

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

Instructions for short-term monitoring of individuals released from the scene of a possible radiological/nuclear event

- Contact your personal physician as soon as possible to report:
 - What happened to you during this radiation incident
 - Any information you received from those who helped you during the incident
 - Where you were at the time of the incident
 - How long you were at the scene
 - Whether you may have been shielded from radiation by buildings, vehicles, or other solid objects
 - Anything else you know or were told at the scene about your circumstances at the time
 - The results of any tests (like blood tests) you received at the incident scene or at another medical facility
 - Whether authorities at the scene recorded your information into the log of people involved in the event
- Your physician should consider performing a blood test called a CBC (complete blood count with differential).
 - If there is genuine concern that you could have been exposed to radiation, this should be done immediately.
 - The results of this test can help your doctor determine if radiation has affected your body's ability to make new blood cells.
- If your blood counts appear to be abnormal, your physician should consider repeating the test daily until the problem is clarified.
 - Abnormally low blood counts, especially the lymphocyte count, may be a sign that you were exposed to high levels of radiation.
 - Abnormal blood counts may not necessarily be due to exposure to radiation, however.
 - Exposure to high levels of radiation can cause a condition known as Acute Radiation Syndrome.
 - If your CBC is abnormal and the results cannot be explained by other medical problems, your doctor should immediately contact a medical official charged with helping people who were connected with the incident.