

# RADIATION EMERGENCY: ADVICE FOR PREGNANT WOMEN

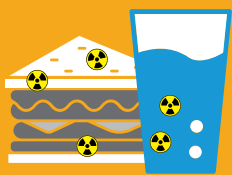


Babies in the womb are at lower risk of being exposed to external radiation. However, they can be exposed through their mother's blood which carry inhaled or swallowed radioactive substances.

Exposure to high radiation doses, especially during the first trimester, may have serious potential health impact for the baby.



## Immediate actions for pregnant women:



**Follow local official instructions for sheltering or evacuation, and for food and drinking water safety.**



**Take KI tablets only when instructed by the authorities to protect your own thyroid as well as that of the baby. Inappropriate use of KI can have adverse health impact on the baby.**



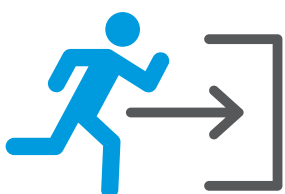
**If you were in the affected area, take the following steps to reduce radiation exposure:**

- **Shower as soon as possible using soap and shampoo**
- **Put on clean clothes**
- **Seal contaminated clothes and towels in a plastic bag or other sealable container and keep away from people and pets.**

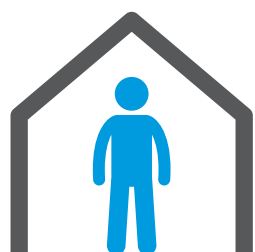


**Seek medical attention as soon as it is safe to do so.**

**For more information: [www.who.int/health-topics/radiation-emergencies](http://www.who.int/health-topics/radiation-emergencies)**



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