DECONTAMINATION FOR YOURSELF AND OTHERS

1 TAKE OFF OUTER LAYER OF CLOTHING

Taking off your outer layer of clothing can remove up to 90% of radioactive material.

Be very careful in removing your clothing to prevent radioactive dust from shaking loose.

Put the clothing in a plastic bag or other sealable container.

Put the bag in an out-of-the-way place, away from other people and pets.

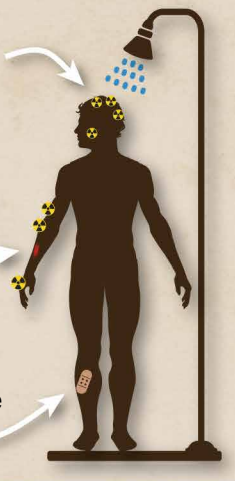
2 WASH YOURSELF OFF

If you can take a shower:

Use soap and shampoo. Do not use conditioner because it will cause radioactive material to stick to your hair.

Do not scald, scrub, or scratch your skin.

Keep cuts and scrapes covered when washing to keep from getting radioactive material in open wounds.



If you cannot take a shower:

Wash your hands, face, and parts of your body that were uncovered at a sink or faucet. Use soap and plenty of water.

If you cannot use a sink or faucet:

Use a moist wipe, clean wet cloth, or damp paper towel to wipe the parts of your body that were uncovered. Pay special attention to your hands and face.

Blow your nose and wipe your eyelids, eyelashes, and ears with a moist wipe, clean wet cloth, or damp paper towel.

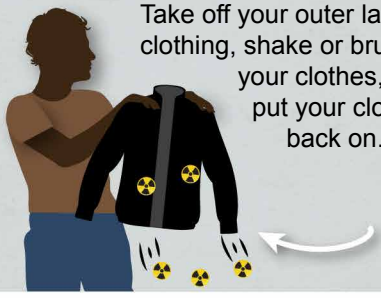
3 PUT ON CLEAN CLOTHES

If you have clean clothes:

Clothes stored in a closet or drawer away from radioactive material are safe to wear.

If you do not have clean clothes:

Take off your outer layer of clothing, shake or brush off your clothes, and put your clothes back on.



Rewash your hands, face, and exposed skin at a sink or faucet.

4 HELP OTHERS AND PETS

Wear waterproof gloves and a dust mask if you can.

Keep cuts and scrapes covered when washing to keep radioactive material out of the wound.

Rewash your hands, face, and parts of your body that were uncovered at a sink or faucet.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

STAY TUNED FOR UPDATED INFORMATION FROM PUBLIC HEALTH OFFICIALS.

http://emergency.cdc.gov/radiation