



UK Health
Security
Agency

How to remove radioactive material from your skin and clothes (decontamination)

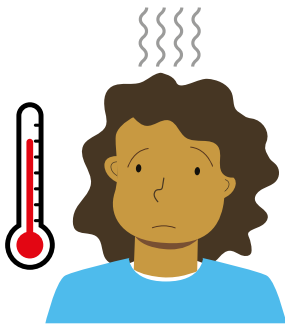


Easy read booklet

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What this guidance is for



Radioactive material releases radiation. If lots of radiation is released, it can make you ill.

This booklet is for when there has been a release of radioactive material. It tells you how to remove radioactive material from your clothes and body.



Taking off your outer layer of clothes can remove most of the radioactive material.

There are other important things that you should do if there is a radiation emergency:

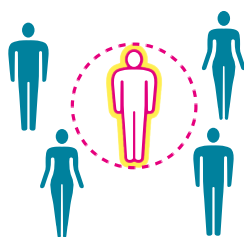
- go inside
- stay inside and shut the windows and doors
- tune into the news to find out what to do next



Step 1: Go inside and take off your outer clothes



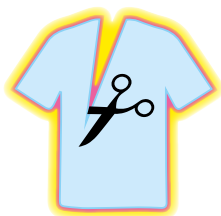
Get inside a building as soon as you can. Once you are inside, do not move around too much.



Keep away from other people until you have followed these instructions to remove radioactive material from your body.



Put on a clean face mask or face covering if you have one.



Take off your outer layer of clothes and shoes. Cut off clothing so that you do not need to put it over your head.



Do not touch the outside of your clothes with your skin.



Put your clothes and face covering in a plastic bag or other container that you can seal. Seal it and put it away from people.

Step 2: Wash yourself



Water in the tap is safe.

Use a shower if you can.

If you can shower:



Wash your body, face and hair using soap and shampoo. Use warm water.

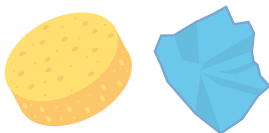


Do not use conditioner as it may make radioactive material stick to your hair.



Keep your mouth and eyes closed when you are washing your hair and face.

Do not scrub your skin or wounds.



You can use a sponge or a wash cloth.



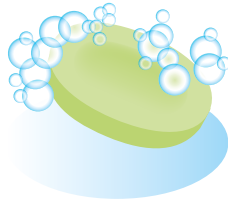
If you use a sponge or wash cloth, put it in a sealed bag and put it away from people after you have used it.

Step 2: Wash yourself

If a shower is not available:



Wash your hands, face, hair and other parts of your body that are not covered at a sink or tap.



Use soap and lots of running water.



Do not use conditioner as it may make radioactive material stick to your hair.



Keep your mouth and eyes closed when washing your hair and face.

Step 2: Wash yourself

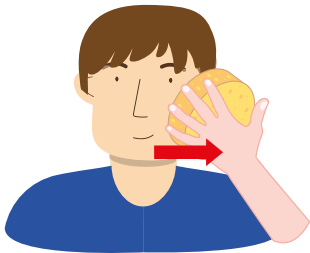
If you cannot use a sink or tap:



Use a wet wipe, clean wet cloth or wet paper towel to wipe the parts of your body that are not covered.

Take extra care with your hands and face.

Gently wipe your eyelids and around your mouth.



Wipe outwards and away from your nose and mouth.

Blow your nose.

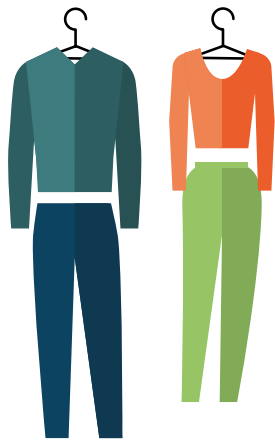
Do not scrub your skin or any cuts or wounds.



Put anything you have used in a plastic bag or other container that you can seal.

Seal it and put it away from people.

Step 3: Put on clean clothes



Put on clean clothes that have been kept inside.



Do not put the clothes that you took off back on.

Step 4: Helping others and pets



If you need to help someone else to clean themselves or you need to clean your pet:



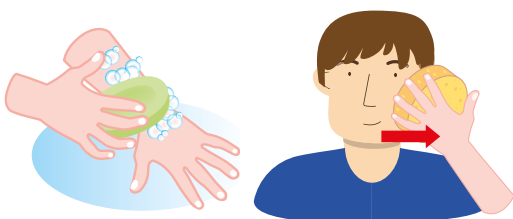
Wear waterproof gloves and a face mask if you can.



Keep cuts and scrapes covered to keep radioactive material away from them.

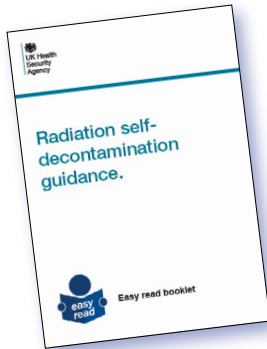


Put anything that you use to clean other people or pets in a plastic bag or other container that you can seal. Seal it and put it away from people.



Wash your hands, face and parts of your body that were uncovered again.

What to do next



Follow the advice in the booklet on what to do if there is a radiation emergency.



Stay inside with the windows and doors shut.



Tune into the news or go to [GOV.UK](https://www.gov.uk) online to find out what to do next.