



Japan FAQs

Q1: What are the risks to people living in the United Kingdom from radiation emitted from the Japanese nuclear power plants?

A: There is no health risk to people living in the UK from the release of radioactive material from the Japanese nuclear power plant.

Q2: Could the levels of radiation detected in the United Kingdom be harmful to people's health?

A: The levels of radiation (iodine-131) reported so far in the United Kingdom are equivalent to around 1/10,000 of the dose received from natural radiation and pose no threat to public health.

Q3: How much radiation from the Japanese nuclear power plant emissions will reach the UK?

A: Any radiation that could potentially reach the United Kingdom would be miniscule and no threat to people's health.

See [Dose comparisons for ionising radiation](#)

Q4: Should people living in the United Kingdom consider taking buying or taking iodine tablets?

A: No, people living in the UK are not at risk from radiation emitted from the Japanese nuclear power plants and therefore do not need to buy or take iodine tablets.

Q5: What are the risks to people who have recently returned from Japan?

A: On the basis of current information, UK citizens outside the exclusion zone will not have been exposed to potentially harmful levels of radiation.

Q6: Is there a risk that food imported from Japan will be contaminated with harmful levels of radiation?

A: Japanese food restrictions should mean that no food imported from Japan will pose a threat to human health.

Q7: Could I have been contaminated with potentially harmful levels of radiation from food I have eaten in Japan

A: The Japanese authorities have taken appropriate measures to ensure that food potentially contaminated with harmful levels of radiation has not entered the food chain.

Q8: Could my clothes have become contaminated with harmful levels of radiation while in Japan?

A: On the basis of current information, UK citizens outside the exclusion zone will not

have been exposed to potentially harmful levels of radiation and clothes will therefore not have been exposed to potentially harmful levels either.

Q9: Advice on drinking tap water in Tokyo

A: The HPA is advising people in Japan to follow the Japanese Government's advice on drinking tap water - and where appropriate seek local advice. On March 23 it was reported that children aged under one year should not drink the water in Tokyo – that restriction was lifted the following day when levels of radioactivity dropped, meaning the water is safe for anyone to drink. UK nationals in Japan should seek out local advice as restrictions on who should and should not consume tap water, may apply in different areas.

Q10: Should I be concerned about my baby's health as she was drinking tap water in Tokyo before the Japanese authorities issued the precautionary advice?

A: The precautionary advice given by the Japanese authorities was based on a threat to the health of babies aged under one drinking tap water in Tokyo for a prolonged period, for example several months. As the restriction was put into place one day and lifted the next when levels of radioactivity dropped, the HPA agrees with Japanese predictions that there is no risk to children aged under one year..

Q11: I am going to Tokyo – is it safe to drink the tap water?

A: The Japanese authorities are advising that tap water is safe to drink.

Q12: I have recently returned from Tokyo where I have been drinking the tap water and would like to know if it is safe to breastfeed my baby?

A: It is safe for mothers in Japan, and those who have recently returned from Japan, to continue breastfeeding their babies.

Q13: Is there any danger to drinking water in the UK?

A. Water companies have a regulatory requirement to carry out routine monitoring of tap water supplies to ensure supplies remains safe for consumers. Radioactivity in drinking water is monitored as part of that program and an early warning system is in place across the UK for increases in atmospheric levels of radioactive particles. Contamination of tap water supplies in the UK from the Japanese reactors at the Fukushima site is considered unlikely, because of the distance from those reactors. Therefore UK supplies remain safe to drink. The Drinking Water Inspectorate will continue to monitor the situation.

Related Information

- >> [Earthquakes](#)
- >> [Tsunamis](#)
- >> [International Event Response](#)
- >> [Nuclear Emergencies](#)
- >> [Risks from Low Levels of Ionising Radiation](#)
- >> [Dose comparisons for ionising radiation](#)


External Links

- >> [Advice to travellers from the National Travel Health Network and Centre](#)
- >> [Foreign and Commonwealth Office homepage](#)

- >> [Prime Minister and Cabinet of Japan](#)

For travellers to and from Japan

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