In case of sonic attack on your district, follow these rules If you are making love it is imperative To bring all bodies to orgasm simultaneously Do not waste time blocking your ears Do not waste time seeking a sound proofed shelter Try to get as far away from the sonic source as possible Do not panic, do not panic, do not panic Do not panic, do not panic, do not panic Use your wheels it is what they are for Do not attempt to use your own limbs Small babies should be placed inside the special cocoons And should be left, if possible, in shelters If no wheels are available metal, metal, metal, metal Metal, metal, metal, metal Not organic limbs should be employed whenever practical Remember, remember, remember In the case of sonic attack survival means Every man for himself, himself, himself, himself, himself, himself Statistically more people survive if they think Only of themselves, only of themselves, only of themselves Do not attempt to rescue friends, relatives, loved ones You have only a few seconds to escape Use those seconds sensibly or you will inevitably die Do not panic, do not panic Think only of yourself, think only of yourself Think only of yourself, think only of yourself These are the first signs of sonic attack You will notice small objects such as ornaments oscillating You will notice [Inaudible] You will hear a distant hissing in your ears You will feel dizzy, you will feel the need to vomit [Inaudible] [Inaudible] [Inaudible] [Inaudible] You may be subject to fits of hysterical shouting or even laughter These are all sign of imminent sonic destruction Your only protection is flight If you are less than ten years old Remain in your shelter and use your cocoon If I remember you can help no one else, no one else You can help no one else, no one else You can help no one else, no one else You can help no one else, no one else

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