They exist, so they can be used.

The World's Nuclear Warheads Count June 2022

Russia 5,975

- Carried by land-based missiles including ICBM: 1,660
- Deployed at sea including SLBM: 1,735
- Carried by aircraft: 1,080
- Retired or to be dismantled, etc.: 1,500

US 5,425

- Carried by land-based missiles including ICBM: 800
- Deployed at sea including SLBM: 1,920
- Carried by aircraft: 988
- Retired or to be dismantled, etc.: 1,717

Decrease from 2021: ~410

The Doomsday Clock (see the center)

The Doomsday Clock is a symbol of the threat of nuclear annihilation. On the clock, midnight is the time of total destruction of humanity, and the hands to midnight illustrate how close we are to such a “Doomsday.” Currently it is 2030 seconds to midnight. Source: Bulletin of the Atomic Scientists.