

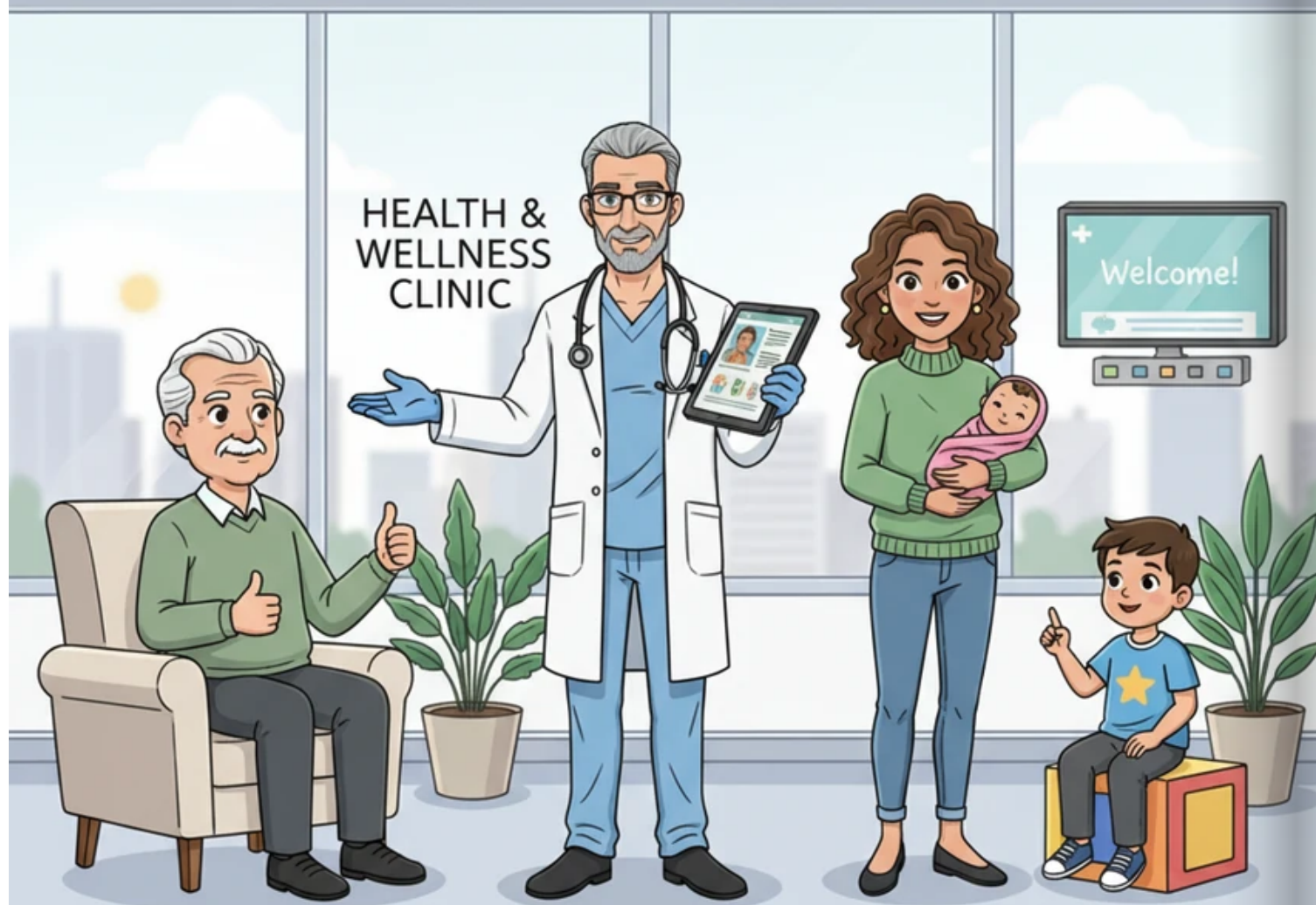
Stay Safe with Dr. Ray: A Guide to Radiation Protection



Stay Safe with Dr. Ray: A Guide to
Radiation Protection

Josh

compence into a practical roadmap.

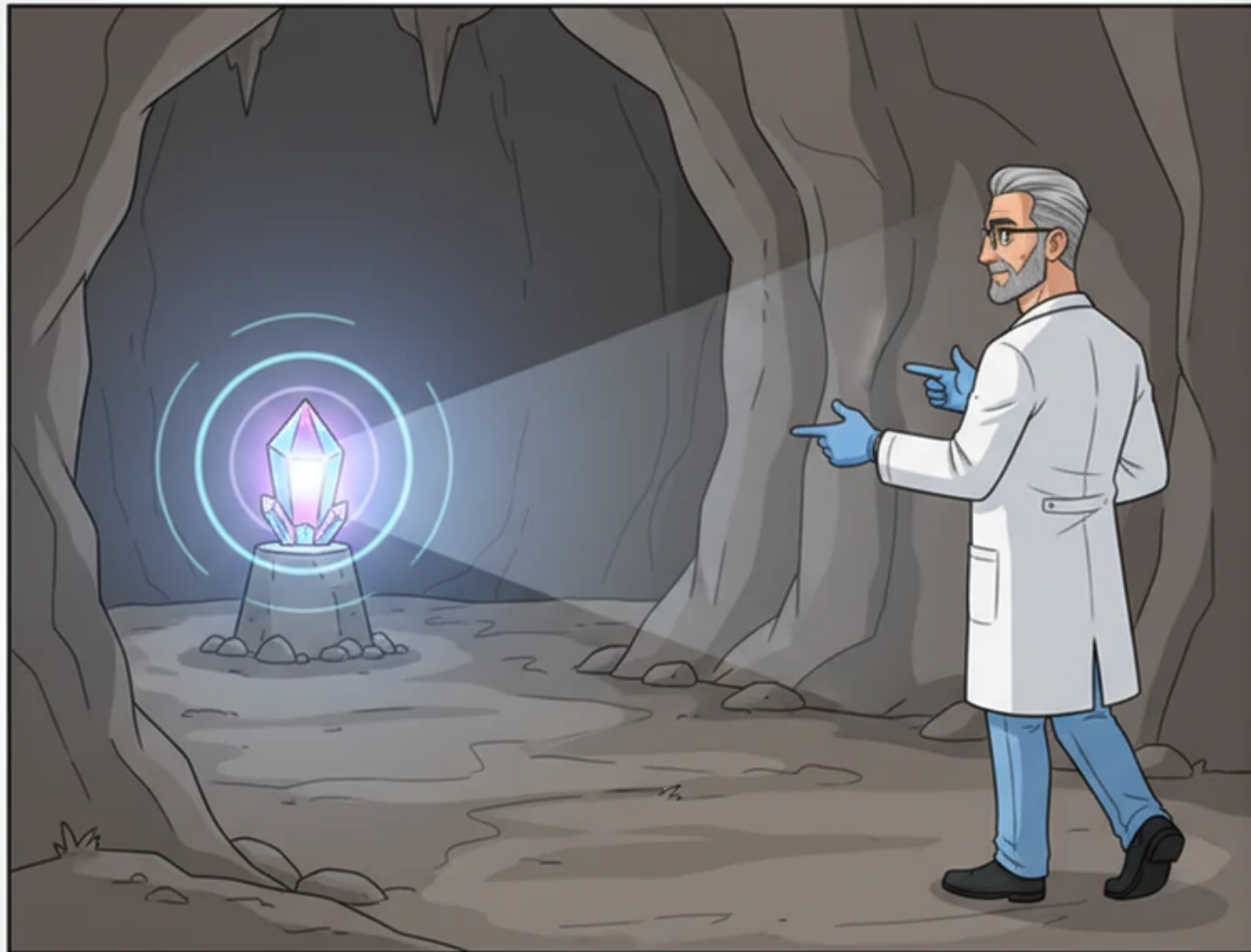


Dr. Ray stands in a bright, modern laboratory holding a glowing lantern to represent invisible energy. He explains that while we cannot see radiation, we can learn simple and effective ways to protect our bodies from its effects.

DR. RAY



Dr. Ray points to a large ticking clock to illustrate that time is our first line of defense. By minimizing the time spent near a radiation source, we significantly reduce the amount of energy our bodies absorb.



Dr. Ray demonstrates the importance of distance by walking far away from a glowing crystal. He explains that every step back makes the radiation much weaker, acting like a natural shield that keeps us out of harm's way.

DR. RAY

Dr. Ray stands behind a thick wall made of lead and heavy concrete to show the power of shielding. These dense materials act like a sturdy umbrella, blocking invisible rays and keeping the person on the other side safe and sound.

DR. RAY

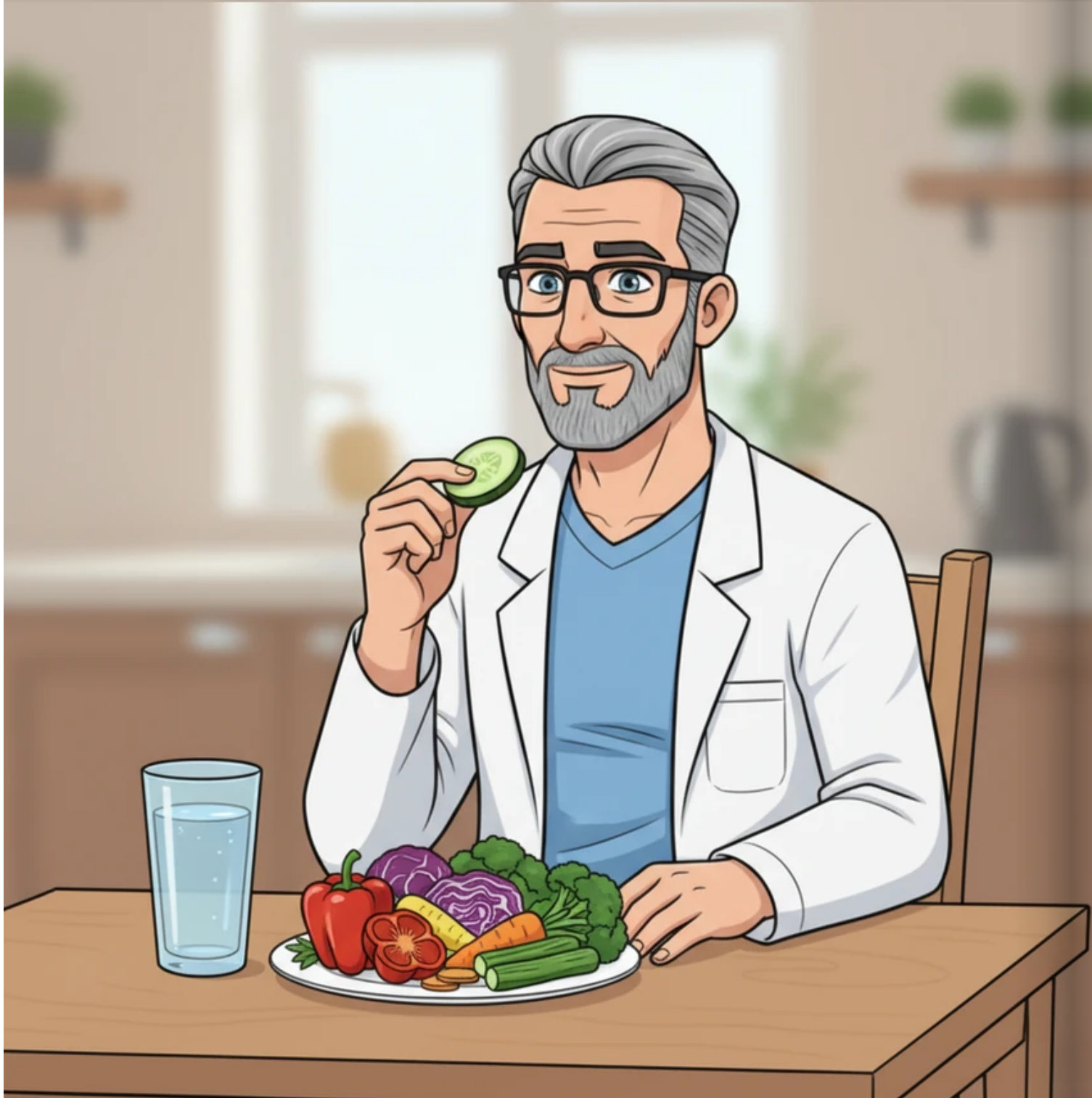


DR. RAY

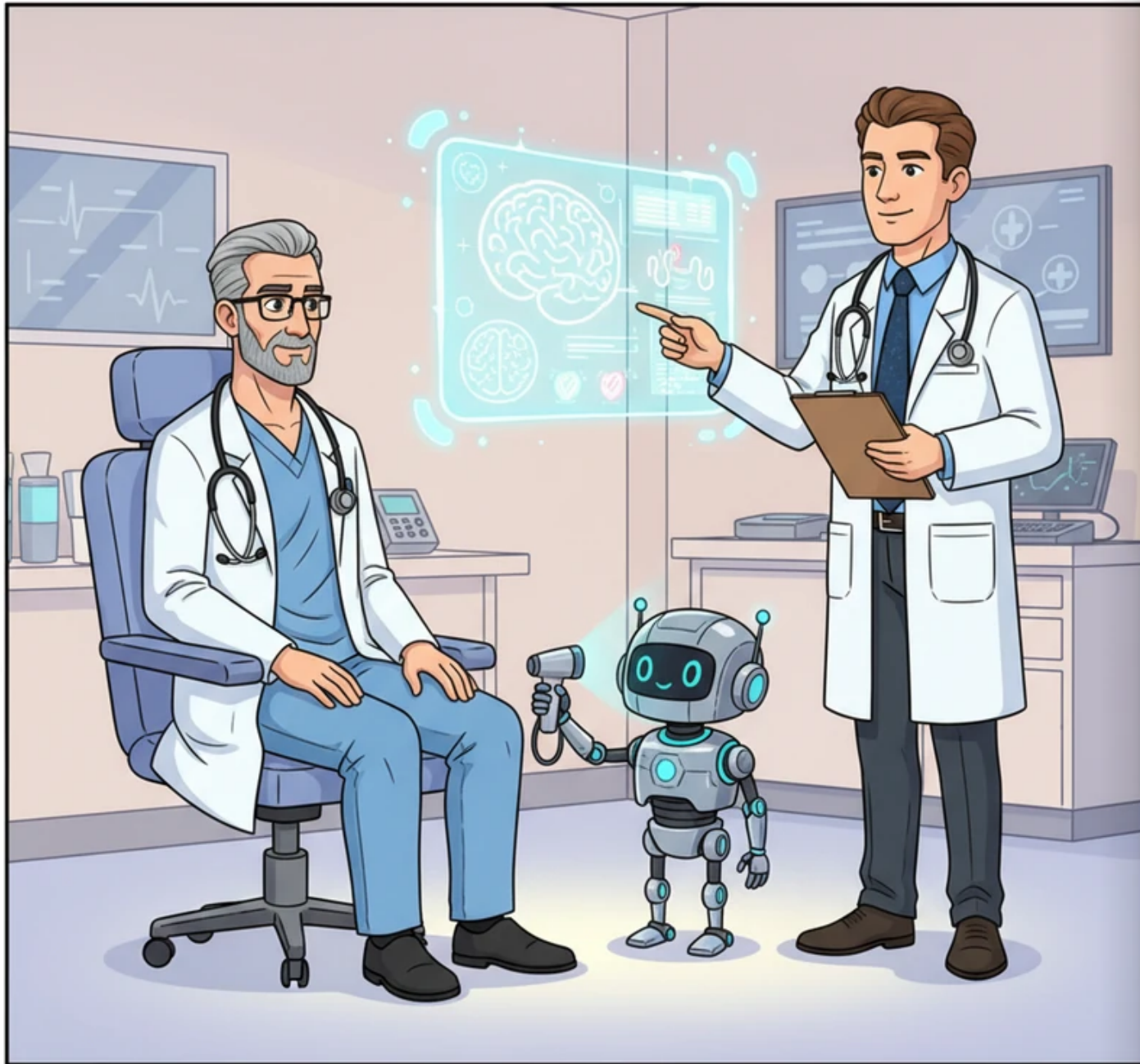
If someone has been exposed, Dr. Ray shows how to carefully remove outer clothing and seal it in a plastic bag. This crucial step removes the majority of radioactive dust and prevents it from spreading further.



Dr. Ray gently washes his skin with lukewarm water and mild soap in a clean shower. He reminds us to be very gentle and avoid scrubbing, as keeping the skin healthy and unbroken is vital for our internal protection.



Dr. Ray sits at a table with a tall glass of clean water and a plate of fresh, colorful vegetables. Staying hydrated and eating nutritious food provides the body with the energy it needs to repair cells and stay resilient.



Dr. Ray visits a medical professional who explains how special treatments can help the body's bone marrow. Seeking professional medical help early is essential for managing radiation sickness and helping the blood stay healthy.



Dr. Ray rests in a quiet, comfortable bed inside a clean and dust-free room. He emphasizes that plenty of sleep and a stress-free environment allow the body to focus all its strength on healing and recovery.



Dr. Ray stands confidently with a group of people under a bright, clear sky. By following these safety steps and staying informed, everyone can feel prepared, stay healthy, and look after one another with care.