

We've made some changes to EPA.gov. If the information you are looking for is not here, you may be able to find it on the EPA Web Archive or the January 19, 2017 Web Snapshot.



Calculate Your Radiation Dose

How to use this calculator

Use the calculator below to estimate your yearly dose from the most significant sources of ionizing radiation. Estimates are given in millirem (mrem), the U.S. unit for effective dose. Effective dose is a measure of the amount of radiation absorbed by a person that accounts for the type of radiation received and the effects on particular organs. (The corresponding international unit for effective dose is the millisievert (mSv).)

According to the National Council on Radiation Protection and Measurements (NCRP), the average yearly radiation dose per person in the U.S. is 620 mrem.

Directions

1. Enter values or select entries where options are provided. Some entries for the yearly dose calculator are already filled in.

Other Sources

If you are a <u>radiation worker</u> , enter your exposure here. - more info	0
How many packs of cigarettes do you <u>smoke</u> per day? (0.49 mrem per pack)	0
<u>Weapons Test Fallout</u> - more info	1 mrem
Do you live in a stone, brick, or concrete building?	No (0 mrem)
Do you wear a luminous wristwatch?	No (0 mrem)
Do you have a <u>smoke detector</u> in your home?	Yes (.008 mrem)
Do you live within 50 miles of a <u>nuclear power plant</u> ?	Yes (.009 mrem)
Do you live within 50 miles of a <u>coal fired power plant</u> ?	Yes (.03 mrem)

Radon

EPA estimates that about 21,000 lung cancer deaths each year in the U.S. are second leading cause of lung cancer after smoking. For never-smokers, it is the

For most people, radon is the single greatest environmental source of radiatic sources and doses, including radon. For smokers, the risk of lung cancer is significant and smoking.

Have you tested your home for Radon? ☐ Yes ☐ No

ESTIMATED TOTAL YEARLY DOSE (in mrem)

115 mrem

Your result is only an estimate. The dose calculator **does not provide precise individual dose calculations**.

The values used in the calculator are based on general averages, and should be used to compare estimated doses from common sources of radiation. For most people, radon is the single greatest environmental source of radiation exposure. Testing is the only way to know if your home has elevated radon levels. [Learn more about testing your home for radon](#).

More Info

Medical

Background Radiation

Travel-Related Sources

Other Sources

Radon

Notes

- Radiation dose is expressed in a unit called millirem (mrem). In the United States, the average person is exposed to an effective dose equivalent of approximately 620 mrem (whole-body exposure) per year from all sources ([National Council on Radiation Protection and Measurements \(NCRP\) Report No.160](#)). EXIT .
- Current science suggests there is some cancer risk from any exposure to radiation. However, it is not possible to tell whether a particular cancer was caused by very low doses of radiation or by something else.
- To learn more about exposure pathways and how radiation affects the body, see our [Radiation Health Effects](#) page.

LAST UPDATED ON MARCH 13, 2017