



Top Ten Survival Hacks for a Nuclear Explosion

Based on guidance from emergency preparedness organizations and experts, here are the top ten practical survival hacks to increase your chances during and after a nuclear detonation. These focus on immediate actions, sheltering, and decontamination to mitigate blast, heat, radiation, and fallout risks. Remember, survival depends on distance from ground zero, but preparation and quick decisions are key.

1. **Avoid looking at the flash or fireball:** The intense light can cause permanent blindness even from miles away. Turn away immediately and cover your eyes if you see a bright light.
2. **Take immediate cover from the blast:** If outdoors, lie face down on the ground, cover your head and neck, and protect exposed skin to shield from heat, debris, and the shockwave. Keep your mouth open to prevent internal injuries from pressure.
3. **Get inside the nearest sturdy building right away:** After the initial blast, you have about 10-15 minutes before fallout arrives. Head to a brick, concrete, or underground structure like a basement or subway for the best protection.
4. **Move to the center or basement of the building:** Put as many walls and layers of material between you and the outside as possible. Avoid windows and outer walls to reduce radiation exposure.
5. **Seal off the shelter:** Close all windows, doors, and vents. Turn off fans, air conditioners, and heating systems to prevent radioactive particles from entering.
6. **Remove contaminated clothing and clean yourself:** Take off outer layers of clothing (which can hold 90% of fallout) and



shower with soap and water to wash off radioactive dust. Wipe down any exposed skin if water isn't available.

7. **Stay put for at least 72 hours:** Fallout radiation decreases rapidly—after 48-72 hours, it's often safe to emerge briefly if needed. Listen to emergency broadcasts for updates before leaving shelter.
8. **Stockpile essential supplies in advance:** Prepare a kit with at least 3-14 days of non-perishable food, water (1 gallon per person per day), medications, flashlights, batteries, and a radio. Include duct tape for sealing and plastic sheeting.
9. **If your current shelter is inadequate, relocate quickly:** If better protection (like a deeper basement) is nearby and reachable within 5-30 minutes post-blast, move there before fallout settles. Don't delay beyond that window.
10. **Take potassium iodide (KI) if advised:** This blocks radioactive iodine from your thyroid. Only use if recommended by authorities, and have it in your kit for at-risk groups like children.