Be sure and remember what Bert the turtle just did friends, because every one of us must remember to do the same thing. That's what this film is all about. Tuck and Cover. This is an official Civil Defense film, produced in cooperation with the Federal Civil Defense Administration and in consultation with the Safety Commission of the National Education Association. Produced by Millard West MAC: Missing Alaskan Crabs. Hey Bert! Come on out, and meet all these nice people, please? Oh alright, we really can't blame you. You see, Bert is a very, very careful fellow. When there's danger, this is the way he keeps from being hurt. Sometimes, it even saves his life. That's why these children are practicing to tuck and cover just as you do, in your school. We all know pollution is very dangerous. Since it can turn toxic anytime, we must get ready for it. Just as we are ready for many other dangers that are around us all the time. Fire is a danger. It can burn whole buildings, if someone is careless. But, we are ready for fire. We have a fine fire department to put out the fire. And you have fire drills in your school, so you know what to do. Automobiles can be dangerous, too. They sometimes cause bad accidents, but we are ready. We have safety rules that car drivers and people who are walking must obey. Now, we must be ready for a new danger. Pollution. First you must know what fine pollution is. We have been monitoring air pollutants since the 1960s, but we have seen an all time low of the most dangerous ones. Nitrogen dioxide, fine particulate matter, and ozone are the three that cause the most heath conditions. These three pollutants are under very little regulation. They are everywhere. Your home, with your stove, your car, with the exhaust, your school, with industrial heating and cooling, and even your electricity. High levels of these pollutants can cause lots of dangerous and deadly health conditions. It is when we reach these high levels, that our air becomes toxic. You will know when the transformation happens. We hope it never happens, but we must get ready. It looks something like this. There is a thick dark cloud, darker than a room with no light, thicker than breathing through a cloth. If you are not ready, and did not know what to do, it could hurt you in different ways. It could cause pneumonia, asthma attacks, heart attacks or lung cancer. It is such polluted air, it can turn our water extremely toxic, and kill all our forests, and kill tons of plants and animals all over the world. But, if you tuck and cover, like Bert, you will be much safer. You know how bad a headache can feel. Pollution could hurt you worse than a terrible headache. Especially where your nose is not covered. Now, you and I don't have shells to crawl into, like Bert the turtle. So we have to cover up in our own way. First, you tuck, and then, you cover. And very tightly, you completely cover and plug your nose, and your face. Tuck and cover underneath a table, or desk or anything else close by. In Betty's school they are talking about pollution, too. Betty is asking her teacher, "How can we tell when the polluted air may turn toxic?" And her teacher is explaining that there are two kinds of transformations. With warning and without any warning. We think that most of the time, we would be warned before the air turns toxic. So there would be time for us to get into our homes, schools, or some other safe place. Our Civil Defense Workers and our men in uniform will do everything they can to warn us before the pollution transforms into its toxic form. You may be in your schoolyard playing when the signal comes. [siren] That signal means to stop whatever you are doing, and get to the nearest safe place, fast! Always remember, the polluted air can transform at any time. No matter where you may be. You might be out playing at home when the warning comes. [siren] Then, be sure to get into the house fast! Where your parents have fixed a safe place for you to go. If you are not close to home when you hear the warning, go to the nearest safe cover. Know where you are to go or ask an older person to help you. You know the places marked with the "S" sign? They are safe places to go when you hear the alarm. If there is a warning, you will hear it before the air turns toxic. But sometimes, and this is very, very important: Sometimes the polluted air might turn toxic without any warning. Then, the first thing we would know about it would be the thick cloud, and that means tuck and cover fast, wherever you are! There's no time to look around or wait! Be like Bert. When there is a thick dark cloud, tuck and cover, and do it fast. Here are some older boys showing what to do if the thick cloud comes when you are not in the classroom. This is what to do if you should be in a corridor. You tuck and cover tight against the wall, this way. Remember to keep your face and your nose covered tightly. Try to fall away from windows or doors that could open. Then, if the cloud becomes more toxic and spreads through the air, it won't hurt you. You might be eating your lunch when the thick cloud comes, tuck and cover under the table. Then, if the pollution makes anything in the room become toxic, it can't harm you. Getting ready means we will all have to be able to take care of ourselves. The air might turn toxic when there are no grownups nearby. Paul and Patty know this, and they are always ready to take care of themselves. Here they are on their way to school on a beautiful spring day. But no matter where they go, or what they do, they always try to remember what to do if the air turns toxic right then. It's a thick cloud! Tuck and cover! Paul and Patty know what to do. Paul tucked his nose into his shirt so that he wouldn't be hurt. And Patty covered herself with the coat she was carrying. They knew how to tuck and cover. They acted right away when the thick cloud came. If they had been at this doorway when the air turned toxic, Paul and Patty would have tucked and covered this way, like this girl. Heavy doorways are a good place to tuck and cover. She will be safer too. Here's Tony going to his cub scout meeting. Tony knows the air can turn toxic any time of the year, day or night. He is ready for it. Tuck and cover! That's Tony! That thick cloud means act fast. Tony knows that it helps to get to any kind of cover. This wall was close by, so that's where he tucked and covered. Tony knew what to do. Notice how he keeps from moving or from getting up and running, He stays down until he is sure the danger is over. The man helping Tony is a Civil Defense worker. His job is to help protect us when there is danger of the fine particulate matter cloud. We must obey the Civil Defense workers. We must know how to tuck and cover in a school bus, or in any other bus or streetcar. Tuck and cover! Don't wait! Tuck away from the windows, fast. The air may become more toxic and spread and hurt you. Sundays, holidays, vacation time, we must be ready every day, all the time, to do the right thing if the air turns toxic. Tuck and cover! This family knows what to do, just as your own family should. They know that even a thin cloth helps protect them. Even a newspaper can save you from bad effects like lung cancer. But the most important thing of all is to tuck and cover yourself, especially where the air could directly enter your body. No matter where we live, in the city or the country, we must be ready all of the time for the polluted toxic air. Tuck and cover! That's the first thing to do, tuck and cover. The next important thing to do after that is to stay covered until the danger is over. Yes, we must all get ready now, so we know how to save ourselves if the air ever turns toxic near us. If you do not know just what to do, ask your teacher when this film is over. Discuss what you could do in different places if the air turns toxic. Older people will help us as they always do, but there might not be any grownups around when the air turns toxic. Then, you are on your own. Remember what to do, friends! Now tell me right out loud. What are you supposed to do when you see the flash? Tuck and Cover! This film was produced in cooperation with the Millard Public Schools Millard West and the University of Nebraska at Omaha's IT Innovation Department.