



San Bernardino County Department of Public Health Preparedness and Response Program



Radiation Emergencies	
What is radiation?	<ul style="list-style-type: none"> • Radiation is a form of energy that is present all around us. • Different types of radiation exist; some have more energy than others.
How does radiation exposure occur?	<ul style="list-style-type: none"> • Exposure can occur various ways. People are exposed to small amounts of radiation every day from naturally occurring sources (soil and cosmic sun rays). • Man-made includes electronic equipment (such as microwave ovens and television sets. The amount of radiation from natural or man-made sources is usually small. • Exposure can also occur from a nuclear power plant accident or a terrorist event..
What steps can I take during a radiation emergency?	<ul style="list-style-type: none"> • Tune in to the news for information and instructions during an emergency. • If the event involves the release of large amounts of radioactive materials, you may be advised to “shelter in place” –to stay in your home or office, or to move to another location. <p>If advised to shelter in place, do the following:</p> <ul style="list-style-type: none"> • Close and lock all doors and windows. • Turn off fans, air conditioners and heating units. • Close fireplace dampers. • Bring pets inside, if possible. • Move to an inner room or basement. • Keep radio turned in to local news. <p>If advised to evacuate, do the following:</p> <ul style="list-style-type: none"> • Follow all instruction given by officials. • Leave area quickly and orderly as possible. • Take a flashlight, portable radio, batteries, first-aid kit, supply of sealed food and water, hand operated can opener, and essential medicine.
What happens if I am exposed to radiation?	<ul style="list-style-type: none"> • Radiation can affect the body and the adverse health effects of exposure may not be apparent for many years. • Health affects can range from mild effects, such as skin reddening, to serious effects such as cancer and death, depending on the amount of radiation absorbed by the body. • Exposure in large doses may cause death within a few days or months. • Exposure to lower doses may lead to an increased risk of developing cancer or other health effects later in life. <p>For more information visit: www.sbcounty.gov/prp or http://www.cdph.ca.gov/ http://emergency.cdc.gov/radiation// http://www.aqmd.gov/</p>