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

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.
     - Take off your outer layer of clothing, shake or brush off your clothes, and put your clothes back on.
   - If you do not have clean clothes:
     - 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.

STAY TUNED FOR UPDATED INFORMATION FROM PUBLIC HEALTH OFFICIALS.

http://emergency.cdc.gov/radiation