

# Recommendations in Case of Damage to Zaporizhzhia Nuclear Power Plant and Radioactivity Release

**BE PREPARED BUT DO NOT PANIC:** While the occurrence of a nuclear emergency is not imminent, preparedness is important. Keep these essential guidelines accessible and share or save them in case you need them in the future.

## 1. Staying Informed



Listen to official information from Ukrainian authorities through radio and official social media outlets



Follow updates from the State Emergency Service of Ukraine, SNRIU, SSTC NRS, and other relevant sources

## 2. Essential Preparations



Have a storage battery-powered radio for communication during emergencies



Store bottled water, non-perishable food, and filter masks for a few days



Prepare an emergency bag or suitcase for quick evacuation when advised by authorities



Don't take iodine pills unless told so by the authorities

## 3. Phase 1 of Radioactivity Release – immediately:



If a release occurs, get inside, stay inside, and stay tuned for information



Evacuate only when instructed by authorities



Use a well-protected building for sheltering (concrete, bricks, stone); keep distance from windows



Wear a filter mask (e.g., FFP2 or FFP3) when instructed by the authorities, to avoid inhaling radioactive dust

## 4. Phase 2 of Radioactivity Release – next steps:



Use bottled drinking water and stored food; avoid eating garden produce or contaminated food



Stay inside as much as possible. Sheltering reduces exposure to radiation



If you need to go outside, wear clothes that cover skin (long sleeves, pants, closed shoes or rubber boots), and wear masks until advised otherwise



Clean items when coming indoors; change clothes and take a shower



avoid burning contaminated wood

## 5. Phase 3 of Radioactivity Release – the Following Weeks and Months:



Authorities will provide specific guidance on relocation and decontamination in affected areas



Consider relocation from highly contaminated areas if feasible and necessary



Decontamination efforts will be made to remove contamination from hard surfaces and soil



Follow the local community's plans and safety measures decided in cooperation with authorities

## 6. General Information Stay Calm and Trust the Authorities:



During this challenging situation, stay calm, and refrain from panicking



Trust the information provided by Ukrainian authorities, and cooperate with safety measures