

FIRST 48 HOURS AFTER A NUKE

48 hours

the window that keeps you alive

What it is: a nuke went off nearby and you survived the blast. The real threat now is fallout, the fine gray dust of vaporized soil and concrete soaked in radiation, drifting back down onto your roof, car, and skin. Every speck is a tiny source of radiation. But fallout is in a screaming hurry to fade. Wait it out behind enough mass and the danger drops to roughly a hundredth of the first hour by the time 48 hours are up. It is not luck. It is physics, and this sheet is the whole plan on one printout.



Your ordinary house is the shelter. Get to the center of the lowest floor and wall yourself in with the heavy things you already own.

1 THE PLAN IN THREE LINES

- ▶ **Get inside.** Fallout can start landing about 10 minutes after a ground blast, and wind can carry it tens of miles, so a far off flash still puts you on the hook.
- ▶ **Stay inside.** Get to the center of the lowest floor, the room with the most walls and stuff between you and the outside. A basement is the best spot in the house.
- ▶ **Stay tuned.** A battery or hand crank radio is your lifeline. The people tracking the fallout tell you when it is genuinely safer to move.

2 THE ONLY THREE THINGS THAT PROTECT YOU

DISTANCE

Get away from the dust. Center of the house, lowest floor, most walls.

SHIELDING

Put mass between you and the dust. Anything heavy and dense counts.

TIME

Wait. The radiation burns itself out faster than you would ever guess.

3 BUILD YOUR NEST OF MASS

- ☐ **Pick your safe room:** center of the house, lowest floor, fewest windows. A basement beats everything.
- ☐ **Wall the outside walls** with water jugs, packed bookshelves, full boxes, and dressers. Water is dense and you need it anyway.
- ☐ **Pile on more mass:** canned food, bags of soil, filled suitcases, anything heavy and dense.
- ☐ **Cover your head too.** A lot of the fallout settles on the roof above you, so mass overhead matters as much as mass beside you.
- ☐ **Drag in a sturdy table** as your frame. Put it in the most sheltered corner.
- ☐ **Load the table top** with boxes, thick books, and bags of anything dense. Pack the open sides with the same.
- ☐ **Crawl into the gap underneath.** It is duck and cover grown into a real shelter, heavy roof over you, heavy walls all around.
- ☐ **Keep the pocket small,** just big enough for the people in it. A smaller space is easier to wall off completely, and completely walled off is the whole point.



The table fort. Heavy roof over your head, heavy walls on every side, wrapping the small space you actually occupy.

4 HOW MUCH MASS HALVES THE DOSE

- ▶ About **4 inches of packed soil** roughly halves the radiation getting through.
- ▶ Or about **7 to 8 inches of tightly packed books and paper** does the same.
- ▶ Add another layer like it and you are down to a **quarter**. Stack a few honest layers and the dose falls off a cliff.
- ▶ Radiation does not care what a wall is made of. It only cares **how much mass is in the way**.

5 PROTECTION FACTOR: WHERE TO BE

Protection factor is how many times weaker the radiation is inside a spot versus standing out in the open. Same fallout outside, the only thing that changes is the mass in the way.

Standing out in the open **1**

Main floor of an ordinary wood house **2 to 3**

A basement, earth around you, house stacked overhead **10, 20, or more**

Center or underground level of a big heavy building **into the hundreds**



The seven ten rule. The danger is on a countdown from the very first second, and it fades fast.

6 THE SEVEN TEN RULE, WHY 48 HOURS

- ▶ For every **sevenfold stretch of time** that passes, the radiation coming off the fallout gets **ten times weaker**.
- ▶ Call the danger at **1 hour** after the blast your worst moment.
- ▶ Wait **7 hours** and it is already down to **a tenth** of that.
- ▶ Multiply that 7 hours by 7 again and you land at about **2 days**, down to **a hundredth**. That is the whole reason your window is 48 hours.
- ▶ It happens because fresh fallout is loaded with **short lived pieces** that give off intense radiation and burn out fast. The first hour is the worst, then it fades.
- ▶ So the single best thing you can do is **nothing, in the right spot**, for as long as you can stand it. Patience is the survival skill here, not a gun or a gas mask.

7 DECONTAMINATE AND RIDE IT OUT

- ☐ **If dust caught you outside, strip the outer layer first.** Most of the fallout is sitting on your clothes. Peeling off that top layer removes the big majority of it.
- ☐ **Bag it and push it far** from your nest.
- ☐ **Wash the exposed skin and hair gently** with soap and water.
- ☐ **Do not use hair conditioner.** It is built to cling, so it glues the radioactive dust to your scalp instead of letting it rinse. Shampoo rinses out, conditioner locks it in.
- ☐ **Sealed and indoor food and water are safe.** Radiation passing through a can of beans does not make the beans radioactive. Wipe dust off a surface and the threat leaves with the dust.
- ☐ **Avoid open water and exposed food** that has been catching the gray snow. Ration lightly, but do not go thirsty out of fear. Sealed is safe.
- ☐ **Hold the door for the strict early hours.** No checking the car. Use a lidded bucket in the corner. Stepping out during hour two is one of the worst trades you can make.



Take off the outer layer, bag it, and wash with soap. Skip the conditioner, it cements the dust to your scalp.

1 THE PILLS MYTH: POTASSIUM IODIDE

They are not an anti radiation shield. They do exactly one thing, and that is the entire list.

- ☐ **THYROID ONLY.** They flood your thyroid with safe iodine so it cannot soak up radioactive iodine, lowering your odds of thyroid cancer years later.
- ☐ **THEY DO NOTHING** for the rest of your body, nothing for the dose coming through the wall, nothing to get you out of trouble today.
- ☐ **ONLY ON OFFICIAL DIRECTION.** Take it only if officials or a doctor tell you to, at the dose they give. Taking it wrong or when it is not needed can hurt you.

! THE CLOCK IS NOT THE ALL CLEAR

BETTER IS NOT THE SAME AS SAFE. The clock only tells you the radiation is dropping. A hundredth of that first hour can still be dangerous, because **the first hour may have been savage.**

WAIT FOR THE OFFICIALS. You do not decide it is safe by watching the clock. You **wait for the people tracking the radiation** to say the air outside is clear. There is no prize for being the first one out.

STAYING PUT BEATS RUNNING. A big dose taken in fast hurts more than the same amount spread out. The person who sprints across town **walks through the hottest dust at the hottest hour.**

IF YOU MUST MOVE, MOVE SMART. Only for a true life or death emergency. Stay low, stay covered, and get right back inside.

THE WHOLE THING, FREE

Watch the full breakdown at youtube.com/@SketchySurvival101

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BY HOUR 48