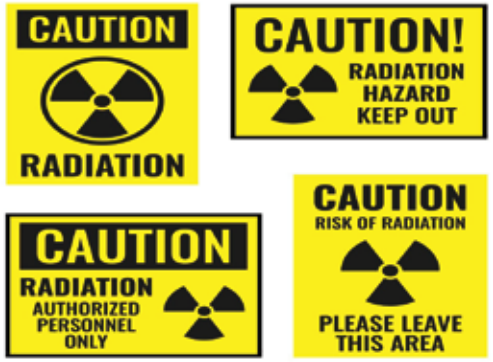
Q8: How can I tell something is radioactive?

A: You cannot, without the help of appropriate radiation detector or any other monitoring devices. However, they are some special symbols which mark sealed radioactive materials. These are the following:



Q9: Are there any risks with medical x-ray or Gamma radiation ?

A: There is always a slight risk of damage to cells or tissue from being exposed to any radiation, including the low levels of radiation used for this test. But the risks of damage from the x-rays or gamma radiation are usually very low compared with the potential benefits of the test.

Notice: The dose of radiation used in medical procedures shall always be below the limit set by Regulatory Authority (RURA)

Q10: Can I undergo X ray investigations while I am pregnant?

A : Yes

If medically justified and with certain precautions. The aim is to minimize the unborn child's radiation exposure. An unborn child is considered to be more sensitive than adult or children to potential adverse radiation effects.

For many examinations such as X -rays of the head, chest and limbs, where the pelvic region is not in the direct beam, the dose to the unborn child can be very low.

Doctors may consider delaying procedures that would put the pelvic region and the unborn child in the direct path of the beam.

Contact Us

P.o.Box:7289 Kigali-Rwanda
Kigali - Rwanda
Toll free: 3988
Email: info@rura.rw
www.rura.rw

rura
RWANDA UTILITIES REGULATORY AUTHORITY
Inspiring development

Q1: What is ionizing radiations?

A: Ionizing radiation is a type of energy released by atoms that travels in the form of electromagnetic waves (gamma or X-rays) or particles (neutrons, beta or alpha).

Q2: Where does radiation come from ?

A: Ionizing radiation in our environment can occur either naturally from space (cosmic rays) and naturally occurred radionuclides, that exist in atmosphere and earth's crust or artificially produced by humans for use in different beneficial activities which can't be done without the used of radiation.

Q3: Can I be exposed to ionizing radiation from nature ?

A: Yes,

Radiation can be found in soils, in our air and water, and in us. Because it occurs in our natural environment, we encounter it every day through the food we eat, the water we drink, and the air we breathe. This type of radiation is emitted at very low intensity which causes negligible health effects

Q4: What are the beneficial use of Ionizing Radiation ?

A: Ionizing radiation have wide range of applications including the following:

1. Medical

2. Securiy check

3.Food preservation

4.Construction

5.Generation of electicity

Q5: Does natural radionuclides occur naturally in food ?

A: Yes. There are some common sources of natural radionuclides in food such as Potassium-40 (40K) and Radium-226 (266Ra). Natural radionuclides are normally found in soil, water and air.

Therefore, crops that are grown on the earth surface will absorb the radioactive materi-al from soil and air. This is a natural pathway radioactive material present in our daily diet/foods.

Q6: Does the level of natural radionuclides in the food will endager our health ?

A: No. The level of radiation exposure resulting from the food we eat is negligible and very low. At these levels, the radiation cannot give adverse effects on our health.

Q7: Can I be exposed to ionizing radiation from metal detactor or microwave oven ?

A: No. Metal detectors operate by generating a low-intensity magnetic field that passes from one side of the detector to the other. No ionizing radiation involved in this detection process.

Microwave works by using very high levels of a certain frequency of Radiofrequency radiation (in the microwave spectrum) to heat foods.