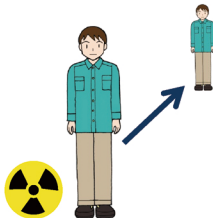
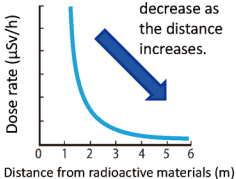


Three Principles of Reduction of External Exposure

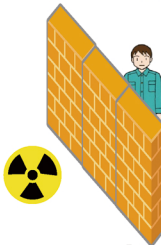
(i) Keep away
(**distance**)



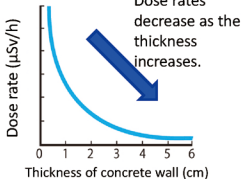
Dose rates decrease as the distance increases.



(ii) Place something heavy in between
(**shielding**)



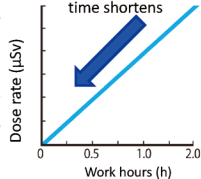
Dose rates decrease as the thickness increases.



(iii) Shorten time while being close to radioactive materials
(**time**)



Exposure doses decrease as the time shortens



- Prevent radioactive materials from entering the body through the mouth, nose or wounds, in principle.
- Be careful not to lose nutritional balance, being excessively worried about a small amount of radioactive materials below the standard limit.
- Be aware of information on the release of radioactive materials.
- Wash off soil immediately from the body, shoes and clothes.



Removal of Radioactive Cesium through Cooking and Processing of Foods

Radioactive materials can be reduced through cooking.

Item	Cooking/Processing methods	Removal rate (%)
Leaf vegetables (spinach, etc.)	Washing - Boiling	7~78
Bamboo shoots	Boiling	26~36
Japanese radish	Peeling	24~46
Nameko mushrooms (raw)	Boiling	26~45
Fruits (grape, persimmon, etc.)	Peeling	11~60
Marron	Boiling - Peeling astringent skin	11~34
Japanese plum	Salting	34~43
Cherry leaves	Salting	78~87
Fish	Cooked lake smelt soaked in Japanese sweet and peppery vegetable sauce	22~32

- Avoid eating wild foods too much.

$$\text{Removal rate (\%)} = \left(1 - \frac{\text{Total amount of radioactivity in cooked or processed foods (Bq)}}{\text{Total amount of radioactivity in raw materials (Bq)}} \right) \times 100$$

Source: Prepared based on the "Environmental Parameters Series Expanded Edition (2013): Radionuclide Removal Rates through Cooking and Processing of Foods - Centered on Data on Radioactive Cs Removal Rates in Japan -" (September 2013), Radioactive Waste Management Funding and Research Center