

RADIATION EMERGENCY: SELF-DECONTAMINATION



1

Remove clothing



Seal clothes in a plastic bag or container and keep away from people and pets.



Don't touch your face, eyes and mouth.

2

Wash thoroughly



- Shower using soap and shampoo, do not use conditioner.
- DO NOT scald, scrub or scratch skin.
- Keep cuts and scrapes covered.
- If you have a large beard/moustache, trim facial hair.



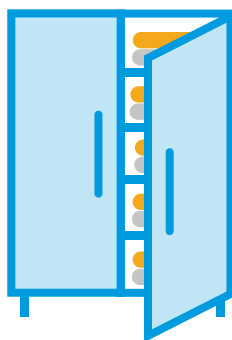
If shower is unavailable:

- Blow nose and wipe eyes and ears.
- Wash hands, face and other exposed skin with soap under running water.
- Otherwise, wipe exposed body parts using a wet cloth or paper towel and put it away from people and pets.

3

Change into clean clothes

Change into clothes stored in a closet, drawer or any unexposed place.



If none are available, use a clean blanket, sheet or towel for warmth, if needed.



4

Wash pets thoroughly

Wear rubber gloves and a mask; keep cuts and scrapes covered.

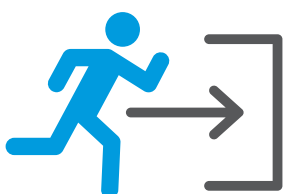


Wash pets with soap under running water.



Rewash hands, face and exposed skin.

For more information: www.who.int/health-topics/radiation-emergencies



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