

RADIOACTIVE "HOT PARTICLES"

Radioactive "Hot Particulates" From Meltdown Present Significant Health Risks And Can Cause Immediate Radiation Sickness. Long-Term They Can Cause Cancer, Birth Defects, Mutations, and Miscarriages, In 1st and/or Successive Generations After Exposure.

Exposed Reactors and Fuel Cores Can Release Microns of "Hot Particles" Which Would Include:
Dangerous Radionuclides Such As: Cesium, Strontium, and Plutonium

Cesium – 137	Beta / Gamma Emitter	Harmful Impacts to Muscles Ovaries
Strontium -90	Beta Emitter	Damages Bone and Bone Marrow
Plutonium	Alpha Emitter	Damages Liver, Bone, Bone Marrow.

Together They Can Cause Immediate Radiation Sickness - All can cause cancer over time.

- **DO NOT WAIT TO BE TOLD TO EVACUATE OR SHELTER IN PLACE.**
  - ✓ "Hot Particles" Are NOT Measured With A Geiger Counter.
  - ✓ "Hot Particles" Are Breathed In Easily. They Get Stuck In Your Lungs or GI Tract.
  - ✓ They Are A Constant Irritant and Can Eventually Lead to Cancer.

  Additive, cumulative, and synergistic impacts to health during a meltdown can cause serious radiation sickness and harm to health over time, including cancer. When radioactive particles are inhaled, they can lodge in the lung tissue and remain for a long period, continuing to give off radiation internally. They enter the bloodstream and gastrointestinal tract, damaging tissue nearby. That damage can lead to cancer and other serious damage to the body.

- **DO NOT BELIEVE THERE IS A SAFE LEVEL.**
  - ✓ There is "No Safe Level" of exposure to radiation, according to the National Academy of Sciences BEIR VII Report.
  - ✓ PERMISSIBLE DOES NOT MEAN SAFE.
  - ✓ So-Called "Safe Levels" Are Deceptive, Arbitrary, and Political - Not Scientific.
  - ✓ March 16, 2011 - Right After Japan's Nuclear Disaster NRC Legally Sanctioned Increased Health Harm By Drastically Increasing So-Called Background Levels, yet claimed Fukushima had nothing to do with it.

Pre-Chernobyl:	80 to 100 Millirems Per Year
After Chernobyl:	360 Millirems Per Year
After Japan:	620 Millirems Per Year

- Radiation Sickness Symptoms

  Early Symptoms - Within 1 to 24 Hours
  - Nausea and Vomiting
  - Diarrhea
  - Headache
  - Fever

  Later Symptoms - Within 1 to 4 Weeks
  - Dizziness and Disorientation
  - Weakness and Fatigue
  - Hair Loss
  - Bloody Vomit and Stools
  - Infections
  - Poor Wound Healing
  - Low Blood Pressure

LIMERICK NUCLEAR PLANT ACCIDENT AND/OR MELTDOWN

Danger from a nuclear plant accident could result in dangerous levels of radiation that could affect the health and safety of the public living within many miles of the nuclear power plant.

Exposure comes from the release of radioactive material from the plant into the environment, usually characterized by a plume (cloud-like formation) of radioactive gases and particles. Exposure risks are not fully disclosed. Over 200 different meltdown radionuclides could be released in fuel rod melting accidents.

The major hazards to people in the vicinity of the plume are radiation exposure to the body from the cloud and particles deposited on the ground, inhalation of radioactive materials, and ingestion of radioactive materials. Beyond a 50-mile radius from the nuclear plant, radioactive releases could contaminate water supplies, food crops, and livestock.

- **The longer a person is exposed to radiation, the greater the effect. A high exposure to radiation can cause serious illness or death.**

HOW TO MINIMIZE EXPOSURE TO RADIATION - "DST"

DISTANCE

- ✓ The more distance between you and the source of the radiation, the better.
- ✓ Evacuate immediately over 50 miles in the opposite direction of the plume or remain indoors to minimize exposure to radioactive particulates.

SHIELDING

- ✓ The more heavy, dense material between you and the source of the radiation, the better.

TIME

- ✓ As soon as you suspect a radiation release, even before it's called a meltdown, evacuate or shelter in place.
- ✓ Don't wait for warning sirens or other alert method. History shows the nuclear industry fails to inform authorities immediately. Authorities worry more about panic far more than public health impacts. Therefore they wait too long and even fail to provide full and accurate disclosure.
- ✓ It could take hours or days for officials to order evacuation. It took three days after Three Mile Island. In a Limerick radiological emergency that is precious time you should be avoiding exposure.
- ✓ Local authorities instruct you through the Emergency Alert System (EAS) on local television and radio stations, but if you hear there is an accident start to prepare to evacuate.

GUIDELINES FOR A LIMERICK NUCLEAR PLANT EMERGENCY

Don't Wait For Authorities To Warn You - TAKE IMMEDIATE ACTION!

- Put on a hooded covering, breathing mask, and covering on shoes, especially if going outside or during evacuation.

- Keep a battery-powered radio with you at all times and listen to the radio for specific instructions.

- Close and lock doors and windows.

- In Evacuation - Keep car windows and vents closed; use re-circulating air.

- Sheltering In Place
  - ✓ Turn off the air conditioner, ventilation fans, furnace, and other air intakes.
  - ✓ Go to a basement or other underground area, if possible.
  - ✓ Do not use the telephone unless absolutely necessary.

- If you suspect you were exposed to higher than routine levels of Limerick radiation from an accident:
  - ✓ Change clothes and shoes.
  - ✓ Put exposed clothing in a plastic bag and seal the bag.
  - ✓ Seal the bag and place it out of the way.
  - ✓ Take a thorough shower immediately.

- Keep food in covered containers or in the refrigerator.

- Food not previously covered should be soaked in Bentonite Clay and washed in veggie wash before being put in to containers.

- If available, seek medical treatment for any unusual symptoms, such as nausea, that may be related to radiation exposure and radiation sickness.

- Protect Organs of the Body With Supplements and Detox Methods - List Available On Recommendations By Physicians and Nutritionists Knowledgeable About Harmful Impacts From Nuclear Plant Radionuclides.

AVOID EXPOSURE WHENEVER AND WHEREVER POSSIBLE

The major hazards to people in the vicinity of the plume are radiation exposure to the body from the cloud and particles deposited on the ground, inhalation of radioactive gases and particles, and ingestion of radioactive materials.

- Do NOT Go Outside Without Complete Covering and A Respiratory Mask

- Limit Time Outdoors, Especially During Rain, Snow, Etc.

- If Traveling to Evacuate - Head Away From The Plume - At Least 50 Miles
  1. Leave Immediately and Avoid Traffic Gridlock - Know What Is Going On Before You Leave
  2. Wear A Breathing Mask
  3. Cover Your Entire Head and Body

- When Reaching Destination Shower As Soon As Possible To Remove Radioactive Particulates
  - ✓ Immediately Remove Outer Clothing, Shoes, Mask - Put Them In A Plastic Bag Away From Everyone.
  - ✓ Remove all clothing and take a shower. Discard clothing in a plastic bag away from everyone.

- DO NOT RETURN HOME
  - ✓ After Fukushima "Hot Particles" Were Detected For Many Months and Continued To Be Deposited Even In The U.S. In High Concentrations. They Were Being Picked Up In The U.S. In Car Engine Air Filters.

Seek Safe Shelter In A Radiological Emergency

There is no way of knowing how much warning time the public will receive about either an attack by terrorists or a severe accident at Limerick, so being prepared in advance and knowing what to do and when to do it is important.

- The presence of radiation will not be known until trained personnel with specialized equipment are on the scene.
- Whether you are indoors or outdoors, home or at work, be extra cautious.
- It would be safer to assume radiological contamination has occurred—particularly in an urban setting or near other likely terrorist targets—and take the proper precautions.
- As with any radiation, you want to avoid or limit exposure.
- This is particularly true of inhaling radioactive dust that results from the explosion.
- As you seek shelter from any location (indoors or outdoors) and there is radiation in the air, breathe though the cloth of your shirt or coat to limit your exposure. If you manage to avoid breathing radioactive particulates, your proximity to the radioactive particles may still result in some radiation exposure.
- As soon as you hear about a potential radiological release, seek safe shelter immediately. If you are:

Outdoors	Indoors
Seek shelter indoors immediately in the nearest building. If appropriate shelter is not available, move as rapidly as is safe upwind and away from the location. Then, seek appropriate shelter as soon as possible. Listen for official instructions and follow directions if they make sense.	If you have time, turn off ventilation and heating systems, close windows, vents, fireplace dampers, exhaust fans, and clothes dryer vents. Retrieve your disaster supplies kit and a battery-powered radio and take them to your shelter room. Seek shelter immediately, preferably underground or in an interior room of a building, placing as much distance and dense shielding as possible between you and the outdoors where the radioactive material may be. Seal windows and external doors that do not fit snugly with duct tape to reduce infiltration of radioactive particles. Plastic sheeting will not provide shielding from radioactivity nor from blast effects of a nearby explosion. Listen for official instructions and follow directions.

After finding safe shelter, those who may have been exposed to radioactive material should decontaminate themselves. To do this, remove and bag your clothing (and isolate the bag away from you and others), and shower thoroughly with soap and water. Seek medical attention after officials indicate it is safe to leave shelter.

Contamination from radiological emergency could affect a wide area, depending on the amount cause, the quantity and type of radioactive material released, and meteorological conditions. Radiation dissipation rates vary, but radiation from a terrorist attack or serious accident will likely take longer to dissipate due to a potentially larger localized concentration of radioactive material.

Reduce Radiation Exposure Impacts
Protect Yourself Nutritionally

Recommendations From Physicians, Nutritionists, And Experts Knowledgeable About Radiation Exposure

Dr. Ann Louise Gittleman - Recommends a comprehensive approach on her blog:

- ✓ Sea Vegetables - Tested for radiation
- ✓ Foods High in Beta-Carotine
- ✓ Potassium
- ✓ Calcium
- ✓ Mineral-Rich Foods
- ✓ Potassium Iodide, if necessary

Certified Nutritional Practitioner - International Institute of Concern for Public Health (www.iicph.org)

To Minimize Risks, Aliss Terpstra Recommends:

- ✓ Increase Antioxidants C and E
- ✓ Probiotics
- ✓ Vitamin K2
- ✓ Minerals - Boron, Potassium, Magnesium
- ✓ Minimize Fluoride - Antagonistic in Combating Free Radical Damage from Radiation Fallout

Herbs and Supplements Which May Support Overall Health In Nuclear Accidents

Recommended by Dr. Mercola

- ✓ High-Dose Vitamin C
- ✓ Kelp and Other Seaweeds - High in Natural Iodine
- ✓ Bentonite Clays
- ✓ Zeolites - To Neutralize Radiation
- ✓ Fulvic Acid
- ✓ Magnesium
- ✓ Selenium
- ✓ Ginseng
- ✓ Coconut Oil - Supports Optimal Thyroid Health
- ✓ Chlorella - Contains Chlorophyll Which Increases Resistance to Radiation

Potassium Iodide - Use to Protect Thyroid Gland - 1 to 3 Days ONLY in a Major Radiation Emergency

NOT For Long-Term Prevention - Could Result In Thyrotoxicosis

American Thyroid Association Recommends:

- ✓ Anyone living within 50 miles of a nuclear plant have potassium iodide in their house at all times in the event of a radiation emergency.
- ✓ It should be made available to those living within 200 miles of a nuclear plant

To Minimize Risk From Strontium-90 Radiation - It Is Important To Avoid Deficiency In Calcium

Strontium-90 from nuclear reactors mimics calcium.

International Journal of Low Radiation 2008 - Mercola.com

A Prime Agent In Protection Vitamin D-3 Against Low Radiation Damage And Radiation-Induced Cancer

- Cholecalciferol - Natural Supplement
- Researchers Found Daily Intake (Adults 4,000 to 8,000 IU) To Maintain Blood Levels of Vitamin D Metabolites to Reduce Risk of Breast and Colon Cancer by 1/2
- Earlier Studies Found Vitamin D Could Help Prevent At Least 16 Types Of Cancer
- Get Vitamin D Blood Levels Checked With TEST 25 (OH)D, also called hydroxyvitamin D

Dr. David Brownstein - Clinical Study - Over 5,000 Patients Tested

- 95% Patients Iodine Deficient
- Comparable to Percent of People Deficient in Vitamin D
- Safe Thyroid Support - Ideal Situation Especially Near Routine Radiation Releases From Nuclear Plants Like Limerick.

Before, During, After Nuclear Accident Take Adequate Amounts Of Iodine From SAFE Sources

- Food
- Natural Iodine Sources - Seagreens, Kelp, Other Sea Vegetables
- Supplements - Natural Iodine and Organic Potassium - All Should Be CERTIFIED Radiation Free

David Brownstein, MD Blog - Thyroid and Hormone Expert

Book: "Iodine: Why You Need It and Why You Can't Live Without It"

"Iodine is an Essential Nutrient to Protect From Radioactive Contamination of the Thyroid and Other Glands."

Dr. Jeff Patterson, Former President of Physicians for Social Responsibility

- *"There Is NO Safe Level Of Radionuclide Exposure, Whether From Food, Water, Or Other Sources. PERIOD!"*
- "Every Effort Must Be Taken To Minimize Radionuclide Content In Food And Water."
- **"**Exposure to Radionuclides, like Iodine-131 and Cesium-137, INCREASES Risk of Cancer."

Dr. Gary Young

Young Living's QuadShield Kit For Synergistic, Protective Effects On Hormonal And Immune Systems

Super C	Powerful Immune Enhancer
Melrose	Protective Skin Barrier
Longevity	Super Antioxidant
Thyromin	Contains Kelp and Iodine

For More Information Contact:

Lucey Harley (610) 641-1116 LuceyHarley@aol.com www.luceyharley.com

To Remove Radionuclide Particulates Soak and Rinse Fruits and Vegetables

Detox And Purify With Safe, Strong, Absorptive Bentonite Clay

Examples: Sonne's #7 - Liquid Frontier Natural Products- Powder