

# Radiation Safety Counseling News

## Help Interpreting Radiation Exposures

Dear Reader,

The world continues to focus on the crisis in Japan. The news coverage continues to report radiation levels in terms that many people may not understand. Lack of understanding leads to fear.

In this issue, we offer a two-page guide on how to interpret radiation exposures ([click here](#)). This guide was developed to help people understand the meaning of different levels of exposures as they may be reported by media, safety personnel, and government leaders.

Please contact us with any questions that you may have. You can send questions via email or contact us on Facebook or our Forum (Blog).

Regards,  
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Radiation Safety Counseling Services



Ray Johnson

## How to Interpret Radiation Exposures

We have prepared a chart on interpreting radiation exposures. It was developed to help people understand the meaning of different levels of exposures.

For many people the fact that radiation is detectable means that it is bad, however, there are three facts which might help to interpret radiation exposures.

1. There is NO ZERO radiation. We live in a radioactive world and we are surrounded with radiation all the time. All of the food we eat and the air we breathe are radioactive. Thus our bodies contain a large amount of radioactive material normally. On the average our bodies are also bombarded with several hundred thousand gamma rays every minute from outer space and from the ground.
2. Our bodies are actually very resistant to harm by radiation. Medical doctors know this from the enormous amounts of radiation required to kill cancer cells (which are more sensitive to damage by radiation than normal cells).
3. We can measure radiation in very small amounts, even at the level of individual atoms.

To view or print this reference, [click here](#).

We are on

facebook

We have created a Facebook page for the Radiation Safety Counseling Institute. This is another resource for the sharing of radiation safety related information and questions.

Click below to visit our page!

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Got Questions?

If you have a question about radiation safety that you would like to share, please post your question on our Forum (blog) or our Facebook page. Each week our experts will select a question and post an answer that will also be included in our monthly newsletter.

To post a question go to:  
[Radiation Safety Forum](#)  
or  
[RSCI on Facebook](#)

## Communication Insights

Each week, we post another installment of guidance to improve communication with others. To stay informed, you can go to our [blog](#) and click on Follow: RSS, then choose to "Subscribe to this Feed".

You can also go to our [Facebook](#) page and choose "Like" to have our status updates displayed on your Facebook wall.

We hope you find this information helpful and welcome your comments, questions, or other feedback.

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