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Remaining Calm

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Remain calm.
Sound the alarm and evacuate the building.
Check rooms for persons who may not have heard the alarm.
Close all doors behind you.
Be alert.
Go inside and seek shelter immediately.
Go inside immediately or stay inside.
Stay away from windows.
Stay away from mirrors.
Be alert for falling objects.
Stay away from overhead fixtures, file cabinets and bookcases.
If possible, shelter under a large piece of furniture such as a table.
Crouch and cover your head.
Remain calm.
Don't panic.
Stay away from electrical equipment.
Report your exact location.
Remain calm.
Assist persons with disabilities.
Do not attempt any first aid before trained assistance arrives.
Remove all persons in danger from the zone.
Do not leave the evacuation area.
Use the emergency button or telephone to alert help.
Remain inside until an all clear is given by a recognized emergency responder.
Stay in the room you are located in.
No matter where you shelter stay away from windows or glass doors.
Do not attempt to move a person who has fallen.
Remain calm, use common sense.
Huddle close to the floor and as near to the south wall as possible.
Watch for failing or breaking objects.
Remain calm.
Use extreme caution.
Stay indoors until the emergency has ended.
The end of the alarm siren does not mean the warning is over.
A second siren is not an all clear.
Remain in a safe area until the "all clear" is received.
Do not use the elevator. Use the stairs.
Do not attempt to move a person who has fallen.
Grab purses and backpacks only if you are not in immediate

danger.

Take essential personal items only.

Proceed quickly but orderly.

Do not push or shove.

Hold handrails on the stairs.

Limit your conversation with ill or injured persons.

Remain calm.

Evacuate out the nearest safe exit.

Go to the locations in the safe zone areas which are designated as temporary shelters.

Be guided by emergency response personnel.

If an evacuation is ordered proceed to follow strictly the orders.

Proceed to a designated exit.

Watch for falling objects.

Give assistance as needed.

Remain calm.

Once outside place you out of the danger zone.

Do not evacuate unless told to do so and if no other danger exists.

Ignore all rumors.

Be alert.

Take whatever action is necessary to protect yourself and your family.

Don't panic.

Things can happen due to emotional distress.

Take all threats seriously.

If someone is acting strangely contact assistance.

Keep your own safety in mind.

Remain calm.

Use the emergency button or telephone to alert help.

Do not turn on lights or any electrical equipment.

Electrical arcing can trigger an explosion.

Remain calm, use common sense.

Cease all operations and evacuate the area.

Use extreme caution.

Do not use any electrical appliances or outlets near water.

Protect people or objects that are in jeopardy.

Avoid or reduce immediate damage.

If a toxic hazardous material comes in contact with body tissue, immediately flush the area with clean water.

If contaminated, remain in the area for decontamination by emergency personnel.

Minor spills may occur that can be safely and effectively cleaned up with appropriate resources.

Remove contaminated clothing.

Wash yourself thoroughly with soap and water.

Wash your head and nose hairs especially well.

If the source of radiation is known and travel advisable, travel in the opposite direction and go up wind from radiation.

Limit your exposure to contaminated areas.

If someone needs radiation sickness treatment, keep the victim calm, give emotional support, and give plenty of fluids.

Wipe food and water containers with a clean cloth to remove particles of fallout, which resemble sand or salt.

Remain in protective shelter for three days.

Listen carefully to the instructions.

Stay calm; don't panic.

Take the following with you:

- As much drinkable liquids (water, fruit juices, vegetable juices, etc.) as you can carry to the shelter.
- As much food (and ready-to-eat food) as would be required for your family for two weeks.
- Special medicines or foods required by members of your family, such as insulin, heart tablets, dietetic food, or baby food.
- At least one blanket for each family member.
- A battery-powered radio, flashlight, extra batteries for each, and writing materials for taking notes or information given over the radio.
- Sanitation supplies.
- Cooking and eating utensils.
- Clothing.
- Bedding.
- Fire fighting equipment.
- General equipment and tools.
- Matches.
- Candles.
- Personal convenience items.
- Other miscellaneous items.

Government go to broadcast important information concerning the disaster.

Protective action should be taken immediately.

Go immediately to a public fallout shelter or to your home fallout shelter.

Things can happen due to emotional distress.
Proceed cautiously to an area that has emergency lighting.
Power will be restored.
Turn on radio or television set, tune it to any local station, and follow the official instructions being broadcast.
Follow whatever instructions are given.
Listen official information only.
Don't panic.
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