

# Follow-up Instructions for Individuals Involved in a Radiological/Nuclear Event

## Instructions for performing radiation decontamination at home (if instructed to do so)

- As soon as you get home, take off all your clothes (including watches and jewelry) without tracking contamination into your living space. If possible, take clothes off in an outdoor space, like your garage.
- Put all items (including watches and jewelry) into a plastic, air-tight bag, close the bag carefully, and put it in a secure location outside the home, away from where people or pets will be.
- Shower from head to toe using soap and warm (not hot) water. Do not scrub your skin with abrasive sponges or brushes. Use shampoo without conditioner on your hair.
- Contact designated authorities to remove your radiation-contaminated items. Do not transport the contaminated clothes and accessories yourself. Do not wash your items or throw them in the trash.
- Note: There is only a very small chance that contamination of your skin or clothes with radiation will cause long-term medical effects. This is especially true if the amount of contamination in the event is low and if you carefully remove the contamination.