**PERSONAL RADIATION DOSE CHART**

(adapted from American Nuclear Society)

*We live in a radioactive world and always have. Radiation is all around us as part of our natural environment. The annual average dose of radiation per person in the United States is about 300 mrems (millirems). National standards allow up to 5,000 mrems / year dose for those who work with and around radioactive materials.*

The following chart will help you estimate you average annual dose in mrems.

### RADIATION FROM: AVERAGE DOSE

 (mrems)

### EVERYDAY RADIATION

Cosmic Radiation (average ~27 mrem, depends on elevation) +\_\_\_\_\_

 Chicago (595 ft) + 28

 Dallas (436 ft) + 28

 Denver (5280 ft) + 50

 Minneapolis/Madison (~815 ft) + 28

 Pittsburg (1200 ft) + 31

 Charlotte (748 ft) + 28

Terrestrial radiation (average ~28 mrem) +\_\_\_\_\_

 States Bordering Gulf or Atlantic Coasts. + 16

 New Mexico, Utah, Colorado, or Wyoming + 63

 All other states + 30

 Radiation from food, water, and air + 200 +\_200\_

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### HOW YOU LIVE AND CHOICES YOU MAKE

**Everyday choices you make**

If you have porcelain crowns or false teeth + 0.07 +\_\_\_\_\_

If you wear a luminous wristwatch (LCD) + 0.06 +\_\_\_\_\_

Smoking ½ a pack of cigarettes a day + 8000 +\_\_\_\_\_

For smoke detectors in your home (0.01) + 0.01 +\_\_\_\_\_

**If you travel**

Jet plane travel (per hour) + 0.5 +\_\_\_\_\_

Airport backscatter X-ray (each) + 0.002 +\_\_\_\_\_

**Where you live**

Live within 50 miles of coal-fired power plant (0.03) + 0.03 +\_\_\_\_\_

Live within 50 miles of a nuclear reactor (0.01) + 0.01 +\_\_\_\_\_

If you live in a stone, brick, concrete or adobe building + 7 +\_\_\_\_\_

**Medical procedures**

Diagnostic X-rays average (each) + 40 +\_\_\_\_\_

Dental X-rays (each) + 0.5 +\_\_\_\_\_

Nuclear medical procedures (thyroid scan) + 14 +\_\_\_\_\_

Radiopharmaceuticals + 300 +\_\_\_\_\_

CT Scans (whole body, each) + 1000 +\_\_\_\_\_

**TOTAL ANNUAL DOSE \_\_\_\_\_ mrem**

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