

What is my Radiation Dose?

Radiation Exposure from Natural Origin (mSv/y)

Man-made Origin (mSv/y)

From the place I Live?	Near Mumbai	Near Chennai	Near Kolkata	Near Delhi	Near Bengaluru	Near Hyderabad	Near Trivandrum
Cosmic	0.29	0.29	0.29	0.29	0.29	0.29	0.29
Terrestrial (U/Th etc)	0.32	0.54	0.57	0.48	0.41	0.88	0.41

From X rays	Nil	1 /year	2 /year	3 /year
	0	0.2	0.4	0.6

From the air I breathe	Near Mumbai	Near Chennai	Near Kolkata	Near Delhi	Near Bengaluru	Near Hyderabad	Near Trivandrum
Radon	0.62	0.55	1.76	0.70	0.70	1.09	0.70
Cosmogenic (C-14 etc)	0.01	0.01	0.01	0.01	0.01	0.01	0.01

From CT scan rays	Nil	1 /year	2 /year	3 /year
	0	6.6	13	20

From what I eat & drink	Near Mumbai	Near Chennai	Near Kolkata	Near Delhi	Near Bengaluru	Near Hyderabad	Near Trivandrum
Banana, Milk (K-40)	0.32	0.32	0.32	0.32	0.32	0.32	0.32

From staying close to Nuclear Power Plant sites	
Tarapur site	0.007 mSv
Rawatbhata site	0.030 mSv
Kalpakkam site	0.015 mSv
Narora site	0.0005 mSv
Kakrapar site	0.001 mSv
Kaiga site	0.001 mSv
Kudankulam site	0.000001 mSv

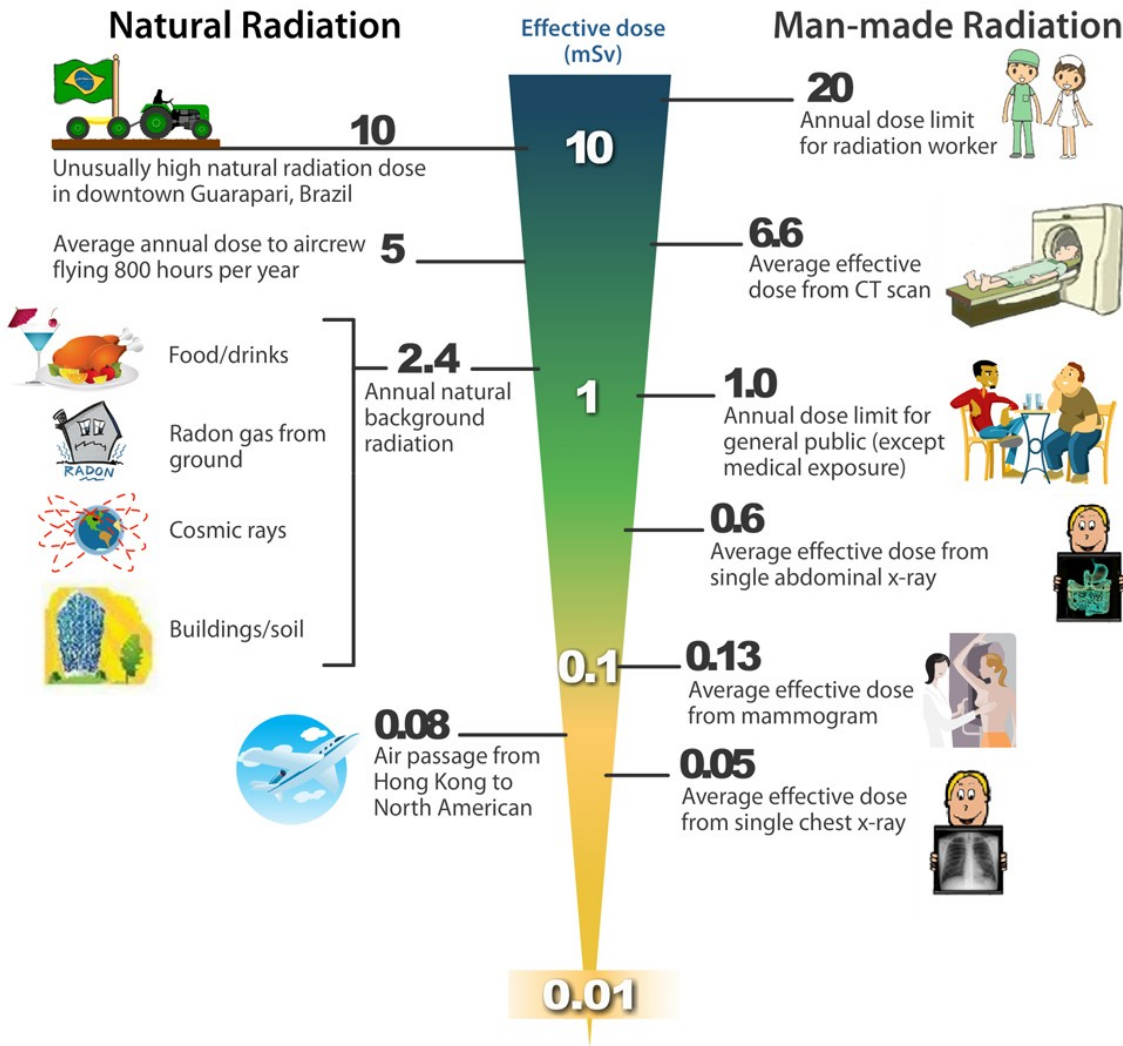
Total	Near Mumbai	Near Chennai	Near Kolkata	Near Delhi	Near Bengaluru	Near Hyderabad	Near Trivandrum
	1.44	1.70	2.98	1.79	1.73	2.58	1.73

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From travel by Air	Nil	1 hour /year	2 hours /year	10 hours /year	20 hours /year	Actual hours / year
	0	0.005	0.01	0.05	0.1	

My Total Dose in a year is _____ mSv

Radiation in Daily Life



Perspective of Doses

All Values in Micro-Sievert

Threshold for Mortality	2,000,000
Radiation Sickness Appears	1,000,000
First Signs of Radiation Effects	500,000
Emergency Worker Dose Limit/yr	250,000
Risk of Health Effects insignificant	100,000
Thyroid Scan	43,000
Thallium Cardiac Stress Test	36,000
Occupational Dose Limit/yr	30,000
One Chest CT Scan	7,000
Natural Background/yr	2,400
Public Dose Limit/yr	1,000
One Chest X-ray	100
One 10 hr. Air flight	50
Actual Annual Radiation Dose from Operation of NPPs at Exclusion Boundary	< 15

All Values in Micro-Sievert