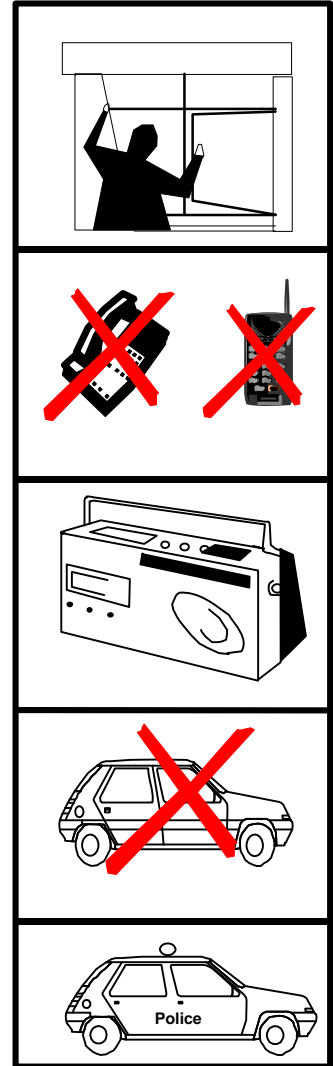


# Emergency Action Card

For use in the event of a serious emergency at Sellafield

## GO IN, STAY IN, TUNE IN

- 1 CLOSE DOORS AND WINDOWS.**  
Shut down ventilation and air conditioning systems.
- 2 DO NOT USE TELEPHONES**  
(unless you need urgent help)
- 3 LISTEN TO LOCAL RADIO**  
BBC Radio Cumbria on 104.1 MHz FM,  
206m (1458 KHz) MW, or CFM on 103.4 MHz FM
- 4 DO NOT ATTEMPT TO LEAVE THE AREA**
- 5 FOLLOW EMERGENCY SERVICES ADVICE**



### SITE SIREN

If you hear the siren you should:

- Go indoors, close doors and windows.
- Find out more information either by listening to local radio or going to [www.cumbrialert.info](http://www.cumbrialert.info) or by dialling the Sellafield Emergency Information Line on 0808 909 8090 to hear a recorded message (please if possible do this on a landline telephone).
- If the message says there is no hazard off-site, you can resume normal activities but please continue to monitor local radio in case the situation changes.
- If the message says there is a Sellafield Emergency, follow the advice on the rest of the card.

For additional information see over.....



# Additional Information

- **GO INDOORS AND STAY THERE**

In an emergency, the best thing to do is to go indoors where you will be protected from the worst effects of a radioactive release.

- **DO NOT LEAVE THE AREA**

Never be tempted to leave the area unless told to do so by the Police. There could be serious traffic congestion and you will be much safer indoors.

- **SCHOOLCHILDREN**

Do not attempt to collect children from school.  
Their teachers and the Police will ensure that they are looked after.

- **DO NOT USE TELEPHONES (Unless you need urgent help)**

In an emergency, all telephone systems may become overloaded and this may prevent emergency calls getting through. If you must make a call, please use a landline phone and be brief or send a mobile text message. Please do not make mobile telephone calls.

- **FURTHER INFORMATION**

For further advice consult the booklet "What to do in an Emergency at Sellafield".



**Emergency Planning Unit**  
Arroyo Block, The Castle  
Carlisle, Cumbria CA3 8UR  
Tel: (01228) 815700