## General information on decontamination methods (To those who use water)

To those people who are anxious about the possibility of radioactive contamination due to the reactor accident at Fukushima Daiichi plant, please take the following measures.

Even if there is contamination, great deal of the radioactive material can be wiped off with the measures shown below.

- 1. Remove your clothing and shoes. Put them into a plastic bag.
- 2. Wipe your exposed body parts with wet cloth or wet-tissue.

Those who can use a shower, please take the following measures.

- 1. Shampoo your hair
- 2. Wash your face with soap
- 3. Wash your body including in ears and nails with soap.
- 4. We recommend you to wash the clothing or throw them away if it is worrisome.