

## **FOOD, WATER, GARDENS AND LIVESTOCK**

### **Food Safety:**

Rinse all counters, plates, pots and utensils before use to remove any radioactive material that may have settled on them.

Food in your refrigerator or freezer is safe to eat, if you have not lost power.

Food in sealed containers is also safe to eat.

Rinse the outside of all packaged food before opening them.

Wash hands thoroughly before eating.

### **Water Safety:**

Bottled water is the only source that we are certain is free of contamination.

Before opening, use a clean towel to wipe off the bottle to remove any radioactive material that may have settled on it.

It is important to note that most distribution systems have several days of water supply in covered storage.

If you have water pressure and need water to drink, save water in clean containers for drinking.

### **What about gardens, crops and milk?**

Whether fresh vegetables are from the garden or a farm, you can not safely harvest, eat or distribute crops until monitoring and sampling results are available.

The major source of thyroid cancer at Chernobyl was from drinking milk produced by cows that had been contaminated by fallout - either directly or by eating contaminated forage. Do not use milk products until they have been approved for consumption.

It is difficult to determine whether certain populations are more vulnerable to the effects of radiation than others. However, pregnant women, infants, and young children are assumed to be more susceptible to the health effects of radiation exposure.

## **What Should Farmers And Ranch Owners Do With Livestock?**

If you are being asked to stay inside or evacuate, follow the instructions of state and local officials.

If you are outside the shelter and evacuation areas, there are a few simple steps you can take for the safety of your livestock:

Shelter your livestock (get them inside)

If recommended by authorities and if feasible, wash your livestock thoroughly with soap and water

Use stored feed and well or covered water. Consider feed and hay stored outside to be contaminated until monitoring proves otherwise.

If you are working in a potentially contaminated area, wear waterproof gloves, boots, an apron and a dust mask to protect yourself.

When monitoring and sampling data are available there will be additional instructions.