



## Information about the Fukushima Health Management Survey

Fukushima Prefecture  
Fukushima Medical University

The nuclear accident that accompanied the recent earthquake and tsunami has caused great suffering, hardship, and anxiety to the residents of Fukushima Prefecture. The Fukushima Prefectural Government is therefore conducting the 'The Fukushima Health Survey' to alleviate residents' concerns about radiation and to facilitate suitable healthcare in the future.

Please note that participation in the survey is voluntary, and that you will not be disadvantaged in any way if you decide not to participate.

### 1. Survey objectives

The survey results will be used to estimate individual radiation exposure levels in the 4-month period from the nuclear accident at Tokyo Electric Power Company's Fukushima No. 1 Nuclear Power Plant on March 11, 2011 until July 11, 2011. These estimates will be used as basic data in health exams scheduled to be conducted on former residents of evacuated areas etc., as well as in future long-term health care.

### 2. Survey population

The survey is targeting people who were living, or were present, in Fukushima Prefecture on March 11, 2011.

### 3. Survey method

- The survey will be conducted in the form of a self-report questionnaire.
- Please fill out and return your questionnaire form within approximately 2 weeks of receipt.
- If you cannot recollect certain dates clearly, please simply answer to the best of your ability.
- You may be asked to confirm your responses at a later date.
- Respondents under 20 years of age must obtain the consent of a legal guardian before completing the questionnaire form. Children of elementary school age or younger must have their questionnaire form completed by a legal guardian.

### 4. Handling of the survey results

Collected questionnaires will be securely stored under lock and key.

All survey data will be statistically processed to avoid revealing the identity or responses of individual respondents.

Individual estimates of radiation exposure will be reported to each respondent after the survey has been completed.

### Queries (Japanese only)

For general questions about this survey, please contact:

Residents Health Care Team, Support Group,  
Fukushima Prefecture Disaster Response Headquarters  
Tel: 024-521-8028 (08:30–19:00)

For questions on how to fill out the questionnaire form, please contact:

Fukushima Health Management Survey Office, Radiation Medical Science Center  
for the Fukushima health management survey, Fukushima Medical University  
Tel: 024-549-5130 (09:00–17:00)

# 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																				
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	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																				

6. From March 11 through to March 31, to what extent did you consume products such as crops produced in your own fields, orchards, home garden, etc, or milk from livestock that you raise? Please mark the appropriate box with a tick (✓) and provide details in the square brackets ([ ]) with respect to types of food eaten, whether it was from an open field or greenhouse, and how many times such foodstuffs were consumed.

Type of food	Classification	
<p>Did you eat any home-grown fruit or vegetables?</p> <p>1 <input type="checkbox"/> Yes</p> <p>2 <input type="checkbox"/> No</p> <p>Go to the next question.</p>	<p>→</p> <p>↓</p>	<p>If you answered “yes”, fill in the following information:</p> <p>① Type [ ] : 1 <input type="checkbox"/> Field 2 <input type="checkbox"/> Greenhouse 3 <input type="checkbox"/> Unknown Approximately what quantity? Serving size: Small: [ ] Medium: [ ] Large: [ ] <i>or</i> No. of pieces [ ]</p> <p>② Type [ ] : 1 <input type="checkbox"/> Field 2 <input type="checkbox"/> Greenhouse 3 <input type="checkbox"/> Unknown Approximately what quantity? Serving size: Small: [ ] Medium: [ ] Large: [ ] <i>or</i> No. of pieces [ ]</p> <p>③ Type [ ] : 1 <input type="checkbox"/> Field 2 <input type="checkbox"/> Greenhouse 3 <input type="checkbox"/> Unknown Approximately what quantity? Serving size: Small: [ ] Medium: [ ] Large: [ ] <i>or</i> No. of pieces [ ]</p> <p>④ Type [ ] : 1 <input type="checkbox"/> Field 2 <input type="checkbox"/> Greenhouse 3 <input type="checkbox"/> Unknown Approximately what quantity? Serving size: Small: [ ] Medium: [ ] Large: [ ] <i>or</i> No. of pieces [ ]</p> <p>⑤ Type [ ] : 1 <input type="checkbox"/> Field 2 <input type="checkbox"/> Greenhouse 3 <input type="checkbox"/> Unknown Approximately what quantity? Serving size: Small: [ ] Medium: [ ] Large: [ ] <i>or</i> No. of pieces [ ]</p> <p>⑥ Type [ ] : 1 <input type="checkbox"/> Field 2 <input type="checkbox"/> Greenhouse 3 <input type="checkbox"/> Unknown Approximately what quantity? Serving size: Small: [ ] Medium: [ ] Large: [ ] <i>or</i> No. of pieces [ ]</p> <p><i>(A guide for serving sizes should be the normal amount that is served on plates of the following diameters, respectively: less than 10 cm (small), 10-20cm (medium) and over 20 cm (large))</i></p>
<p>Did you drink milk from any livestock you raise (cows, etc)?</p> <p>1 <input type="checkbox"/> Yes</p> <p>2 <input type="checkbox"/> No</p> <p>Go to the next question.</p>	<p>→</p> <p>↓</p>	<p>Type of livestock: [ ]</p> <p>On the basis of a 200 mL cup, how many cups in total did you drink? [ ]</p>

7. For the period between March 11 and March 31, which of the following was the main source of drinking water that you used for everyday consumption?

Please mark the appropriate box with a tick (✓) and provide details in the square brackets ([ ])

- Tap water Consumed daily between: March [ ] and March [ ]  
 Water from private waterworks or well Consumed daily between: March [ ] and March [ ]  
 Mineral water Consumed daily between: March [ ] and March [ ]  
 Other [\_\_\_\_\_]

8. For the period between March 11 and March 31, did you take “stabilized iodine tablet”?

- No  Yes → Date taken [\_\_\_\_\_(Month) \_\_\_\_\_(Day)]  I don't know.

9. For the period between March 11 and March 31, did you undergo screening for radioactive contamination?

- No  
 Yes → \_\_\_\_\_(Month) \_\_\_\_\_(Day) Place at measurement taken [\_\_\_\_\_]

Were you decontaminated?  No  Yes

10. Are you currently or have you previously been a “radiation worker”?

- No  Yes  
 I don't know → Please describe the details of your occupation (\_\_\_\_\_)

This is the end of the survey.  
Please submit this form with the return envelope.



The Fukushima Health Management Survey



Fukushima Prefecture  
Fukushima Medical University

# How to fill out the Medical Interview Sheet

## Sample for Question 2

※Please write for each day from March 11 to March 25

	Whereabouts	Time												Place / Facility
		0	3	6	9	12	15	18	21	24				
March 11 (Fri)	Indoors	←-----①-----→ ←-----②-----→ ←-----①-----→ ←-----③-----→												① Home ② Place of employment ③ Evacuation center ( District community center) (C)
	Moving													
	Outdoors													
March 12 (Sat)	Indoors	←-----③-----→ ←-----⑥-----→												④ District community center car park ⑤ Car ⑥ Evacuation center (○○ City gymnasium) (C)
	Moving	←-----⑤-----→												
	Outdoors	←-----④ (2.5 hours)-----→												
March 13 (Sun)	Indoors	←-----⑥-----→ ←-----①-----→ ←-----⑥-----→												① Temporarily returned home (Caring for pets, etc.)
	Moving	←-----⑤-----→ ←-----⑤-----→												
	Outdoors													
March 14 (Mon)	Indoors	←-----⑥-----→ ←-----②-----→ ←-----⑥-----→												② Place of employment ○○ Company, Ltd. 60, □cho, ○○ City
	Moving	←-----⑤-----→ ←-----⑤-----→												
	Outdoors													
March 15 (Tue)	Indoors	←-----⑥-----→ ←-----⑦-----→ ←-----⑥-----→												⑦ City, ○○Prefecture
	Moving	←-----⑤-----→ ←-----⑤-----→												
	Outdoors													

- For "Indoors" and "Outdoors", please write the whereabouts; for "Moving", please write the means of travel (car, walking, etc.).  
For schools, public institutions, etc., please provide only the name of the facility.
- For "Indoors", please state (W) for wooden buildings or (C) for concrete buildings.
- Next to the arrow, please write length of time spent outdoors.
- If you had temporary access to your home, please write the reason for returning, such as to care for pets.
- If you were in a place of employment (or education) which differs from your answer in Question 1, please write the address here.
- If you spent time outside of Fukushima Prefecture, please indicate the duration with an arrow in the "Indoors" space. Please also write the address of the place where you spent time, up to the name of the City/Town/Village level.
































## Sample for Question 3

※From March 26 onwards, please fill out the basic details of your area of residence (places where you spent time).

Period	Places where you spent time
March 26	Area of residence Fukushima Prefecture ○○ City/Ward/Parish ×× Ward/Town/Village 1 <u>banchi</u> Time spent outside for shopping, doing chores, etc in the area surrounding your place of residence: [ 2 ] hours per day
July 11 (month) (day)	Place of regular outing ① (place of employment or education): Facility name: ○○ Supermarket, △ branch Location: Fukushima Prefecture ○○ City/Ward/Parish △△ Ward/Town/Village 1-1 Time spent indoors at the place for outing: [ 0.5 ] hours per day Time spent outdoors at the place for outing: [ ] hours per day Please circle the relevant day(s): <u>Mon</u> Tue <u>Wed</u> Thu Fri <u>Sat</u> Sun
	Place of regular outing ②: Facility name ○○ Sports Location: Fukushima Prefecture ○○ City/Ward/Parish △△ Ward/Town/Village Time spent indoors at the place for outing: [ 2 ] hours per day Time spent outdoors at the place for outing: [ ] hours per day Please circle the relevant day(s): Mon Tue Wed Thu Fri <u>Sat</u> Sun

- Please fill out places of regular outings, such as weekdays at work or school and Saturdays at a sports gymnasium, etc.
- If there were more than 2 places where you went on outings, please give the main ones.
- Please provide the address of the place of an outing to the extent that you know it.

# Events Calendar

Date	Common Events	Aizu			Naka-dōri (inland region)				Hama-dōri (coastal region)		
		Aizu	Minami-Aizu	Weather	Kenpoku (Northern part)	Kenchū (Middle part)	Kennan (Southern part)	Weather	Sōsō	Iwaki	Weather
3/11 (Fri)	14:46 Earthquake occurs 19:03 State of emergency declared (Fukushima No. 1 nuclear power plant; hereinafter, "No. 1") 21:23 Instructions to evacuate a 3km radius zone (No. 1) Instructions to stay indoors within a 10km radius zone (No. 1)	All JR conventional railway lines are closed Aizu Railway is closed	Aizu Railway is closed		Tohoku Expressway is closed All Tohoku Shinkansen lines are closed All JR conventional railway lines are closed All Iizaka lines are closed Abukuma Express lines are closed	Tohoku Expressway is closed Ban-Etsu Expressway is closed Abukuma Kogen Road is closed All Tohoku Shinkansen lines are closed All JR conventional railway lines are closed	Tohoku Expressway is closed All Tohoku Shinkansen lines are closed All JR ordinary railway lines are closed	  	Joban Expressway is closed All JR ordinary railway lines are closed	Ban-Etsu Expressway is closed Joban Expressway is closed All JR ordinary railway lines are closed	
3/12 (Sat)	05:44 Instructions to evacuate a 10km radius zone (No. 1) 07:45 Instructions to evacuate a 3km radius zone and to stay indoors within a 10km radius zone (Fukushima No. 2 nuclear power plant; hereinafter, No. 2) 15:36 Hydrogen explosion at reactor 1, No. 1 17:36 Instructions to evacuate a 10km radius zone (No. 2)	Aizu Railway services resume	Aizu Railway services resume		Water supply in Ōtama-mura is fully restored				09:00 People from Futaba start evacuating to Kawamata-machi by microbus 19:30 People from Namie-machi within a radius of 10km (approx 1,800 people) transfer to the Tsushima area		
3/13 (Sun)		Water supply in Aizuwakamatsu-shi is fully restored Highway bus services resume (between Wakamatsu and Niigata, and between Wakamatsu and Nozawa)			Iizaka lines services resume Water supply in Kawamata-machi is fully restored Power in Nakadōri is restored	Power in Nakadōri is restored	Water supply in Yamatsuri-machi is fully restored Power in Nakadōri is restored				
3/14 (Mon)	11:01 Hydrogen explosion at reactor 3, No. 1				Highway bus services resume (between Fukushima and Koriyama and between Fukushima and Sendai)	Highway bus services resume (between Fukushima and Koriyama)	Water supply in Tanagura-machi is fully restored	 		Tapwater available for some parts of Iwaki, Uchigō and Nakoso	
3/15 (Tues)	06:10 Sound of an explosion at reactor 2, No. 1 (possible breach of pressure suppression room) 06:14 Confirmed breach of outer wall of reactor 4, No. 1 09:38 Fire occurs in reactor 4, No. 1 (contained at 11:00) 11:00 Instructions to stay indoors for within a 20-30km radius zone (No. 1)				Tohoku Shinkansen services resume between Tokyo and Nasushiobara stations	Tohoku Shinkansen services resume between Tokyo and Nasushiobara stations Road closure is lifted between the airport and Ono-machi on the Abukuma Kogen Road	Tohoku Shinkansen services resume between Tokyo and Nasushiobara stations	  	Statement that Nihonmatsu-shi will accept the evacuees from the Namie-machi Tsushima area		
3/16 (Wed)	08:30 White smoke emerges from reactor 3, No.1	Announcement of results of entrance exam for public high school second term selections and special schools previous term selections Water supply in Inawashiro-machi is fully restored	Announcement of results of entrance exam for public high school second term selections and special schools previous term selections		Announcement of test results for public high school second term selections and special schools previous term selections	Announcement of test results for public high school second term selections and special schools previous term selections	Announcement of test results for public high school second term selections and special schools previous term selections	  		Services at Onahama Port partially reopen	
3/17 (Thu)	In the morning, seawater is discharged into reactor 3 by SDF helicopter (total of 4 times)	Highway bus services resume (between Wakamatsu and Koriyama)			Water supply in Motomiya-shi is fully restored Water supply in Koori-machi is fully restored	Highway bus services resume (between Koriyama and Wakamatsu)	Water supply in Nakajima-mura is fully restored		Approximately 250 people among the victims from Tomioka-machi and Kawauchi-mura transfer to Sugito-machi in Saitama Prefecture		
3/18 (Fri)			Graduation ceremony at Hinoemata Public Elementary School		Highway bus services resume (between Fukushima and Shinjuku)	Highway bus services resume (between Koriyama and Shinkoshigaya) Water supply in Miharu-machi is fully restored Water supply in Ono-machi is fully restored			Citizens in Minami-Soma who wish to do so commence evacuation to Niigata prefecture Announcement that Futaba-machi's administrative functions will be transferred to Saitama prefecture	Highway bus services resume (between Iwaki and Tokyo)	

# Events Calendar

3/19 (Sat)	Reactor 3 is flushed, No. 1 (Tokyo Fire Department Hyper Rescue)					Highway bus services resume (between Koriyama and Niigata) Water supply in Tamura-shi is fully restored			Approximately 700 people start evacuating from Iitate-mura Futaba-machi moves its administrative functions to Saitama Super Arena Soma Port is partially restored		
3/20 (Sun)					Water supply in Date-shi is fully restored	Highway bus services resume (between Koriyama and Iwaki)				Highway bus services resume (between Iwaki and Koriyama)	
3/21 (Mon)	White smoke discharges from reactors 2 and 3, No. 1 The shipments restriction was imposed on fresh milk, spinach and <i>kakina</i>				Each of the private water supply systems in Nihonmatsu-shi are restored (Dake, Towa, Kohama)					Road closure for ordinary traffic is lifted between Iwaki Chūō and Mito on the Joban Expressway	
3/22 (Tues)	White smoke discharges from reactors 2 and 3, No. 1	Highway bus services resume (between Wakamatsu and Shinjuku)			Water supply in Fukushima-shi is fully restored				Announcement of test results for public high school second term selections and special schools previous term selections	Announcement of test results for public high school second term selections and special schools previous term selections	
3/23 (Wed)	White smoke discharges from reactors 2 and 3, No. 1 The shipments are restricted for leafy vegetables forming heads, flowering brassicas, turnips and leafy vegetables not forming heads (those not included in the announcement on the 21st) Japan Post parcels resume services in the prefecture Opening of the 83 <sup>rd</sup> National High School Baseball Championship	Elementary school graduation ceremonies in Aizuwakamatsu-shi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Bandai-machi, Inawashiro-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi and Showa-mura	Elementary school graduation ceremonies in Shimogō-machi, Tadami-machi and Minamiaizu-machi		Water supply in Kunimi-machi is fully restored Elementary school graduation ceremonies in Date-shi and Ōtama-mura		Elementary school graduation ceremonies in Nishigō-mura, Izumizaki-mura, Tanagura-machi, Yamatsuri-machi, and Hanawa-machi		Three times the interim regulated values of iodine is found in tap water in Iitate-mura	Intensity 5 upper earthquakes (at approximately 7:12 AM, 7:36 AM, and 6:55 PM)	
3/24 (Thu)	Incidence of foot exposed to radiation at reactor 3, No. 1 (2 people) One day after they are conveyed to Fukushima Medical University they are transferred to the National Institute of Radiological Sciences	Highway bus services resume (between Wakamatsu and Sendai) Ban-etsu Expressway reopens to ordinary traffic			Tohoku Expressway reopens to ordinary traffic Water supply in Nihonmatsu-shi is fully restored	Tohoku Expressway reopens to ordinary traffic Ban-etsu Expressway reopens to ordinary traffic Abukuma Kogen Road reopens to ordinary traffic Water supply in Tenei-mura is fully restored	Tohoku Expressway reopens to ordinary traffic Abukuma Kogen Road reopens to ordinary traffic Water supply in Izumizaki-mura is fully restored			Ban-Etsu Expressway reopens to ordinary traffic	
3/25 (Fri)	Call for voluntary evacuation of a 20-30km radius (No. 1)	Highway bus services resume (between Wakamatsu and Fukushima)			Highway bus services resume (between Fukushima/Koriyama and Narita and between Fukushima and Wakamatsu)	Highway bus services resume (between Fukushima/Koriyama and Narita)					
3/26 (Sat)		Ban-Etsu West line services resume				Ban-Etsu West line services resume					