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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]
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
You can help no one else, no one else
You can help no one else, no one else
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