

Radiation Contamination and Effect Table

whole body exposure in Rads	human reaction	incapacitation	probability of death	time for recovery	treatment
.5 - 1	mild radiation sickness if exposed more than 10 hours per day, may change some blood cells	1 %	0 %	a few days	none required other than rest
1 - 20	moderate radiation sickness if exposed more than 3 hours a day, small amount of nausea, noticeable blood cell changes	5 %	0 %	a few days	none required other than rest
20 - 100	loss of appetite, nausea, blood cell changes, more nausea and diarrhea	5 - 25%	0 - 5 % mostly among very old and young and sick	about one week	none required other than rest and water for re-hydration
100 - 200	moderate to extreme radiation sickness, same reactions as above plus fatigue, toxic symptoms of damage in gastrointestinal tract, weakness, vomiting, diarrhea, fevers, infection, hair loss, livid skin spots, fevers, hemorrhaging, heart failure in those with weak hearts, loss of appetite	25 - 50%	5 - 25 % within one - two months	one - two months	rest, antibiotics, blood cell count, more water, light diet, blood transfusion, sedatives if needed
200 - 400	same reactions as above but more severe	50 - 100%	25 - 50 % within 30 - 60 days	several months	above plus IV administration for fluids that cannot be administered orally
450 - 600	same reactions as above with mouth, throat and skin hemorrhaging, pneumonia, intestinal inflammation	100%	50 - 75 % within 20 - 30 days	years	above plus bone marrow transplant
600- 800	same reactions as above, plus cramps, central nervous and circulatory system shutdown, bloody diarrhea, vertigo	100%	75 - 99 % within hours to a few days	years	bone marrow transplant, sedatives, blood transfusion, advanced life support
800 - 5000	death within a short time	100%	100 % within a few hours	none	none available due to certainty of death

Combating Radiation Sickness				
item	daily amount (adult)	blocks against (radioactive)	protects / good for	sources
Potassium Iodide	100 milligrams	Iodine	regulates hormone thyroxin in thyroid gland	Potassium Iodide tablets
Water	lots and lots	dehydration		
Calcium		Strontium 90	has a calming effect	grains, green vegetables, soy products, seaweed, some nuts, fish, milk
Iron		Plutonium		grains (millet & barley), meat, beans, fish, some nuts
Zinc		Zinc 65	fighting viruses, mental equilibrium, immune stimulant	grains, green vegetables, some huts, seaweed, zinc throat lozenges
Potassium		Cesium 137		vegetables, beans, seaweed
Vitamin B-12		Cobalt 60	anemia, calms CNS	
Vitamin E	1000 IU	free radicals		wheat germ, oats, leafy greens, some nuts
Carotenoid		free radicals	infection	green & yellow vegetables, yellow fruits, egg yolks
Sulfur Amino Acids		free radicals	detoxify, lipid periodic compounds	(low) eggs & grains, (high) whole wheat, millet, brown rice, fish
Vitamin C	1000- 2000 milligrams			supplements
Selenium	100 micrograms	free radicals		wheat
Polyunsaturated Fatty Acids		free radicals		olive oil
Proteins		free radicals		rice - soy, corn - beans combinations, legume soup

Note: None of this is a cure for radiation sickness. These are items that can combat the effects of radiation sickness when professional medical is unavailable.