



Nuclear Safety Commission

No.80, Sec. 1, Chenggong Rd., Yonghe Dist., New Taipei City 234, Taiwan (R.O.C.)



NSC Official Website



NSC APP



@radiationsafety on Facebook



If you would like to get more information, please scan the QR code.

# 8 Protection Tips

Keeping You & I Safe!



Nuclear Safety Commission



# 8 Protection Tips

## Protection Tips For Keeping Yourself Safe!



### Prepare your Disaster Supply Kit



1 Protection

- ✓ ID Card
- ✓ Cellphone & Portable Charger
- ✓ Medications (incl. Iodine Tablet)
- ✓ First-Aid Kit
- ✓ Clothes
- ✓ Cash
- ✓ Whistle, Raincoat & Mask
- ✓ Preserved Food & Drinking Water
- ✓ Flashlight & Batteries



### Multilingual Emergency Siren in Mandarin, Taiwanese & English!

Emergency siren messages can be obtained via TV media, Public Warning Cell Broadcast Service (CBS), Text Messages, Radio, Mobile Broadcasting, etc.

Issue An Alert: one second siren tones with one second of silence between each one.  
End of An Alert: one prolonged sound.



2 Protection

### Stay, Watch and Listen When Receiving Nuclear Emergency Siren

- Stay** Inside Go home and stay inside or leave the affected area immediately.
- Watch** Latest News Turn on TV, Cellphone, Radio, etc. Pay close attention to the latest information.
- Listen** To Official Instructions & Follow It Follow official instructions for evacuating and taking iodine tablet.



3 Protection

### Close Doors & Windows When Receiving Shelter Notice

4 Protection

- Close Door & Window** Stay inside, close all doors and windows, and shut off outside ventilation of the air conditioner.
- Consume indoor foods** Do not consume food or drinking water placed outdoors. Consume food stored indoors.
- Pay attention to news** Pay close attention to latest news.



### Close Doors & Windows When Receiving Shelter Notice

5 Protection

- Secure measures to contact family members in emergency.
- Make sure you have turned off natural gas, unplugged all appliance, and closed the doors and windows before leaving your house. You may take your pets with you.
- You can leave by your own car.
- Buses will take people with transportation needs for evacuation.



### Radiation Protection- External Exposure

6 Protection

- Shortening the **T**ime
- Increasing the **D**istance
- Appropriate **S**hield



Keeping You & I Safe!

### Physically Disabled Individuals Need help

7 Protection

Please paste a sign reading "I need help" on windows or doors if there are physically disabled individuals needing help.



### Do not Take Iodine Tablets Without Instructions!

8 Protection

- Take iodine tablets only on the advice of the authorities.
- The patients with thyroid illness, pregnant women and newborns should consult doctor before taking iodine tablets.
- Iodine tablets should be kept in a first aid kit for unexpected needs.

Iodine Tablet Dosage	Adults	Pregnant Women
	1 Tab	1 Tab
	3-12 Y/O.	1/2 Tab
	Children under 3 year old	1/4 Tab



Stay Inside



Watch Latest News



Listen To Official Instructions & Follow It

