

## Calculate Your Own Annual Radiation Dose

Sources	Effective Radiation Dose (mrem)
<b>Natural "Background" Radiation Sources:</b>	
Inhaled Radon Daughters . . . . .	200
Cosmic Rays . . . . .	30
Radionuclides in the Earth (Uranium & Thorium) . .	30
Radionuclides in the Body (K-40, Po-210). . . . .	40
Natural Background Subtotal:	300
<b>Medical Uses of Radiation:</b>	
Number of Chest X-rays: _____ x 10 =	
Number of CAT Scans: _____ x 100 =	
Number of GI Tract Studies: _____ x 300 =	
Number of Dental X-rays: _____ x 5 =	
Medical Sub-total:	
<b>Other manufactured sources:</b>	
If you live in a STONE structure, add 15 millirem	
If you live in a BRICK structure, add 10 millirem	
If you live in a WOOD structure, add 5 millirem	
If you smoke cigarettes, add 1000 millirem ( <sup>210</sup> Po)	
Number of hours of travel on airlines _____ x 0.5 =	
Miscellaneous Consumer Products	1
Nuclear Power Plant Operations	0.05
World-wide Fallout from Nuclear Weapons Testing	1
Manufactured Sources Subtotal:	
<b>Total Annual Effective Dose Equivalent . . . . .</b>	

These values are only approximations based on US population averages.  
Representative values are based on information from NCRP Publication #93,  
"Ionizing Radiation Exposure of the Population of the United States".