

Where you live

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1. Cosmic radiation at sea level (from outer space).....
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; Chicago, 595; Dallas, 435; Denver, 5280; Las Vegas, 2000; Minneapolis, 815; Pittsburg, 1200; Salt Lake City, 4400; Spokane, 1890; Washington, DC, 25.
2000-3000 ft. = 9	3000-4000 ft. = 9	
4000-5000 ft. = 21	5000-6000 ft. = 29	
6000-7000 ft. = 40	7000-8000 ft. = 53	
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.