

FAQs for People Living Outside the Evacuation and In-house Evacuation Areas

March 23, 2011

Nuclear and Industrial Safety Agency
Ministry of Economy, Trade and Industry

The following are FAQs as of March 22, 2011 received from the Nuclear Safety Commission for the benefit of residents outside the evacuation and In-house evacuation areas.

Question 1. Will there be health risks if one is exposed to rain?

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. However, if it still worries you, take a shower to wash your hair and skin, and wash your wet clothes.

Question 2. How wet does one need to get before one's health is affected?

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected.

Question 3. Will children and pregnant women be safe?

Answer The level of radioactivity is such that it will not cause any health risks to children and pregnant women, who are highly sensitive to radioactivity, when they are exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. There will be no problem in carrying on the pregnancy.

Question 4. I am worried because I got wet with rain as I had no umbrella or any rain gear with me while I was out.

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. However, if it still worries you, take a shower to wash your hair and skin, and wash wet clothes.

Question 5. What should I do with hair that has got wet with rain?

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. However, if it still worries you, wash your hair with shower.

Question 6. Can I directly drain the water that was used to wash hair?

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. You can directly drain the water that was used to wash hair.

Question 7. I want to wash the clothes that got wet with rain. Can I drain the water directly?

Answer There are some areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. However, you can drain the water used to wash the clothes directly.

Question 8. Bags, briefcases, suits and other items that cannot be washed got wet with rain. What should I do?

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. If you are worried, wipe off the rain with a towel, etc. Wash the towel and you can use it again without any problem.

Question 9. What should I do with umbrellas and other raingear that get wet with rain?

Answer There are some areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. However, there will be no problem in using the raingear again without treating them.

Question 10. My car and bicycle got wet with rain. Can I use them without doing anything?

Answer There are some areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. However, you can use the car and bicycle without doing anything.

Question 11. Is it safe to use rainwater to flush the toilet?

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. There is no problem in using rainwater for draining, such as flushing toilet.

Question 12. My pet got wet with rain outdoors. What should I do?

Answer The level of radioactivity is such that it will not cause any health risks when one is exposed to rain even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. Therefore, there is no problem even if a pet gets wet with rain. If you are worried, wipe off rain with a towel or wash it off with shower.

Question 13. My pet drank water from a puddle. Should I be worried?

Answer There are some areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. The level of radioactivity, however, is such that it will not affect the health of the pet even if it drank water from a puddle.

Question 14. The (officially announced) radioactivity measurements have increased from around the time it rained. Are we still safe?

Answer Measurements of radioactivity may rise in those areas where it rained because tiny amounts of radioactive substances contained in the rain remain on the ground. The level of radioactivity that is observed currently will not cause any health risks.

Question 15. Isn't the level of radioactivity in drinking water and agricultural produce going to increase in the days ahead?

Answer The level of radioactivity may rise depending on wind directions and rain in the days ahead. However, there is no need to be particularly concerned about this until governors concerned and others order restrictions on their shipments or intake.

Question 16. I am using water from the well. Is it all right to drink it?

Answer The level of radioactivity is such that it will not cause any health risks even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected.

Question 17. I am growing vegetables at home. Is it all right to eat them?

Answer The level of radioactivity is such that it will not cause any health risks even though traces of radioactivity have been detected in some areas outside the areas where shipments of agricultural produce are restricted. In areas where shipments of agricultural produce are restricted please refrain as much as possible from consuming green vegetables (restricted items) grown at home.

Question 18. Is it all right to eat green vegetables other than the restricted items?

Answer There is no problem in eating green vegetables other than the restricted items.

Question 19. I ate green vegetables whose shipments are restricted. Will I be all right?

Answer Standards for restriction are set in terms of continued consumption of an item for one year. There will be no problem even if you eat that item continuously for a week or two.

Question 20. I am worried and I want to be examined for exposure to radioactivity.

Answer The level of radioactivity is such that it will not cause any health risks even in those areas outside the evacuation and In-house evacuation areas where traces of radioactivity have been detected. There is no need for a check-up for exposure to radioactivity.

Question 21. Do we need to take iodine tablets?

Answer At present there is no need to take iodine pills. Please pay attention to information from the Emergency Response Headquarters and follow their instructions.

Question 22. Whom can I contact for inquiries?

Answer Ministry of Education, Culture, Sports, Science and Technology and the National Institute of Radiological Sciences will respond to your questions and concerns. Please contact below for inquiries.

Ministry of Education, Culture, Sports, Science and Technology

Installation of Health Consultation Hotline (for residents in the vicinity of the Fukushima Nuclear Power Station)

<http://www.mext.go.jp/bmenu/houdou/23/03/1303849.htm>

Heals Consultation Hotline : 0120-755-199

*For specific decontamination methods, etc., please call the following numbers:

Medical and Health Hotline for Radiation Exposure

090-5582-3521

090-4836-9386

080-2078-3308

090-7408-1074

090-8591-0735

080-2078-3307

National Institute of Radiological Sciences

<http://www.nirs.go.jp/information/info.php?i6>

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