



# Emergency Medical Services

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## Multnomah County

### How to help prevent radiation from entering your home

#### Before entering your home:

- Remove your clothes, shoes, personal items, including watches and jewelry,
- If possible, take clothes off in an outdoor space, like your garage.
- Put all items in a plastic 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. However, if you begin to experience the following symptoms, please contact your healthcare provider or visit an emergency room immediately:

**Health Department**  
**426 SW Stark 7<sup>th</sup> Floor. Portland, Oregon 97204**  
**Voice: 503-988-3220 FAX: 503-988-4017**  
AN EQUAL OPPORTUNITY EMPLOYER