

# All amounts are in mRems.

## Where you live

1. Cosmic radiation at sea level (from outer space)..... 26
2. Select the number of millirems for your elevation (in feet)  
up to 1000 ft. = **2**      1000-2000 ft. = **5**      Elevation of some U.S. cities (in feet): Atlanta, 1050;  
2000-3000 ft. = **9**      3000-4000 ft. = **9**      Chicago, 595; Dallas, 435; Denver, 5280; Las Vegas,  
4000-5000 ft. = **21**      5000-6000 ft. = **29**      2000; Minneapolis, 815; Pittsburg, 1200; Salt Lake  
6000-7000 ft. = **40**      7000-8000 ft. = **53**      City, 4400; Spokane, 1890; Washington, DC, 25.  
8000-9000 ft. = **70**  
add this number: .....
3. Terrestrial (from the ground):  
If you live in states that border the Gulf or Atlantic Coast, **add 23** .....  
If you live in the Colorado Plateau area (around Denver), **add 90** .....  
If you live in middle America (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 (less than 1):\*\*..... 1
7. Jet plane travel:  
For each 1,000 miles you travel, **add 1** .....
8. If you have porcelain crowns or false teeth, **add 0.07** .....
9. If you use gas lantern mantles when camping, **add 0.003** .....
10. If you wear a luminous wristwatch (LCD), **add 0.006** .....
11. If you use luggage inspection at airports (using typical x-ray machine), **add 0.002** .....
12. If you watch TV\*\*, **add 1** .....
13. If you use a video display terminal\*\*, **add 1** .....
14. If you have a smoke detector, **add 0.008** .....
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), **add 40** .....  
If you have had nuclear medical procedures (e.g., thyroid 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 electrical utility plant, **add 0.03** .....

**My total annual mrems dose:**..... \*

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 a radiation dose to the mouth. The annual dose numbers given here represent the "effective dose" to the whole body.

\*These are yearly average dose.

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

**\* Divide your mrem total by 100 to convert to mSv.**