

# The Fukushima Health Management Survey

## Basic Survey Medical Interview Sheet (Response Sheet)



This medical interview sheet is to ask you to record the time and whereabouts during the period from the March 11 earthquake until July 11 (“Record of Movements”) in order to provide a basis for estimating levels of radiation exposure and to assist in future health control.

In particular, since there is no way to evaluate levels of external radiation exposure (other than by estimations based on your “Record of Movement”), we request that you enter your information as accurately as possible, while referring to resources such as the “Events Calendar” contained in the envelope.

The personal information contained in this medical interview sheet will be used for the purpose of health control in Fukushima Prefecture and information will also be provided to the municipality in which you live upon request. However this information will not be disclosed in any way that will identify an individual.

With the exceptions detailed below, this medical questionnaire must be completed only by the named respondent. However, in the case of minors, it should be filled out with a guardian’s consent, and we ask that the guardian’s name be written in the signature block provided for the guardian on the next page. For children under elementary school age, this form should be filled out by a guardian. Furthermore, for persons who are unable to complete the questionnaire by themselves (e.g., the elderly), it must be completed by a family member or a person living with the respondent.

After completing the questionnaire, please enclose it in the provided return envelope and return by post. It is acceptable to return multiple forms, such as those of family members, together in a single envelope.

Fukushima Prefecture

Fukushima Medical University



1. Please mark the appropriate box with a tick (✓) with respect to the building type of your home and the place of employment/education as of March 11.

In the space provided for place of employment/education, please provide details of the building type for other places (apart from your home) where you spend a lot of time as part of your daily routine, such as for employment or schooling. Please provide details of the address up to the city and neighborhood (chōme) or village level, as appropriate.

For fields labeled “Other” please provide specific details regarding building construction.

If you work outdoors, please select the “Other” box with a tick (✓).

Home	<p>1 <input type="checkbox"/> Detached house (reinforced/steel-reinforced concrete construction)</p> <p>2 <input type="checkbox"/> Detached house (other construction, e.g., wood, steel, light-gauge steel)</p> <p>3 <input type="checkbox"/> Multiple dwelling/apartment (reinforced/steel-reinforced concrete construction) (floor ___ of a ___ floor building)</p> <p>4 <input type="checkbox"/> Multiple dwelling/apartment (other construction, e.g., wood, steel, light-gauge steel) (floor ___ of a ___ floor building)</p> <p>5 <input type="checkbox"/> Other ( _____ ) (floor ___ of a ___ floor building)</p> <p>*For the purpose of this survey, please answer “concrete” for all buildings of the following construction types: reinforced concrete; steel; and concrete block.</p>
Place of employment/education	<p>1 <input type="checkbox"/> Place of Employment    2 <input type="checkbox"/> School    3 <input type="checkbox"/> Other ( _____ )</p>
	<p>Address of place of employment or school (to the best of your knowledge)</p> <p>_____ Prefecture _____ City/Ward/County</p> <p>_____ Ward/Town/Village _____</p>
	<p>1 <input type="checkbox"/> Reinforced/steel-reinforced concrete construction (floor ___ of a ___ floor building)</p> <p>2 <input type="checkbox"/> Other construction (e.g., wood, steel, light-gauge steel) (floor ___ of a ___ floor building)</p> <p>3 <input type="checkbox"/> Outdoors (agriculture, etc.)</p> <p>If you have filled out details in this section, please use labels such as “Employment” and “Education” for the movement survey in the following Section 2.</p>

2. We would like to know the locations and the relevant lengths of time with respect to places you visited in March this year. Please provide information about your movements between March 11 and March 25, following the example below.

<b>Example</b>		Time										Place name / Facility
Whereabouts		0	3	6	9	12	15	18	21	24		
Example	Indoors	← ① →			← ④ →			← ④ →			① Home ② Your own field/garden ③ Car ④ Evacuation centre (△ Jr High School, ○○ -shi) (C) ⑤ △ -aza, ○○ -machi, ○○ -shi	
	Moving				← ③ →							
	Outdoors				② (1 hour)			⑤ (2.5 hours)				

**Actual movements**



		Whereabouts	Time										Place / Facility
			0	3	6	9	12	15	18	21	24		
March 11 (Fri)	Indoors												
	Moving												
	Outdoors												
March 12 (Sat)	Indoors												
	Moving												
	Outdoors												
March 13 (Sun)	Indoors												
	Moving												
	Outdoors												
March 14 (Mon)	Indoors												
	Moving												
	Outdoors												
March 15 (Tue)	Indoors												
	Moving												
	Outdoors												

**Actual movements (continued)**

	Whereabouts	Time										Place / Facility		
		0	3	6	9	12	15	18	21	24				
March 16 (Wed)	Indoors													
	Moving													
	Outdoors													
March 17 (Thu)	Indoors													
	Moving													
	Outdoors													
March 18 (Fri)	Indoors													
	Moving													
	Outdoors													
March 19 (Sat)	Indoors													
	Moving													
	Outdoors													
March 20 (Sun)	Indoors													
	Moving													
	Outdoors													
March 21 (Mon)	Indoors													
	Moving													
	Outdoors													
March 22 (Tue)	Indoors													
	Moving													
	Outdoors													
March 23 (Wed)	Indoors													
	Moving													
	Outdoors													
March 24 (Thu)	Indoors													
	Moving													
	Outdoors													
March 25 (Fri)	Indoors													
	Moving													
	Outdoors													

3. We would like to ask you about places you visited and places of regular outings for the period from March 26 to July 11, 2011. For example, if you commuted to work from Monday to Friday and you had different regular outings on Saturdays, please fill in the former as “Outing (1)” and the latter as “Outing (2)” etc.

Please fill in the address details up to the house/block number (*banchi*). If you are unsure of the address of a place which you visited while on an outing, it is acceptable to provide just the name of the facility. Also, for visits outside Fukushima Prefecture, it is acceptable to provide the address up to the name of the municipality.

Period	Places where you spent time
<p>March 26</p> <p style="text-align: center;"></p> <p>(month) (day)</p>	<p>Area of residence</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent outside for shopping, doing chores, etc in the area surrounding your place of residence: [ _____ ] hours per day</p> <p>Place of regular outing ① (place of employment or education):</p> <p>Facility name: _____</p> <p>Location:</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at the place for outing: [ _____ ] hours per day</p> <p>Time spent outdoors at the place for outing: [ _____ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p> <p>Place of regular outing ②: Facility name _____</p> <p>Location:</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at place of outing: [ _____ ] hours per day</p> <p>Time spent outdoors at place of outing: [ _____ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p>
<p>(month) (day)</p> <p style="text-align: center;"></p> <p>(month) (day)</p>	<p>Area of residence</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent outside for shopping, doing chores, etc in the area surrounding your place of residence: [ _____ ] hours per day</p> <p>Place of regular outing ① (place of employment or education):</p> <p>Facility name: _____</p> <p>Location:</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at the place for outing: [ _____ ] hours per day</p> <p>Time spent outdoors at the place for outing: [ _____ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p> <p>Place of regular outing ②: Facility name _____</p> <p>Location:</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at place of outing: [ _____ ] hours per day</p> <p>Time spent outdoors at place of outing: [ _____ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p>

Period	Places where you spent time
<p>(month) (day)</p> <p style="text-align: center;">↓</p> <p>(month) (day)</p>	<p>Area of residence</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent outside for shopping, doing chores, etc in the area surrounding your place of residence: [ ] hours per day</p> <p>Place of regular outing ① (place of employment or education):</p> <p>Facility name: _____</p> <p>Location: _____</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at the place for outing: [ ] hours per day</p> <p>Time spent outdoors at the place for outing: [ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p> <p>Place of regular outing ②: Facility name _____</p> <p>Location: _____</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at place of outing: [ ] hours per day</p> <p>Time spent outdoors at place of outing: [ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p>
<p>(month) (day)</p> <p style="text-align: center;">↓</p> <p>(month) (day)</p>	<p>Area of residence</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent outside for shopping, doing chores, etc in the area surrounding your place of residence: [ ] hours per day</p> <p>Place of regular outing ① (place of employment or education):</p> <p>Facility name: _____</p> <p>Location: _____</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at the place for outing: [ ] hours per day</p> <p>Time spent outdoors at the place for outing: [ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p> <p>Place of regular outing ②: Facility name _____</p> <p>Location: _____</p> <p>_____ Prefecture _____ City/Ward/Parish _____ Ward/Town/Village</p> <p>Time spent indoors at place of outing: [ ] hours per day</p> <p>Time spent outdoors at place of outing: [ ] hours per day</p> <p>Please circle the relevant day(s): Mon Tue Wed Thu Fri Sat Sun</p>

\*Space for four (4) periods is provided; however, if this is insufficient, please submit with additional photocopies, etc., attached.

4. Please fill in the dates and activities for days on or after March 26 to July 11 which do not correspond to the answer in (3) above. For time spent outside Fukushima Prefecture, please include all travel time in the column of “indoors”

**Example**

- Please use arrows to indicate durations of time. If you spent time away from your place of residence, please provide details of the place name up to the city and neighborhood (*chōme*) or village, as appropriate.
- For schools, public institutions, etc. it is sufficient to provide the name of the facility only.
- Please provide information for each category: Indoors, Moving, and Outdoors. For time spent indoors, please indicate whether this was in a wood or concrete building by marking with “(W)” or “(C)”, respectively.
- Please note that it is not necessary to state whether it was a wood or concrete building with respect to your home or place of work.
- Please indicate the time spent outdoors next to the arrow and provide details about the location in the right column.
- For time spent outside Fukushima Prefecture, please indicate the total time, including travel time or time spent outdoors, under the section marked “Whereabouts: Indoors”.

	Whereabouts	Time										Place / Facility
		0	3	6	9	12	15	18	21	24		
May 1	Indoors	← ① →			← ④ →			← ④ →			① Home ② Your own field/garden ③ Car ④ Evacuation centre (△ Jr High School, ○○ -shi) (C) ⑤ △-aza, ○○-machi, ○○-shi	
	Moving				← ③ →							
	Outdoors				← ② (1 hour) →				← ⑤ (2.5 hours) →			
May 5	Indoors	← ① →			← ③ →			← ① →			① Home ② Car ③ ○○ Prefecture	
	Moving				← ② →				← ② →			
	Outdoors											
May 8	Indoors											Almost the same as on May 1
May 15	Moving											
May 22	Outdoors											

**Activities not corresponding to (3) above.**

	Whereabouts	Time										Place / Facility
		0	3	6	9	12	15	18	21	24		
( )	Indoors											
	Moving											
	Outdoors											
( )	Indoors											
	Moving											
	Outdoors											
( )	Indoors											
	Moving											
	Outdoors											



( )	Indoors																				
	Moving																				
	Outdoors																				
( )	Indoors																				
	Moving																				
	Outdoors																				
( )	Indoors																				
	Moving																				
	Outdoors																				
( )	Indoors																				
	Moving																				
	Outdoors																				

\*Space for seven (7) days is provided; however, if this is insufficient, please submit with additional photocopies, etc., attached.

5. If you entered the restricted area, such as for temporary access to your home, etc, please enter the date and activities performed on that date.

	Whereabouts	Time												Place / Facility							
		0	3	6	9	12	15	18	21	24											
( )	Indoors																				
	Moving																				
	Outdoors																				
( )	Indoors																				
	Moving																				
	Outdoors																				
( )	Indoors																				
	Moving																				
	Outdoors																				







## The Fukushima Health Management Survey



Fukushima Prefecture  
Fukushima Medical University