What to do in a NBC (Nuclear, Biological, Chemical) Attack

1. **What to do immediately**
   - COVER YOUR SKIN as much as you can. Cover your mouth with a mask or more than one layer of cloth.
   - MOVE AS FAR AWAY AS POSSIBLE, but do not follow the same direction as the wind, because it could be carrying harmful material.
   - IF YOU ARE IN A CAR, turn off the heat and ventilation.
   - IF YOU ARE IN A BUILDING, turn off the heat and ventilation, and put tape on window and door edges.

2. **To help a contaminated person**
   - ASK THE PERSON TO TAKE OFF HIS CLOTHES and jewelry. Move them to another place.
   - WASH THE PERSON GENTLY but thoroughly with soap and water.
   - WHILE CLEANING THE PATIENT, don't spread contamination from dirty to clean places. You can cover the clean places with cloth.
   - IF THERE ARE OPEN WOUNDS, pour water on them.
   - POUR SALINE SOLUTION (very mildly salty water) in eyes if they were exposed.
   - USE A SCRUB BRUSH to clean under fingernails.

3. **If there is a chemical attack**
   - A LIQUID SOLUTION IS NEEDED FOR DECONTAMINATION. Soap and water are better than nothing.
   - THE BEST DECONTAMINATION SOLUTION IS a mixture of 1 liter of bleach in every 10 liters of water.
   - BUT DON'T PUT BLEACH SOLUTION ON A LARGE OPEN WOUND. Use sterile saline solution for that instead.

4. **If there is a biological attack**
   - YOU STILL HAVE TO DO DECONTAMINATION AS ABOVE. People who are directly exposed should be quarantined away from others in case they have germs.
   - IT IS VERY IMPORTANT to use good sanitation practices.

---

**How to set up a headquarters for decontamination and first aid**

- THE PLACE NEEDS TO BE AT LEAST 300m upwind from the attack location.
- DIVIDE THE PLACE INTO CLEAN AND DIRTY SIDES with a clear boundary marking.
- NOBODY IS ALLOWED INTO THE CLEAN SIDE unless they decontaminate themselves.
- WORKERS AND PATIENTS ON THE DIRTY SIDE must wear protective equipment, especially a mask.
- THERE SHOULD BE SOMEONE TO SUPERVISE DECONTAMINATION and someone to supervise treatment. You can use colored tape or badges to show who is a supervisor. Obey the supervisor.
- THERE SHOULD BE A SINGLE ENTRY TO THE AREA. Someone must supervise the entry.

Sources: ncbi.nlm.nih.gov • armypubs.army.mil