

## INSTRUCTIONS IN THE EVENT OF A RADIATION OR GAS HAZARD

**The public is warned of the danger with a general danger signal. Taking shelter indoors and acting in accordance with instructions in case of danger is the first and usually sufficient means of protection.**

If you notice or suspect toxic gas or smoke from a fire spreading outside, act immediately. Do not wait for a general danger signal. The flue gas generated in fires is always at least harmful, and inhaling it is hazardous to health or even life-threatening. Flue gas is easily detected. Not all toxic gases or radiation can be detected by the senses. Some hazardous substances are odourless and colourless.

If you can detect the danger yourself, always act immediately: take shelter inside and close doors, windows and ventilation. If you cannot detect the hazard but the authority advises you to protect yourself inside with a general danger signal or emergency warning, follow the instructions. Situations in the vicinity of the danger zone can change quickly, for example, when the wind direction changes.

### **What to do in the event of a gas hazard:**

If you are already indoors and smell gas:

- Press the wet garment in front of your mouth and breathe through it
- Move and stay on the upper floors if possible
- Listen to the radio and wait until the danger has passed

If you're outside and can't get inside:

- Aim for crosswinds from under the gas cloud
- Move as high as possible, for example on top of a hill
- Use wet clothing, grass, peat or moss in front of your mouth and breathe through it

### **What to do in the event of a radiation emergency:**

- Go indoors. Stay inside.
- Close doors, windows, vents, seal gaps with tape and stop mechanical ventilation.
- Turn on the radio and calmly wait for instructions.
- Avoid using your phone to avoid clogging the lines.
- Do not leave the area without being told by the authorities to avoid danger on the way.

Take an iodine tablet only if instructed by an authority. Iodine tablets are recommended for people up to 40 years old and pregnant.

More guidance <https://stuk.fi/toimintaohjeet-kansalaisille>