

# Radiation Dose Chart



We are exposed to radiation from the natural environment and some everyday activities. Complete the information below to find out how many millirems of radiation you are exposed to each year.

Where You Live		Mrems dose										
1.	Cosmic radiation (from outer space) at sea level	26										
2.	Select the number of millirems for your elevation (in feet above sea level)											
	<table border="1"> <tr> <td>up to 1000 = 2</td> <td>5000-6000 = 29</td> </tr> <tr> <td>1000-2000 = 5</td> <td>6000-7000 = 40</td> </tr> <tr> <td>2000-3000 = 9</td> <td>7000-8000 = 53</td> </tr> <tr> <td>3000-4000 = 9</td> <td>8000-9000 = 70</td> </tr> <tr> <td>4000-5000 = 21</td> <td></td> </tr> </table>	up to 1000 = 2	5000-6000 = 29	1000-2000 = 5	6000-7000 = 40	2000-3000 = 9	7000-8000 = 53	3000-4000 = 9	8000-9000 = 70	4000-5000 = 21		
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3.	Terrestrial (from the ground):											
	If you live in states that border the Gulf of Mexico or Atlantic Coast, add 23											
	If you live in the Colorado Plateau area (around Denver), add 90											
	If you live in the rest of the U.S., add 46											
4.	House Construction											
	If you live in a stone, brick, or concrete building add 7											
What You Eat and Drink												
5.	Internal radiation (in your body)*											
	From food and water	40										
	From air (radon)	200										
Other Sources												
6.	Weapons test fallout**											
7.	Jet plane travel: For each 1,000 miles you travel, add 1											
8.	If you wear a luminous (LCD) wristwatch, add 0.006											
9.	If you have false teeth or porcelain crowns, add 0.07											
10.	If you use gas lantern mantles for camping, add 0.03											
11.	If you use a video display terminal or computer monitor, add 1.**											
12.	If you use luggage inspection at airports (using a typical x-ray machine), add 0.002											
13.	For each smoke detector you have, add 0.008											
14.	If you watch TV, ** add 1											
15.	If you wear a plutonium-powered cardiac pacemaker, add 100											
16.	If you have had medical exposures:*											
	Diagnostic x-rays (e.g., upper and lower gastrointestinal, chest, dental), add 40											
	If you have had nuclear medical procedures (e.g., thyroid scans, PET scans), add 14											
17.	If you live within 50 miles of a nuclear power plant (pressurized water reactor), add 0.0009											
18.	If you live within 50 miles of a coal-fired power plant, add 0.03											
<b>My total annual mrems dose:</b>												

Some of the radiation sources listed in this chart result in an exposure to only part of the body. For example, false teeth result in radiation close to the mouth. The annual dose numbers given here represent the "effective dose" to the whole body.

\* These are yearly average doses.

\*\* The value is actually less than 1.

In the United States the average person is exposed 620 mrem of whole body radiation each year from all sources.

Activity from [www.nrc.gov](http://www.nrc.gov)