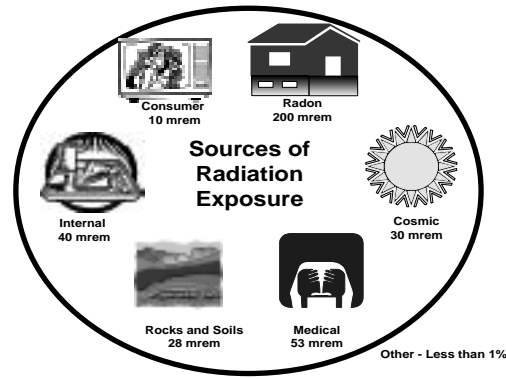


Radiation is in every part of our lives. It occurs naturally in the earth and can reach us through cosmic rays from outer space. Radiation may also occur naturally in the water we drink or the soils in our backyard. It even exists in food, building materials, and in our own human bodies. Fill out the chart below to see how much radiation you receive in a year.



Cosmic radiation at sea level (from outer space)

What is the elevation (in feet) of your town? *Idaho Falls 4736 feet*

26

Up to 1000 (add 2 mrem) 1000-2000 (add 5 mrem) 2000-3000 (add 9 mrem) 3000-4000 (add 15 mrem) 4000-5000 (add 21 mrem) 5000-6000 (add 29 mrem) 6000-7000 (add 40 mrem) 7000-8000 (add 53 mrem) above 8000 (add 70 mrem)



Terrestrial (from the ground):

What region of the US do you live in?

Gulf Coast (23 mrem) Atlantic Coast (23 mrem) The Colorado Plateau (90 mrem) Elsewhere in the US (46 mrem)

Internal radiation (in your body):

From food and water, (e.g. potassium)



From air, (radon)



40

200

Do you wear a plutonium powered pacemaker? No (0 mrem) Yes (100 mrem)

Do you have porcelain crowns or false teeth? No (0 mrem) Yes (.07 mrem)

Travel Related Sources:

Add 1 for each 1000 miles traveled by jet this year:

Are X-ray luggage inspection machines used at your airport?

No (0 mrem) Yes (.002 mrem)

Do you use gas lantern mantles when camping? No (0 mrem) Yes (.003 mrem)

Miscellaneous Sources:

Weapons test fallout

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Do you live in a stone, brick, or concrete building? No (0 mrem) Yes (7 mrem)

Do you wear a luminous wristwatch (LCD)? No (0 mrem) Yes (.06 mrem)

Do you watch TV? No (0 mrem) Yes (1 mrem)

Do you use a computer monitor? No (0 mrem) Yes (.1 mrem)

Do you have a smoke detector in your home? No (0 mrem) Yes (.008 mrem)

How many medical x-rays do you receive per year? (40 mrem each)

How many nuclear medical procedures do you receive per year? (14 mrem each)



Do you live within 50 miles of a nuclear power plant?

No (0 mrem) Yes (.009 mrem)

Do you live within 50 miles of a coal fired power plant?

No (0 mrem) Yes (.03 mrem)



****TOTAL YEARLY DOSE (in mrem):**

**In the United States, the annual average dose per person from all sources is about 360 mrems, but it isn't uncommon for any of us to receive far more than that in a given year (largely due to medical procedures we may have done).