April 28, 2011
Nuclear and Industrial Safety Agency

Regarding Lifestyle in “Deliberate Evacuation Areas” and “Evacuation-Prepared Areas in Case of Emergency”

Today, it is informed that we publicized the information on Lifestyle in “Deliberate Evacuation Areas” and “Evacuation-Prepared Areas in Case of Emergency.”

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Regarding Lifestyle in “Deliberate Evacuation Areas” and “Evacuation-Prepared Areas in case of Emergency”

April 28, 2011
Nuclear Sufferers Life Support Team

1. Regarding “Deliberate Evacuation Areas”

“Deliberate Evacuation Areas” are areas where there is a threat for an estimated dose to reach 20mSv if residing in the area continues over one year; residents living in these areas will be deliberately evacuated, under the close collaboration among the relevant municipalities, prefectural authorities, and national government.

There are no health problems if residents continue their lifestyle for about one month in the areas until the time of deliberate evacuation.

Furthermore, please pay attention to the following points to reduce the possible effects of exposure even further.

- Avoid outside work as much as possible.
- When going outdoors, use a vehicle instead of walking.
- When walking outdoors, however, minimize the time as much as possible.
- When outdoors, wear a mask and long-sleeve clothing to avoid direct skin exposure as much as possible.
- Avoid getting rained on as much as possible; if rained on, dry the rain off with a towel, etc. or change clothes.
- Do not drink river water or rain water.
- There are no problems for drinking tap water, as long as there are no intake restrictions.
- Avoid eating leafy vegetables grown in kitchen gardens.
- There are no problems to consume food available in local markets, as long as there are no intake restrictions.
- After outside activities, wash hands and face, as well as gargle.
- Warn others not to place soil and sand in their mouths (especially for young children, it is necessary to warn them to avoid using sandboxes).
- If soil or sand is placed in mouth, gargle thoroughly.
- Remove mud from shoes as much as possible when returning home.
- When air is dusty, close windows.

For your information, there are no health problems regarding work related to evacuating within the deliberate evacuation areas. If you are concerned, please pay attention to the following points to reduce the possible effects of exposure even further.
- When working outdoors, wear a mask and long-sleeve clothing to avoid direct skin exposure.
- Avoid getting rained on as much as possible; if rained on, dry the rain off with a towel, etc. or change clothes.
- After outdoor activities, wash hands and face, as well as gargle.
- After outdoor activities, remove mud from shoes as much as possible.
- Avoid smoking, eating, etc. in outdoor places that are dusty, etc.
- When taking out items stored outside (bicycles, tricycles, etc.), wash or wipe them down first.
- When taking out a pet that has been outside, wash or wipe its body down first.

2. Regarding Evacuation-Prepared Areas in case of Emergency

“Evacuation-Prepared Areas in Case of Emergency” are areas where residents may be requested to stay in-house or to evacuate urgently all the time, and therefore, voluntary evacuation is still urged. As the in-house evacuation directive within these areas was rescinded, there are no problems for residents to go about their regular lives. However, it is requested that residents be able to undertake in-house evacuation or evacuate on their own urgently all the time.

For additional information, if you are concerned, generally, if you minimize your time outside as much as possible and pay attention to the following points, the possible effects of exposure could be reduced even further.

- When going outside, regular clothing is acceptable. If you are concerned, wear a mask and long-sleeve clothing to reduce direct skin
exposure. As an aside, when going outside in dusty conditions and high wind, it is recommended to wear a mask as much as possible.

- Avoid getting rained on as much as possible; if rained on, dry the rain off with a towel, etc. or change clothes.
- Do not drink river water or rain water.
- There are no problems for drinking tap water, as long as there are no intake restrictions.
- When eating leafy vegetables grown in kitchen gardens, carefully wash each leaf and undertake similar measures.
- There are no problems to consume food available in local markets, as long as there are no intake restrictions.
- After outdoor activities, wash hands and face, as well as gargle.
- Warn others not to place soil and sand in their mouths (especially for young children, it is necessary to warn them to avoid using sandboxes).
- Remove mud from shoes as much as possible when returning home.
- When air is dusty, close windows.