



4. LIE DOWN

If bombs start to fall near you, lie down. You will feel the blast least that way, escape fragments or splinters.

The safest place is under a good stout table—the stronger the legs the better.

A mattress under a table combines comfort with safety.

The enemy may use explosive bombs or incendiary bombs, or both. If incendiaries are used, it's more important to deal with them than to be safe from blast. So defeat the incendiary with a *spray* (never a splash or stream) of water, then go back to safety under a table in a refuge room.

Most raids will likely be over *in your immediate neighborhood* in a short time. However, stay under cover till the "all clear" is sounded.

Know your raid alarms. Know the "all clear". Official news of these will come to you from your Air Raid Warden. Don't believe rumors. Watch this paper for air raid alarm description. Ask the warden when he comes.

Should your house be hit, keep cool. Answer tappings from rescue crews if you are trapped. (You most likely won't be either hit or trapped, but if you are, you can depend on rescue squads to go after you). Again—keep cool, and wait. Don't yell after you hear them coming to you, unless they tell you to. **Keep cool!**

Just keeping cool hurts the enemy more than anything else you can do. **Keep calm. Stay at home. Put out lights. Lie down.**