

...may 8, 1986...

**don't eat the lettuce  
or above ground vegetables –  
don't drink the water  
or let children play out in the rain –**

**don't go barefoot – don't go out of doors  
or drink raw milk or eat the fruit of trees –  
be sure to use extraordinary care  
if you find you have to breathe the air –**

**the problem has been localized –  
disaster minor scale –  
a minor error of the nuclear  
is leaking radio-activity –**

**no need to panic if you do not eat –  
no need to worry if you do not drink –  
just close your nose and mouth and pores  
pretending everything is as it was before –**

**there will be no danger  
if safety regulations are observed –  
the contamination will not last  
more than a century or ten or more –**

**soon enough –  
with winds and tides and rain  
the radiation will distribute equally –  
and atmospheric guidelines will be raised**

**until base levels internationally  
will sound no more dangerous  
than if half an x-ray was received  
continuously.**