#### Please use this booklet on various occasions for various purposes

To know about the current status in Fukushima and in Japan as a whole after the radiation accident

To know the details of health effects of radiation

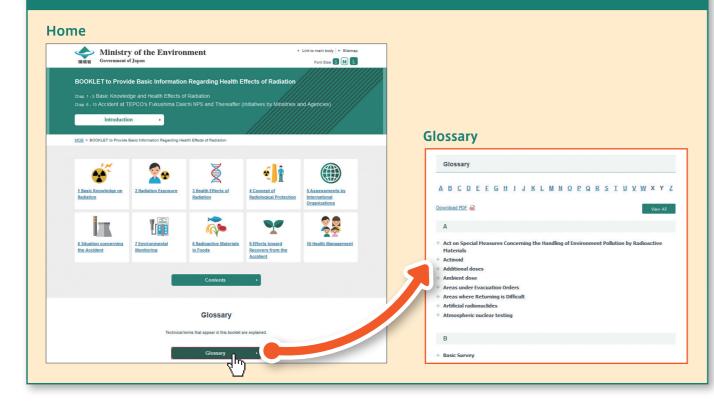


As reference materials upon providing news or information on tourism in Japan and imports from Japan



# The booklet is available on the website. ▶ https://www.env.go.jp/en/chemi/rhm/basic-info/

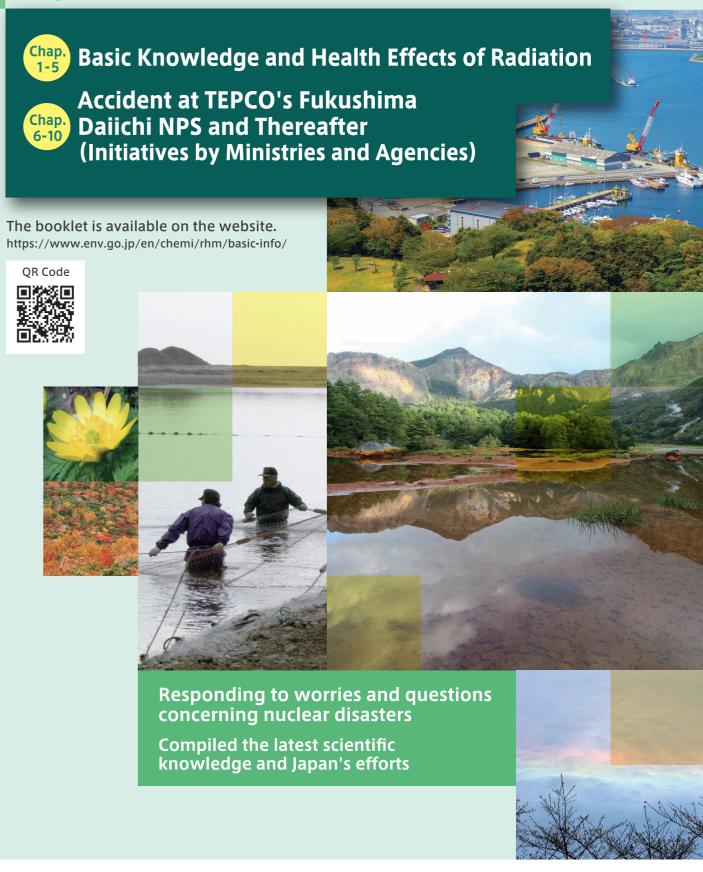






Radiation Health Management Division, Environmental Health Department, Minister's Secretariat, Ministry of the Environment, Government of Japan E-mail: ml-housyasenkisoshiryo@env.go.jp

## **BOO**KLET to Provide Basic Information Regarding Health Effects of Radiation





## **Ministry of the Environment**

Government of Japan



National Institutes for Quantum and Radiological Science and Technology

#### About the Booklet

After the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi Nuclear Power Station in March 2011, the reconstruction and recovery has been steadily progressing.

The Ministry of the Environment has collected and compiled basic knowledge on radiation, and scientific expertise and initiatives of relevant ministries and agencies concerning health effects of radiation. The ministry has prepared a booklet to provide basic information since 2012, together with the National Institute of Radiological Sciences, National Institutes for Quantum and Radiological Science and Technology.

We have publicized the English version of the booklet, so that foreign nationals residing in Japan or visiting Japan or those interested in Japan can obtain basic knowledge on health effects of radiation and correctly understand changes in circumstances and efforts being made in Japan.

We hope that this booklet will be utilized in diverse occasions.

### Contents Includes approx. 350 pages



Basic Knowledge on Radiation

Radioactivity and radiation; Basic knowledge on radioactive materials and their half-lives; Types of radiation; Penetrating power of radiation



Radiation Exposure

Exposure routes and types of exposure; Units of radiation and measurement and calculation methods; Various types of radiation around us



Health Effects of Radiation

Radiation effects on human body and mechanism; Effects on fetuses; Hereditary effects; Relation with cancer and leukemia; Psychological effects



**Concept of Radiological Protection** 

Basic knowledge on radiological protection and ideas on dose limits; Reduction of exposure doses; Understanding of long-term effects on the environment



Assessments by International Organizations

Outline of assessments by international organizations, including the WHO and the



Situation concerning the Accident

Situation and outline of the accident; Efforts for decommissioning and other situations concerning the accident at TEPCO's Fukushima Daiichi NPS



**Environmental Monitoring** 

Airborne monitoring and monitoring of farmland, forests, well water, clean water and ocean; Deposition of radioactive materials



Radioactive Materials in Foods

Efforts for and concepts on inspection planning and distribution restrictions; Inspection results and measures for radioactive materials in foods



Efforts toward Recovery from the Accident

Decontamination and interim storage of removed soil; Temporary storage and disposalof waste; Activities in areas under evacuation orders



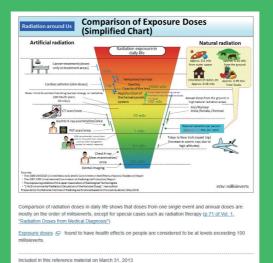
Outline of the Fukushima Health Management Survey and details of the Basic Survey and Detailed Surveys

#### Reader-friendly layouts with one topic per page

Includes PDFs for printing and PDFs with only slides for presentation

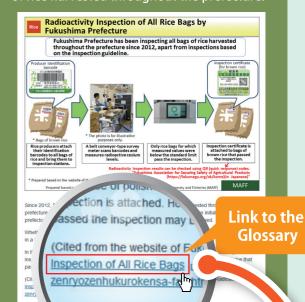


Is radiation something to be feared? Radiation doses in daily life are mostly on the order of millisieverts except for special



How have measures been taken after the accident?

Fukushima Prefecture has been inspecting all bags of rice harvested throughout the prefecture.



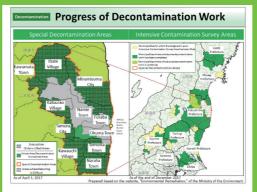
How are Fukushima and Japan as a whole at present?

Excerpts

**Excerpts** 

Excerpts

Decontamination has been conducted in

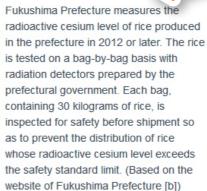


**Check difficult technical** terms in the Glossary

#### Includes approx, 200 terms

ed in this reference

Inspection of All Rice Bags



- + Intake
- + Intensive Contamination Survey Areas