

EMERGENCY PREPAREDNESS

In the past several years, major emergency events have become more frequent and more severe across the country. We have witnessed earthquakes, floods, hurricanes, tornadoes, snow, and ice storms wreak havoc and do enormous damage.

Millions of Americans have had their homes heavily damaged or destroyed. Many have been without electricity or heat for days or weeks, waiting for help to arrive. For many, the results have been tragic.

Area residents need to develop family emergency preparedness plans now. It is especially important for everyone to understand the unique and unprecedented threats associated with living near the Limerick Nuclear Plant.

Add a nuclear disaster to the list of possible weather emergencies we face. A severe accident, meltdown, or terrorist attack could happen here. We must not ignore the realities of Chernobyl, Three Mile Island, and Fukushima.

If a major disaster occurred tomorrow, how prepared would you be? Would you have adequate water, food, and basic supplies for your family for days or weeks?

With Your Own Family Emergency Plan,

- ✓ You would be prepared to shelter in place or evacuate to a predetermined location, far enough away to minimize harm.
- ✓ You would have stored water, food, and basic supplies to last for at least a week for your entire family.
- ✓ You would have secured essential and irreplaceable documents, information, and communication contacts.

ACE Researched Emergency Preparedness For A Limerick Nuclear Disaster Since 9-11.

Our Advice: Don't Get Scared, Get Prepared!

Information in this report will enable you to prepare for a radiological emergency, something that is not readily available at other emergency preparedness websites. While some information is similar, for specifics on weather emergencies like earthquakes, tornadoes and floods: www.readypa.org

WHY YOU NEED TO START YOUR OWN PLAN TODAY!

1. Limerick's Evacuation Plan Is Seriously Flawed and Fundamentally Inadequate.
2. The Nuclear Regulatory Commission Refuses To Require Changes.

EVACUATE OR SHELTER IN PLACE IMMEDIATELY

AFTER A LIMERICK NUCLEAR ACCIDENT AND/OR MELTDOWN

1. A high exposure to Limerick's radiation can cause serious illness or death.
2. The longer a person is exposed to radiation, the greater the effect.

Threats to your health, safety, food, water, home, and possessions from a Limerick Nuclear Plant nuclear plant accident/meltdown could result from higher levels of radiation released that could harm people living or working within 50 or more miles of Limerick Nuclear Power Plant.

Exposure would come from Limerick's release of a plume of radioactive gases and particles, containing a broad range of radionuclides (possibly over 200) into the environment. In previous accidents and meltdowns, people were not given timely warnings to evacuate and the truth about the radiation exposure risks was never fully disclosed.

Radiation exposure to the body is a major hazard from the cloud and particles deposited on the ground, inhalation of radioactive materials, and ingestion of radioactive materials. Even beyond a 50-mile radius from Limerick, radioactive releases could contaminate water supplies, food crops, and livestock.

HOW CLOSE DO YOU LIVE OR WORK

FROM LIMERICK NUCLEAR PLANT?

Find Out: www.psr.org/evacuation2011

**If You Live Or Work
Within 50 Miles Of Limerick Nuclear Plant
Start Your Emergency Plan Today!**

WHY EVACUATE OR SHELTER IN PLACE "IMMEDIATELY"?

RADIOACTIVE "HOT PARTICLES"

Radioactive "Hot Particulates" From Meltdown Present Significant Health Risks And Can Cause Immediate Radiation Sickness.

Long-Term They Can Cause Cancer, Birth Defects, Mutations, and Miscarriages, In 1st and/or Successive Generations After Exposure.

Exposed Reactors and Fuel Cores Can Release Microns of "Hot Particles" Which Can Cause Immediate Radiation Sickness And Cancer Over Time.

"Hot Particles" Would Include Dangerous Radionuclides Such As: Cesium, Strontium, and Plutonium

Cesium - 137	Beta / Gamma Emitter	Harmful Impacts to Muscles Ovaries
Strontium -90	Beta Emitter	Damages Bone and Bone Marrow
Plutonium	Alpha Emitter	Damages Liver, Bone, Bone Marrow.

Additive, cumulative, and synergistic impacts to health during a meltdown can cause serious radiation sickness and serious long-term health harm, including cancer.

MINIMIZING RADIATION EXPOSURE FROM LIMERICK IS IMPERATIVE!
DON'T WAIT TO BE TOLD TO EVACUATE OR SHELTER IN PLACE EVACUATE OR SHELTER AS SOON AS YOU HEAR OF A MAJOR ACCIDENT OR TERRORIST ATTACK AT LIMERICK.

Likely You Won't Be Warned Immediately. "Hot Particles" Can't Be Measured With A Geiger Counter.

- "Hot Particles" Are Breathed In Easily.
- When Radioactive Particles Are Inhaled, They Can Lodge In The Lung Tissue and Remain For A Long Period, Continuing to Give Off Radiation Internally.
- They Enter The Bloodstream and Gastrointestinal Tract, Damaging Tissue Nearby
- That Damage Can Lead To Cancer And Other Serious Damage To The Body. They Are A Constant Irritant Which Can Eventually Lead to Cancer.

THERE IS NO SAFE LEVEL, ACCORDING TO THE NATIONAL ACADEMY OF SCIENCES BEIR VII REPORT. DON'T BELIEVE THE SAFE LEVEL LIE FROM THE NUCLEAR INDUSTRY AND THEIR SUPPORTERS.

- ✓ PERMISSIBLE DOES NOT MEAN SAFE.
- ✓ So-Called "Safe Levels" Are Deceptive, Arbitrary, and Political - Not Scientific.
- ✓ For Example: March 16, 2011 - Right After Japan's Nuclear Disaster NRC Legally Sanctioned Increased Health Harm By Drastically Increasing So-Called Background Levels, yet claimed Fukushima had nothing to do with it.

"So-Called" Background Radiation Levels Are Deceptive.

Pre-Chernobyl:	80 to 100 Millirems Per Year
After Chernobyl:	360 Millirems Per Year
After Japan:	620 Millirems Per Year

DON'T THINK IT CAN'T HAPPEN HERE.

FACTS SHOW MELTDOWN THREATS ARE INCREASING AT LIMERICK NUCLEAR PLANT.

A meltdown at Limerick could be started by an earthquake or other natural disaster, fire, human error, mechanical breakdown from aging equipment, or a terrorist attack by plane, missile, insider sabotage or a cyber attack. All could lead to Limerick's reactors and/or fuel pools losing water and melting down.

EVIDENCE SHOWS DEVASTATING CONSEQUENCES

MELTDOWN CONSEQUENCES - NRC Worst Case - 1974 Rasmussen Report

45,000	Cases Radiation Sickness (Requiring Hospitalization)
3,300	Prompt Deaths (From Acute Radiation Sickness)
45,000	Fatal Cancers (over 50 years)
250,000	Non-Fatal Cancers (over 50 years)
190	Per Year Defective Children Born
\$14 Billion (1974 Dollars)	Property Damage: NOT Insurable

ESTIMATED CONSEQUENCES AT LIMERICK NUCLEAR POWER PLANT

Reported To Congress In 1982:

74,000	Early Fatalities
610,000	Early Injuries
34,000	Cancer Deaths

All Numbers Would Be Drastically Higher Today

Census Shows 183% Population Increase Since 1980

Estimated Costs Today - Over \$1 Trillion (NRC) - only \$12 Billion Paid By Industry

HOW TO MINIMIZE EXPOSURE TO RADIATION – “DST”

DISTANCE

- ✓ The more distance between you and the source of the radiation, the better.
- ✓ Evacuate over 50 miles away from Limerick, in the opposite direction of the plume or remain indoors, going to the lowest level of the building.

SHIELDING

- ✓ The more heavy dense material between you and the source of the radiation the better.

TIME

- ✓ Local authorities instruct you through the Emergency Alert System (EAS) on local television and radio stations. But, don't wait for them to tell you to evacuate. Immediately after learning there is an incident at Limerick, shelter in place and/or prepare to evacuate.
- ✓ Don't wait for warning sirens or other alert method. History shows the nuclear industry fails to inform authorities immediately. Authorities worry more about panic far more than public health impacts. Therefore they wait too long and even fail to provide full and accurate disclosure.
- ✓ It could take hours or days for officials to order evacuation. That is time you could be avoiding exposure. Warnings to evacuate came three days after the Three Mile Island partial meltdown.

GUIDELINES FOR A LIMERICK NUCLEAR PLANT EMERGENCY

AVOID OR LIMIT RADIATION EXPOSURE WHEREVER POSSIBLE - IMMEDIATELY

Whether you are indoors or outdoors, home or at work, when you learn of a Limerick incident, take the utmost precaution IMMEDIATELY. Keep in mind you can't see or smell radiation. There is no way of knowing how much warning time the public will receive about a severe accident or terrorist attack at Limerick. Often full and accurate disclosure of radiation releases are hidden from the public, supposedly to avoid panic. According to whistle blowers, the real reason the whole truth is not immediately disclosed is to buy time for the nuclear plant owner to try to get the radiation release and the spin under control first. For example, a meltdown occurred at Fukushima the first day, yet the public wasn't informed until weeks later. At TMI, authorities waited three days to warn the public to evacuate.

DON'T WAIT FOR AUTHORITIES TO WARN YOU TO EVACUATE OR SHELTER

While they delay, you are being unnecessarily exposed the entire time. Being prepared in advance and knowing what to do and when to do it is vitally important. It is safer to assume radiological contamination has occurred and take the proper precautions.

SEEK SAFE SHELTER IMMEDIATELY AFTER LEARNING OF A LIMERICK ACCIDENT

As you seek shelter from indoors or outdoors, remember there is radiation in the air. Breathe through the cloth of your shirt or coat to limit your exposure. Your proximity to radioactive particles may still result in some exposure.

OUTDOORS

Seek shelter indoors immediately in the nearest building.

If appropriate shelter is not available, move as rapidly as is safe upwind and away from the location. Then, seek appropriate shelter as soon as possible.

Listen for official instructions and follow directions if they make sense.

INDOORS

If you have time, turn off ventilation and heating systems, close windows, vents, fireplace dampers, exhaust fans, and clothes dryer vents. Retrieve your disaster supplies kit and a battery-powered radio and take them to your shelter room.

Seek shelter immediately, preferably underground or in an interior room of a building, placing as much distance and dense shielding as possible between you and the outdoors where the radioactive material may be.

Seal windows and external doors that do not fit snugly with duct tape to reduce infiltration of radioactive particles. Plastic sheeting will not provide shielding from radioactivity nor from blast effects of a nearby explosion.

Listen for official instructions and follow directions.

AFTER FINDING SHELTER, DECONTAMINATE YOURSELF.

To Decontaminate Yourself:

- 1) Remove and bag your clothing and shoes (isolate the bag away from you and others)
- 2) Shower thoroughly with soap and water.
- 3) Don't leave the shelter until you are sure it is safe.

Important Things To Remember:

- **Do NOT Go Outside Without Complete Coverings and A Respiratory Mask**
 - ✓ Put on a hooded covering, breathing mask, and covering on shoes.
- **Long After The Immediate Radiation Release, Limit Time Outdoors**
 - ✓ Especially During Rain, Sleet, Snow
- **To Evacuate - Head Away From The Plume - At Least 50 Miles**
 - ✓ Leave Immediately To Avoid Traffic Gridlock – Some routes have gridlock even during rush hour.
REMEMBER: It Is Far Worse Getting Stuck In Traffic In A Limerick Nuclear Plant Emergency Because You Can Be Exposed To Radiation The Entire Time.
 - ✓ Before You Leave Home, Try To Determine If There Are Traffic Problems In The Safest Direction
 - ✓ Cover Your Entire Head and Body
 - ✓ Wear A Breathing Mask Until You Reach Your Destination Over 50 Miles Away
 - ✓ Keep car windows and vents closed; use re-circulating air
 - ✓ Keep a battery-powered radio with you and operating at all times.
 - ✓ When you reach your destination, remove exposed clothes and shoes, place them in a plastic bag, seal the bag, and place it away from you. Take a thorough shower immediately to remove radioactive particulates to which you may have been exposed. Put on clean clothes and shoes.
- **Plan Your Destination Now And Store Enough Supplies For A Week** (In Transport Ready Containers)
 - ✓ Be sure you have somewhere to go over 50 miles away, especially if you have pets.
 - ✓ Over 8 Million People Live Within 50 Miles Of Limerick Nuclear Plant – There will not be enough shelters or supplies for so many people.
- **Do Not Return Home Until Independent Scientists Say It's Safe To Return Even If Exelon, NRC, or EPA Claim It's Safe**
 - ✓ After Fukushima "Hot Particles" Were Detected For Many Months and Continued To Be Deposited Even In The U.S. In High Concentrations. They were being picked up in the U.S. in car engine air filters.
 - ✓ Keep check books, birth certificates, passports, and other important papers and valuable transportable possessions, in one location - ready to quickly evacuate.
 - ✓ Radioactive contamination from a Limerick accident or terrorist attack could affect a wide area for generations. Meteorological conditions impact the distance and direction.
- **Shelter In Place If You Can't Evacuate Immediately**
 - ✓ Plan to store enough food, water, medications, and other basic supplies for your entire family and pets, to last at least a week, until you can evacuate safely.
 - ✓ Seal windows and doors, to the extent possible, in your home or workplace.
 - ✓ Turn off the air conditioner, ventilation fans, furnace, and other air intakes.
 - ✓ Go to the lowest level of the building (basement or underground if possible)
 - ✓ Keep food and water in covered containers.
- **Food and Water Could Become Highly Radioactive Great Distances Away From Limerick. After evacuating over 50 miles away;**
 - ✓ Try to find a way to use reverse osmosis and carbon filtration for your water.
 - ✓ Soak and wash all fruits and vegetables in Bentonite Clay and non-toxic veggie wash before eating.
 - ✓ Protect organs of your body with supplements and detox methods - list recommended by expert Physicians and Nutritionists at the end of this report.

MAKE YOUR FAMILY EMERGENCY PLAN

GET PREPARED – START TODAY

1. Collect Evacuation Items NOW

- Food - Enough for Two Weeks - Keep in a Tub Easy To Transport
- Store Large Amounts of Water (3 to 5 Gallon Bottles Easy To Transport)
- Store Emergency Supplies, Extra Clothes, and Medications
- Pets - Keep Extra Weeks of Supplies On Hand
- Keep Gas Tank Filled
- Store Supplements Known To Reduce Radiation Risks

2. Communication May Be Impossible - Plan A Meeting Point:

Choose Evacuation Destination Over 50 Miles Away

- Plan Two Potential Routes – Take The One Farther Away From The Plume
- Provide Address and Phone Numbers For That Location To Everyone You Would Want To Meet After Evacuation From The Disaster

3. Prepare and Distribute Lists of Phone and E-Mails for:

- Out-of Area Contacts
- Local Contacts
- Nearest Relatives
- Family Work Numbers
- Utilities - Electric, Gas, Water, Telephone, Cable
- Family Physicians

4. Evacuate To Your Predetermined Location Immediately

Don't Wait To Be Told To Leave - A Nuclear Plant Accident or Attack Is Different. You Are Continuously Exposed To Radiation While Evacuating. Leaving Immediately Could Avoid Exposure In Gridlock.

- Get Wind Direction, Determine Escape Route Farther Away From Plume
- Be Sure Route Is Open BEFORE You Head Out
- If You Call Police, Fire Department, or Hospitals, Know Your Exact Location

5. Shelter In Place Until You Can Travel Safely

- Go To LOWEST Level Of The Building
- As A Shield, Pile Things Against Walls, Especially Facing Limerick.
- Close Off All Air Intakes

For Additional Disaster Planning Go To: www.ReadyPA.org

**Alliance For A Clean Environment
January 2012**

Suggested Emergency Supplies

Checklist For Emergency Preparedness

1. Water and food for at least a week, that is sealed and can be resealed
2. Eating and cooking utensils including disposable plates, forks, spoons, knives and cups. A manual can opener, one sharp knife, and a small camping cooking stove.
3. Medications
4. List of important phone numbers and email addresses
5. Flashlights and battery powered lantern, extra batteries, and nail files*
6. Radio, cell phone, laptop computer, extra batteries, and sandpaper*
7. First Aid Kit
8. Tool Kit, rope, matches, candles
9. Toiletries including antibacterial soap, toilet paper, facial tissues, and moist towelettes
10. Blankets and sleeping bags
11. Body Protection Kit including glasses/goggles, face mask, and hooded poncho
12. Baby needs including formula, bottles, baby food, and disposable diapers
13. Extra sets of clean clothes and shoes for all family members
14. Different sized sealable plastic bags for food, clothes, blankets and other items used for protection from radioactive fallout
15. Wash cloths for all family members, to be used wet to cover the nose and mouth as needed, for protection and to wipe the eyes
16. At least \$100 in cash, checkbooks, and recent bank statements
17. A metal box for your most valuable papers including passports, vehicle titles, copies of each utility bill, retirement accounts etc.

18. Full can of gasoline in garage, and keep all vehicle gas tanks at least 1/2 full
19. Have a neighborhood car pool plan to pick up children from schools
20. A map of the local area showing back roads. The family should have a designated primary escape route on the map, as well as a Plan B in the event of accidents or road closures
21. Designate a location for all family members, friends, or relatives to meet or a number to call within the first 24 hours of any emergency to verify safety

*Check and test batteries once a year, and replace as needed

**For Suggestions and Specials On Emergency Products, 25-Year Shelf -Life
Food storage, Specific Emergencies, Etc. Contact:**

**Emergency Essentials
1-800-999-1863 or www.BePrepared.com**

Additional Information is Available at:

www.ReadyPA.org

Radiation Sickness Symptoms

Early Symptoms - Within 1 to 24 Hours

- Nausea and Vomiting
- Diarrhea
- Headache
- Fever

Later Symptoms - Within 1 to 4 Weeks

- Dizziness and Disorientation
- Weakness and Fatigue
- Hair Loss
- Bloody Vomit and Stools
- Infections
- Poor Wound Healing
- Low Blood Pressure

Reduce Radiation Exposure Impacts

Protect Yourself Nutritionally

Recommendations From Physicians, Nutritionists, And Experts Knowledgeable About Radiation Exposure

Dr. Ann Louise Gittleman - Recommends a comprehensive approach on her blog:

- ✓ Sea Vegetables - Tested for radiation
- ✓ Foods High in Beta-Carotene
- ✓ Potassium
- ✓ Calcium
- ✓ Mineral-Rich Foods
- ✓ Potassium Iodide, if necessary

Certified Nutritional Practitioner - International Institute of Concern for Public Health (www.iicph.org)

To Minimize Risks, Aliss Terpstra Recommends:

- ✓ Increase Antioxidants C and E
- ✓ Probiotics
- ✓ Vitamin K2
- ✓ Minerals - Boron, Potassium, Magnesium
- ✓ Minimize Fluoride - Antagonistic in Combating Free Radical Damage from Radiation Fallout

Herbs and Supplements Which May Support Overall Health In Nuclear Accidents

Recommended by Dr. Mercola

- ✓ High-Dose Vitamin C
- ✓ Kelp and Other Seaweeds - High in Natural Iodine
- ✓ Bentonite Clays
- ✓ Zeolites - To Neutralize Radiation
- ✓ Fulvic Acid
- ✓ Magnesium
- ✓ Selenium
- ✓ Ginseng
- ✓ Coconut Oil - Supports Optimal Thyroid Health
- ✓ Chlorella - Contains Chlorophyll Which Increases Resistance to Radiation

Potassium Iodide - Use to Protect Thyroid Gland - 1 to 3 Days ONLY in a Major Radiation Emergency
NOT For Long-Term Prevention - Could Result In Thyrotoxicosis

American Thyroid Association Recommends:

- ✓ Anyone living within 50 miles of a nuclear plant have potassium iodide in their house at all times in the event of a radiation emergency.
- ✓ It should be made available to those living within 200 miles of a nuclear plant

To Minimize Risk From Strontium-90 Radiation - It Is Important To Avoid Deficiency In Calcium
Strontium-90 from nuclear reactors mimics calcium.

International Journal of Low Radiation 2008 - Mercola.com

A Prime Agent In Protection Vitamin D-3 Against Low Radiation Damage And Radiation-Induced Cancer

- Cholecalciferol - Natural Supplement
- Researchers Found Daily Intake (Adults 4,000 to 8,000 IU) To Maintain Blood Levels of Vitamin D Metabolites to Reduce Risk of Breast and Colon Cancer by 1/2
- Earlier Studies Found Vitamin D Could Help Prevent At Least 16 Types Of Cancer
- Get Vitamin D Blood Levels Checked With TEST 25 (OH)D, also called hydroxyvitamin D

Dr. David Brownstein - Clinical Study - Over 5,000 Patients Tested

- 95% Patients Iodine Deficient
- Comparable to Percent of People Deficient in Vitamin D
- Safe Thyroid Support - Ideal Situation Especially Near Routine Radiation Releases From Nuclear Plants Like Limerick.

Before, During, After Nuclear Accident Take Adequate Amounts Of Iodine From SAFE Sources

- Food
- Natural Iodine Sources - Seagreens, Kelp, Other Sea Vegetables
- Supplements - Natural Iodine and Organic Potassium - All Should Be CERTIFIED Radiation Free

David Brownstein, MD Blog - Thyroid and Hormone Expert

Book: "Iodine: Why You Need It and Why You Can't Live Without It"

"Iodine is an Essential Nutrient to Protect From Radioactive Contamination of the Thyroid and Other Glands."

Dr. Jeff Patterson, Former President of Physicians for Social Responsibility

- *"There Is NO Safe Level Of Radionuclide Exposure, Whether From Food, Water, Or Other Sources. PERIOD!"*
- "Every Effort Must Be Taken To Minimize Radionuclide Content In Food And Water."
- "Exposure to Radionuclides, like Iodine-131 and Cesium-137, INCREASES Risk of Cancer."

Dr. Gary Young

Young Living's QuadShield Kit For Synergistic, Protective Effects On Hormonal And Immune Systems

Super C	Powerful Immune Enhancer
Melrose	Protective Skin Barrier
Longevity	Super Antioxidant
Thyromin	Contains Kelp and Iodine

For More Information Contact:

Lucey Harley (610) 641-1116 LuceyHarley@aol.com www.luceyharley.com

To Remove Radionuclide Particulates From Fruits and Vegetables

Soak and Rinse Fruits and Vegetables With Non-Toxic Veggie Wash

Detox And Purify With Safe, Strong, Absorptive Bentonite Clay

Examples: Sonne's #7 - Liquid Frontier Natural Products- Powder

