



# Radiation Exposure

One source of radiation exposure is a “dirty bomb.” A dirty bomb is an explosive device combined with radioactive materials. During any event that releases radiation, follow the recommendations of authorities.

## Stay inside

- Stay inside your home or office unless otherwise instructed by authorities. Close the windows, turn off the heating or air conditioning, and stay near the center of the building. The blast may have spread radioactive materials in debris and smoke. By staying inside you will reduce any potential exposure to airborne radioactive material. Go to the basement if one is available.

## Listen to the radio

- When you learn that radioactive materials have been released near you—accidentally or intentionally—tune your radio to the emergency broadcast network for instructions. Government agencies will let you know how to protect yourself. Keep a battery-powered radio handy in case electrical power goes out in your area.

## Follow instructions

- Do what experts advise. If told to evacuate, do so promptly. Take items you will need for an extended absence. Take prescription medicines, clothing, food, water and money. Listen for news about the location of the radioactive cloud. Even if the cloud has passed, radioactive contamination may have fallen on the ground. Experts will recommend the best ways to safely leave the area.

## If you suspect you are contaminated

- You should carefully remove your outer layer of clothing and put it in a plastic bag. Take a warm shower. Use soap and shampoo to wash off any radioactive materials. Place the sealed plastic bag in a room away from people.

## Seek help if needed

- Assistance centers will be set up as soon as possible. Use the media or look on health department or emergency Web sites for assistance center locations. If this information is not yet available, go to a police or fire station located outside of the affected area. If you were near the explosion or in the path of the smoke cloud, tell the staff at the station or assistance center.

## Watch what you eat

- Avoid drinking fresh milk or eating fruits and vegetables grown in the affected area. Wait until the Department of Health declares food and water safe to consume. Food stored in cans or bags is safe to eat. Fresh food harvested before the radiation release and stored inside is safe. Thoroughly rinse off containers before opening.



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