



**Integrated Dose of External exposure**  
 Between March 12 and April 24  
 estimated by SPEEDI

**Effective Dose of External exposure**  
 Date: 6am on March 12 - 0am on April 24  
 Area: 92 km × 92 km  
 Nuclide: All nuclide  
 Age: Adult

**Contour of effective dose (mSv)**

1= 100		
2= 50		
3= 10		←sheltering level
4= 5		
5= 1		