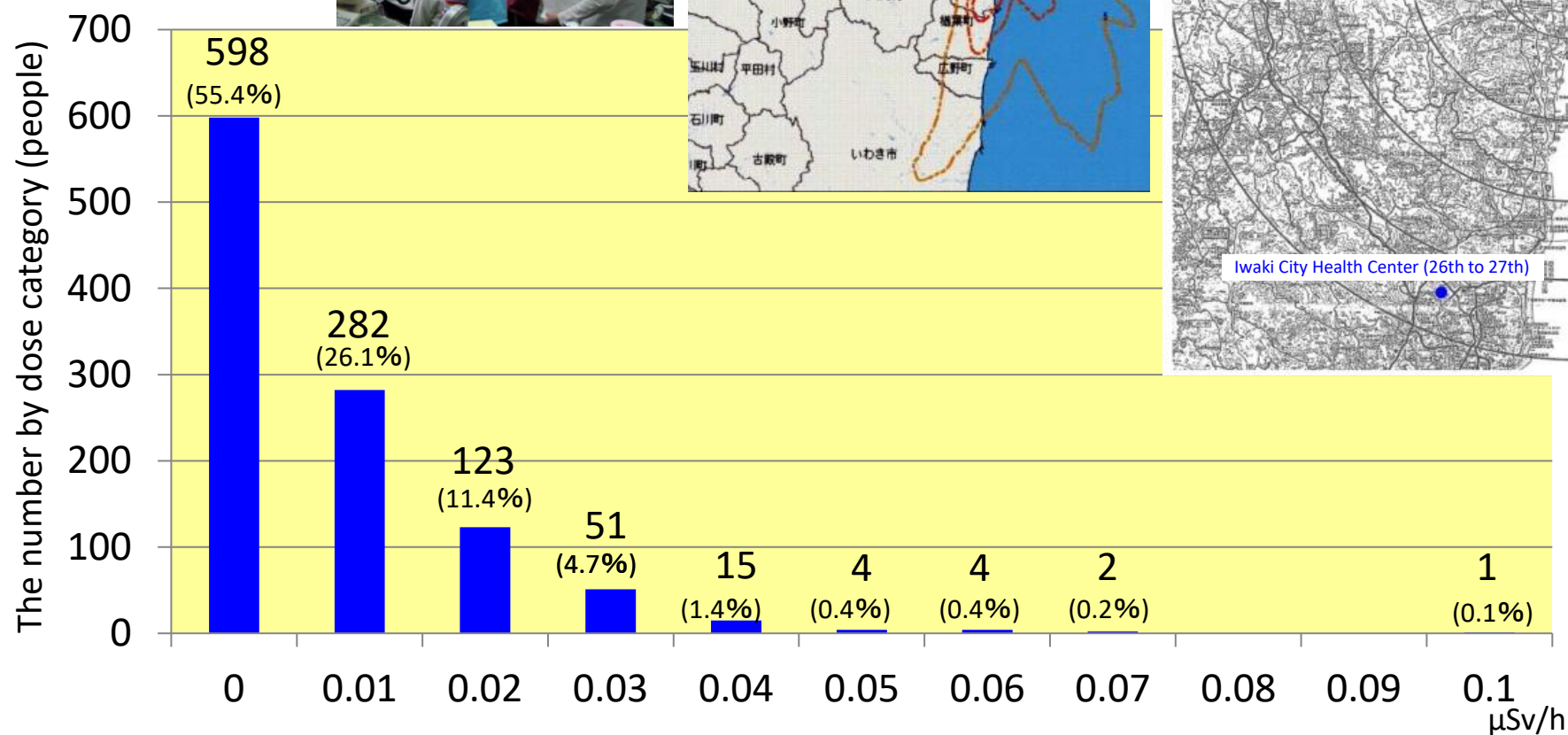
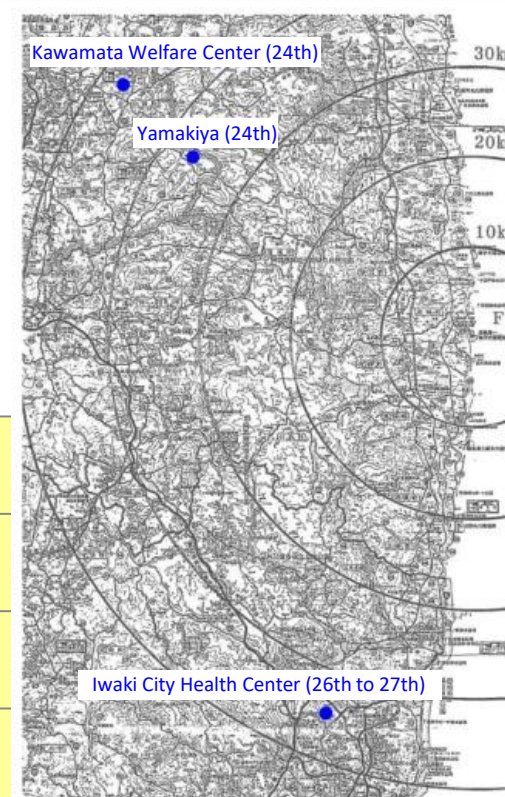
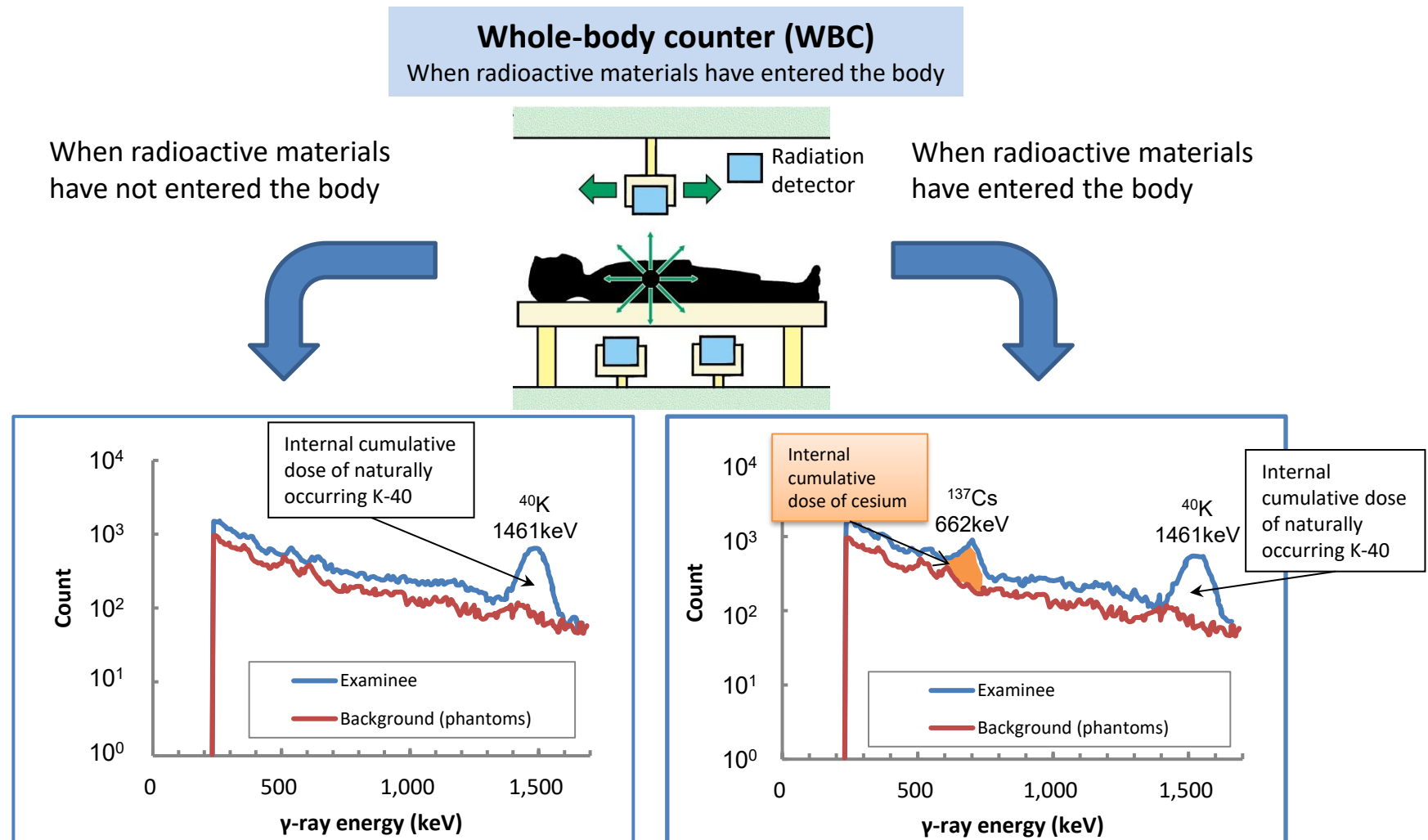


Childhood Thyroid Examination



Internal Exposure Measurement Using a Whole-body Counter

Whole-body counter (WBC): A device to measure radiation from radioactive materials within the body. It can measure radionuclides emitting γ -rays, such as Cs-134 and Cs-137.



keV: kilo-electron volts

Results of the Internal Exposure Measurement Using a Whole-body Counter

Targeting the residents of the Evacuation Areas and the areas where internal and external exposure doses are likely to be higher than in other areas based on the results of the environmental monitoring survey, etc. (Yamakiya District in Kawamata Town, Iitate Village and Namie Town), the internal exposure measurement using a whole-body counter commenced on June 27, 2011. The targeted areas were expanded sequentially, and measurements were conducted for a total of 347,226 people by November 30, 2023. For over 99.9% of them, committed effective doses due to Cs-134 and Cs-137 were below 1 mSv and even the maximum measured value was 3 mSv. Measured values were all unlikely to cause any health effects.

(i) Targeted local governments: All 59 municipalities in Fukushima Prefecture

(ii) Organizations that conducted the measurement

Fukushima Prefecture; Hirosaki University Hospital; Minamisoma City General Hospital; Japan Atomic Energy Agency; Niigata Prefecture Radiation Examination Office; Hiroshima University Hospital; Nagasaki University Hospital; Japanese Red Cross Otsu Hospital; Mori no Miyako Industrial Health Association; National Hospital Organization Kanazawa Medical Center; Ehime University Hospital; and the National Institute of Radiological Sciences

(iii) 'Mobile measurement' using whole-body counter vehicles outside Fukushima Prefecture

Fukushima Prefecture runs whole-body counter vehicles for mobile measurement so that evacuees outside the prefecture can also receive measurement. By March 2016, mobile measurement was conducted in 38 prefectures including the Tokyo Metropolis (other than Aomori, Ibaraki, Niigata, Ishikawa, Shiga, Hiroshima, Aichi and Nagasaki Prefectures), where there is no permanent organization to which Fukushima Prefecture commissions the measurement.

(iv) Measurement results (committed effective doses) (Results up to November 2023 were released on December 14, 2023.)

| | Jun. 27, 2011 – Jan. 31, 2012 | Feb. 1, 2012 – Nov. 30, 2023 | Total |
|-----------------|----------------------------------|---------------------------------|----------------|
| Less than 1 mSv | 15,384 people | 331,816 people | 347,200 people |
| 1 mSv | 13 people | 1 person | 14 people |
| 2 mSv | 10 people | Zero | 10 people |
| 3 mSv | 2 people | Zero | 2 people |
| Total | 15,409 people | 331,817 people | 347,226 people |

* Committed effective dose: Assuming that until the end of January 2012, a person ingested radiation once on March 12, 2011, and, from February 2012 onward, a person orally ingested the equal amount of radiation every day from March 12, 2011, to the day preceding the measurement date, the person's lifetime internal doses are calculated by summing up the doses for fifty years in the case of an adult and for the years elapsed until becoming 70 years old in the case of a child.

Internal Exposure due to Foods

- Radioactive cesium is eliminated from the body over time.
- The internal exposure measurement using a whole-body counter being conducted at present examines the effects of radiation that is ingested orally on a daily basis.
- Measured values exceeding 1 mSv are considered to be mostly caused by radiation derived from wild plants or animals. Since March 2012, values exceeding 1 mSv have not been detected.

* Reference: p.86 of Vol. 2, "Mushrooms, Wild Plants and Wild Bird and Animal Meat"

- Q. What if the measurement using a whole-body counter detected any value exceeding the detection limit?
- A. The relevant person may have eaten a lot of foods – not allowed in commercial markets – that contain radioactive cesium at high concentrations, e.g., wild mushrooms, wild plants, wild bird and animal meat (wild boars, bears, etc.).

Prepared based on the following:

Masaharu Tsubokura, et.al. "Reduction of High Levels of Internal Radio-Contamination by Dietary Intervention in Residents of Areas Affected by the Fukushima Daiichi Nuclear Plant Disaster: A Case Series," PLoS One. 2014; 9(6): e100302., US National Library of Medicine, National Institutes of Health, Published online 2014 Jun 16

Self-Protection against Internal Exposure

- General protection against radioactive cesium
It is very effective to
 - Have knowledge on foods that contain a high level of radioactive cesium
 - Avoid eating the same food continuously
 - Try to eat a variety of foods produced in diverse areas.
- State of Fukushima after the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS
 - There is no significant difference whether one selects foods and water produced locally or selects those produced in other areas.
- Obtaining accurate information is extremely important.