Readings of the radiation rate with the cooperation of universities

Upper column: Reading of the integrated dose(24h) Lower column: the reference value which was calculated as the number per one hour

Prefecture	Monitoring Point	City	3/30~31
Hokkaido	1	Muroran City	$1 \mu \text{ Sv}$ (0.04 $\mu \text{ Sv/h}$)
	2	Obihiro City	$1 \mu \text{ SV/h}$ (0.04 $\mu \text{ SV/h}$)
	3	Asahikawa City	$(0.04 \mu \text{SV/H})$ 1 μSV $(0.04 \mu \text{SV/h})$
	4	Kitami City	2 μ Sv (0.08 μ Sv/h)
	5	Kushiro City	1 μ Sv (0.04 μ Sv/h)
	6	Hakodate City	2 μ Sv (0.08 μ Sv/h)
Aomori	7	Hirosaki City	$1 \mu \text{ Sv}$ (0.04 $\mu \text{ Sv/h}$)
	8	Hachinohe City	1 μ Sv (0.04 μ Sv/h)
Miyagi	9	Sendai City	3 μ Sv (0.1 μ Sv/h)
	10	Yonezawa City	2 μ Sv (0.08 μ Sv/h)
Yamagata	11	Tsuruoka City	2 μ Sv (0.08 μ Sv/h)
Fukushima	12	Fukushima City	12 μ Sv (0.50 μ Sv/h)
Ibaraki	13	Tsukuba City	5 μ Sv (0.2 μ Sv/h)
Tochigi	14	Oyama City	3 μ Sv (0.1 μ Sv/h)
Gunma	15	Kiryu City	4 μ Sv (0.2 μ Sv/h)
	16	Chiba City	5 μ Sv (0,2 μ Sv/h)
Chiba	17	Kisarazu City	$\begin{array}{c} 5 \mu \text{ Sv} \\ (0.2 \mu \text{ Sv/h}) \end{array}$
	18	Bunkyo Ward	5 μ Sv (0.2 μ Sv/h)
	19	Fuchu City	(0.08 μ Sv/h)
Tokyo	20	Meguro Ward	$(0.08 \mu \text{SV/H})$ 2 μSV $(0.08 \mu \text{SV/h})$
	21	Minato Ward	$(0.08 \mu \text{SV/H})$ 2 μSv $(0.08 \mu \text{Sv/h})$
	22	Hachioji City	2 μ Sv
Kanagawa	23	Yokohama City	(0.08 μ Sv/h) 4 μ Sv (0.2 μ Sv/h)
Niigata	24	Nagaoka City	(0.2 μ Sv/h) —
Nagano	25	Matsumono City	2 μ Sv (0.08 μ Sv/h)
	26	Ueda City	2 μ Sv (0.08 μ Sv/h)

^{*}We have measured the integrated dose(24h) from around 2PM to the next

^{*} Readings of lower column are the reference value because of the lower * ''-'' in the column indicates that "now setting up for measuring".

Readings of the radiation rate with the cooperation of universities

Upper column: Reading of the integrated dose(24h) Lower column: the reference value which was calculated as the number per one hour

Hokkaido	Prefecture	Monitoring Point	City	3/29~30
Hokkaido Asahikawa City (0.04 μ Sv/h)	Hokkaido	1	Muroran City	2 μ Sv (0.08 μ Sv/h)
Hokkaido		2	Obihiro City	1 <i>μ</i> Sv
Hokkaldo		3	Asahikawa City	2 μ Sv
5 Kushiro City (0.08 μ Sv/h) 6		4	Kitami City	1 <i>μ</i> Sv
Aomori		5	Kushiro City	2 μ Sv
Aomori Hirosaki City (0.04 μ Sv/h) 2 μ Sv (0.08 μ Sv/h) 2 μ Sv (0.08 μ Sv/h) 3 μ Sv (0.1 μ Sv/h) 3 μ Sv (0.1 μ Sv/h) 3 μ Sv (0.1 μ Sv/h) (0.1		6	Hakodate City	1 <i>μ</i> Sv
Miyagi 9 Sendai City (0.08 μ Sv/h) 3 μ Sv (0.1 μ Sv/h) 10 Yonezawa City (0.1 μ Sv/h) 1 μ Sv (0.1 μ Sv/h) 1 μ Sv (0.1 μ Sv/h) 1 μ Sv (0.04 μ Sv/h) 1 μ Sv (0.04 μ Sv/h) 1 μ Sv (0.58 μ Sv/h) 1 μ Sv (0.2 μ Sv/h) 1 μ Sv (0.3 μ Sv/h) 1 μ Sv (0.3 μ Sv/h) 1 μ Sv (0.3 μ Sv/h) 1 μ Sv (0.1 μ Sv/h) 1 μ Sv (0.2	Aomori	7	Hirosaki City	1 μ Sv
Miyagi 9 Sendai City 3 μ Sv (0.1 μ Sv/h) 3 μ Sv (0.1 μ Sv/h) 1 μ Sv/h) 1 μ Sv (0.04 μ Sv/h) 1 μ Sv (0.04 μ Sv/h) Fukushima 12 Fukushima City (0.04 μ Sv/h) 14 μ Sv (0.58 μ Sv/h) 14 μ Sv (0.58 μ Sv/h) Ibaraki 13 Tsukuba City (0.2 μ Sv/h) (0.2 μ Sv/h) Tochigi 14 Oyama City — Gunma 15 Kiryu City (0.1 μ Sv/h) (0.1 μ Sv/h) Chiba 16 Chiba City (0.2 μ Sv/h) (0.3 μ Sv/h) 18 Bunkyo Ward (0.3 μ Sv/h) (0.3 μ Sv/h) 19 Fuchu City (0.1 μ Sv/h) (0.1 μ Sv/h) 20 Meguro Ward (0.08 μ Sv/h) (0.1 μ Sv/h) 21 Minato Ward (0.1 μ Sv/h) (0.2 μ Sv/h) 22 Hachioji City (0.2 μ Sv/h) Kanagawa 23 Yokohama City (0.08 μ Sv/h) Niigata 24 Nagaoka City — Nagano 25 Matsumono City (0.1 μ Sv/h) 26 Llada City 2 μ Sv		8	Hachinohe City	2 μ Sv (0.08 μ Sv/h)
Yamagata 11 Tsuruoka City (0.1 μ Sv/h) 1 μ Sv (0.04 μ Sv/h) 14 μ Sv (0.04 μ Sv/h) Fukushima 12 Fukushima City (0.58 μ Sv/h) 5 μ Sv (0.2 μ Sv/h) Ibaraki 13 Tsukuba City (0.2 μ Sv/h) Tochigi 14 Oyama City — Gunma 15 Kiryu City (0.1 μ Sv/h) Chiba 16 Chiba City (0.2 μ Sv/h) 17 Kisarazu City (0.3 μ Sv/h) 18 Bunkyo Ward (0.3 μ Sv/h) 19 Fuchu City (0.1 μ Sv/h) 19 Fuchu City (0.1 μ Sv/h) 20 Meguro Ward (0.08 μ Sv/h) 21 Minato Ward (0.1 μ Sv/h) 22 Hachioji City (0.1 μ Sv/h) Kanagawa 23 Yokohama City (0.08 μ Sv/h) Niigata 24 Nagaoka City — Nagano 26 Hada City 2 μ Sv	Miyagi	9	Sendai City	3 μ Sy
Fukushima 11 Tsuruoka City 1 μ Sv (0.04 μ Sv/h) 14 μ Sv (0.58 μ Sv/h) 14 μ Sv (0.58 μ Sv/h) Ibaraki 13 Tsukuba City $(0.2 \mu \text{ Sv/h})$ Tochigi 14 Oyama City — Gunma 15 Kiryu City $(0.1 \mu \text{ Sv/h})$ Chiba 16 Chiba City $(0.2 \mu \text{ Sv/h})$ 17 Kisarazu City $(0.3 \mu \text{ Sv/h})$ 18 Bunkyo Ward $(0.3 \mu \text{ Sv/h})$ 19 Fuchu City $(0.1 \mu \text{ Sv/h})$ 19 Fuchu City $(0.1 \mu \text{ Sv/h})$ 20 Meguro Ward $(0.08 \mu \text{ Sv/h})$ 21 Minato Ward $(0.08 \mu \text{ Sv/h})$ 22 Hachioji City $(0.2 \mu \text{ Sv/h})$ Kanagawa 23 Yokohama City $(0.08 \mu \text{ Sv/h})$ Niigata 24 Nagaoka City — Nagano 25 Matsumono City $(0.1 \mu \text{ Sv/h})$ 26 Lleda City $2 \mu \text{ Sv}$	Yamagata	10	Yonezawa City	3 μ Sv (0.1 μ Sv/h)
Fukushima 12 Fukushima City $14 \mu \text{Sv}$ $(0.58 \mu \text{Sv/h})$ Ibaraki 13 Tsukuba City $5 \mu \text{Sv}$ $(0.2 \mu \text{Sv/h})$ Tochigi 14 Oyama City — Gunma 15 Kiryu City $(0.1 \mu \text{Sv/h})$ Chiba 16 Chiba City $(0.2 \mu \text{Sv/h})$ Chiba 17 Kisarazu City $(0.3 \mu \text{Sv/h})$ 18 Bunkyo Ward $(0.3 \mu \text{Sv/h})$ 19 Fuchu City $(0.1 \mu \text{Sv/h})$ 20 Meguro Ward $(0.1 \mu \text{Sv/h})$ 21 Minato Ward $(0.1 \mu \text{Sv/h})$ 22 Hachioji City $(0.1 \mu \text{Sv/h})$ Kanagawa 23 Yokohama City $(0.08 \mu \text{Sv/h})$ Niigata 24 Nagaoka City — Nagano 25 Matsumono City $(0.1 \mu \text{Sv/h})$ 19 Fuchu City $(0.1 \mu \text{Sv/h})$ 20 Meguro Ward $(0.08 \mu \text{Sv/h})$ 21 Minato Ward $(0.1 \mu \text{Sv/h})$ 22 Hachioji City		11	Tsuruoka City	1 <i>μ</i> Sv
Ibaraki 13 Tsukuba City $5 \mu \text{Sv}$ (0.2 $\mu \text{Sv/h}$) Tochigi 14 Oyama City — Gunma 15 Kiryu City $3 \mu \text{Sv}$ (0.1 $\mu \text{Sv/h}$) Chiba 16 Chiba City $(0.2 \mu \text{Sv/h})$ 17 Kisarazu City $(0.3 \mu \text{Sv/h})$ 18 Bunkyo Ward $(0.3 \mu \text{Sv/h})$ 19 Fuchu City $(0.1 \mu \text{Sv/h})$ 19 Fuchu City $(0.1 \mu \text{Sv/h})$ 20 Meguro Ward $(0.1 \mu \text{Sv/h})$ 21 Minato Ward $(0.08 \mu \text{Sv/h})$ 21 Hachioji City $(0.1 \mu \text{Sv/h})$ 22 Hachioji City $(0.2 \mu \text{Sv/h})$ Kanagawa 23 Yokohama City $(0.08 \mu \text{Sv/h})$ Niigata 24 Nagaoka City — Nagano 25 Matsumono City $(0.1 \mu \text{Sv/h})$ 26 Lleda City $(0.1 \mu \text{Sv/h})$	Fukushima	12	Fukushima City	14 <i>μ</i> Sv
Tochigi14Oyama City—Gunma15Kiryu City $3 \mu \text{ Sv}$ (0.1 $\mu \text{ Sv/h}$)Chiba16Chiba City $5 \mu \text{ Sv}$ (0.2 $\mu \text{ Sv/h}$)17Kisarazu City $6 \mu \text{ Sv}$ (0.3 $\mu \text{ Sv/h}$)18Bunkyo Ward $6 \mu \text{ Sv}$ (0.3 $\mu \text{ Sv/h}$)19Fuchu City $(0.1 \mu \text{ Sv/h})$ 19Fuchu City $(0.1 \mu \text{ Sv/h})$ 20Meguro Ward $(0.1 \mu \text{ Sv/h})$ 21Minato Ward $(0.1 \mu \text{ Sv/h})$ 22Hachioji City $(0.1 \mu \text{ Sv/h})$ Kanagawa23Yokohama City $(0.2 \mu \text{ Sv/h})$ Niigata24Nagaoka City—Nagano25Matsumono City $(0.1 \mu \text{ Sv/h})$ 101 Leda City $(0.1 \mu \text{ Sv/h})$	Ibaraki	13	Tsukuba City	5 μ Sv
Gunma 15 Kiryu City (0.1 μ Sv/h) Chiba 16 Chiba City (0.2 μ Sv/h) 17 Kisarazu City (0.3 μ Sv/h) 18 Bunkyo Ward (0.3 μ Sv/h) 19 Fuchu City (0.1 μ Sv/h) 20 Meguro Ward (0.08 μ Sv/h) 21 Minato Ward (0.1 μ Sv/h) 22 Hachioji City 4 μ Sv (0.2 μ Sv/h) 2 μ Sv Kanagawa 23 Yokohama City (0.08 μ Sv/h) Niigata 24 Nagaoka City — Nagano 25 Matsumono City (0.1 μ Sv/h) 2 μ Sv (0.1 μ Sv/h) 2 μ Sv	Tochigi	14	Oyama City	_
Chiba Chiba City Chiba	Gunma	15	Kiryu City	
Tokyo 18 Bunkyo Ward $(0.3 \mu \text{Sv/h})$ 18 Bunkyo Ward $(0.3 \mu \text{Sv/h})$ 19 Fuchu City $(0.1 \mu \text{Sv/h})$ 20 Meguro Ward $(0.08 \mu \text{Sv/h})$ 21 Minato Ward $(0.1 \mu \text{Sv/h})$ 22 Hachioji City $(0.1 \mu \text{Sv/h})$ 4 μSv 22 Hachioji City $(0.2 \mu \text{Sv/h})$ Niigata 24 Nagaoka City $(0.08 \mu \text{Sv/h})$ Nagano 26 Matsumono City $(0.1 \mu \text{Sv/h})$	Chiba	16	Chiba City	5 μ Sv
Tokyo Puchu City $(0.3 \mu \text{Sv/h})$ $3 \mu \text{Sv}$ $(0.1 \mu \text{Sv/h})$ $2 \mu \text{Sv/h}$ Niigata $2 \mu \text{Sv/h}$ Nagano 2μ		17	Kisarazu City	6 μ Sv
Tokyo 20 Meguro Ward $(0.1 \mu \text{Sv/h})$ $2 \mu \text{Sv}$ $(0.08 \mu \text{Sv/h})$ $3 \mu \text{Sv}$ $(0.1 \mu \text{Sv/h})$ $3 \mu \text{Sv}$ $(0.1 \mu \text{Sv/h})$ 21 Minato Ward $(0.1 \mu \text{Sv/h})$ $4 \mu \text{Sv}$ $(0.2 \mu \text{Sv/h})$ $4 \mu \text{Sv}$ $(0.2 \mu \text{Sv/h})$ Niigata 23 Yokohama City $(0.08 \mu \text{Sv/h})$ Niigata 24 Nagaoka City $ 3 \mu \text{Sv}$ $(0.08 \mu \text{Sv/h})$ Nagano 25 Matsumono City $(0.1 \mu \text{Sv/h})$ $2 \mu \text{Sv}$		18	Bunkyo Ward	6 μ Sv (0.3 μ Sv/h)
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	Tokyo	19	Fuchu City	3 μ Sv (0.1 μ Sv/h)
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$		20	Meguro Ward	
Kanagawa23Hachioji City $4 \mu \text{ Sv}$ $(0.2 \mu \text{ Sv/h})$ Niigata24Yokohama City $(0.08 \mu \text{ Sv/h})$ Nagano25Matsumono City $(0.1 \mu \text{ Sv/h})$ Nagano26Lleda City $2 \mu \text{ Sv}$		21	Minato Ward	3 μ Sv
Kanagawa23Yokohama City $2 \mu \text{ Sv}$ (0.08 $\mu \text{ Sv/h}$)Niigata24Nagaoka City—Nagano25Matsumono City $3 \mu \text{ Sv}$ (0.1 $\mu \text{ Sv/h}$)26Heda City $2 \mu \text{ Sv}$		22	Hachioji City	4 μ Sv
Niigata 24 Nagaoka City — $3 \mu \text{ Sv}$ Nagano 25 Matsumono City $(0.1 \mu \text{ Sv/h})$ 26 Lleda City $2 \mu \text{ Sv}$	Kanagawa	23	Yokohama City	2 μ Sv
Nagano N	Niigata	24	Nagaoka City	_
Nagario 26 Lleda City 2 μ Sv	Nagano	25	Matsumono City	3 μ Sv (0.1 μ Sv/h)
		26	Ueda City	

^{*}We have measured the integrated dose(24h) from around 2PM to the next

^{*} Readings of lower column are the reference value because of the lower limit of the pocket dosimeter (1 μ Sv)

 $[\]boldsymbol{*}^{\,\prime\prime}\boldsymbol{-}^{\,\prime\prime}$ in the column indicates that "now setting up for measuring".

Radiation in Daily-life Radiation dose

