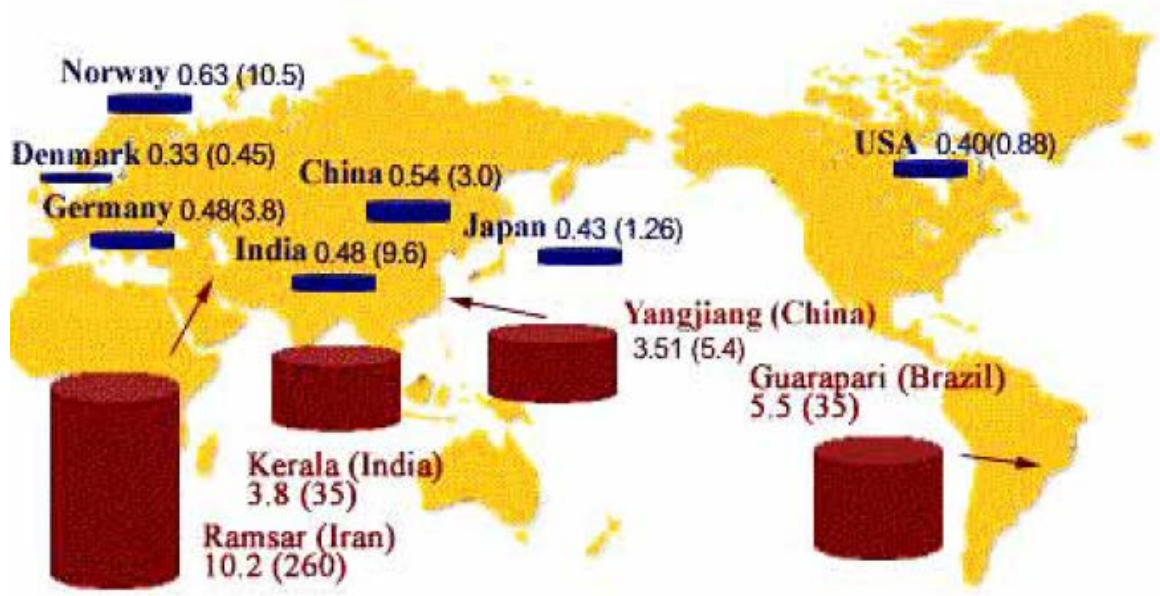


Isotop	$t_{1/2}$
$\alpha$ ↓ Uran-238	4,47 milliarder år
$\beta$ ↓ Thorium-234	24,1 dager
$\beta$ ↓ Protactinium-234	1,17 min
$\alpha$ ↓ Uran-234	245 000 år
$\alpha$ ↓ Thorium-230	77 000 år
$\alpha$ ↓ Radium-226	1600 år
$\alpha$ ↓ Radon-222	3,82 dager
$\alpha$ ↓ Polonium-218	3,05 min
$\beta$ ↓ Bly-214	26,8 min
$\beta$ ↓ Vismut-214	19,8 min
$\alpha$ ↓ Polonium-214	0,164 millisekund
$\beta$ ↓ Bly-210	22,3 år
$\beta$ ↓ Vismut-210	5,01 dager
$\alpha$ ↓ Polonium-210	138,4 dager
● Bly-206	Stabil



## Guarapari Brasil



On the beach in Guarapari the radiation is stronger than in the city. On the beach you can get a whole body dose of 10 mGy in a week.

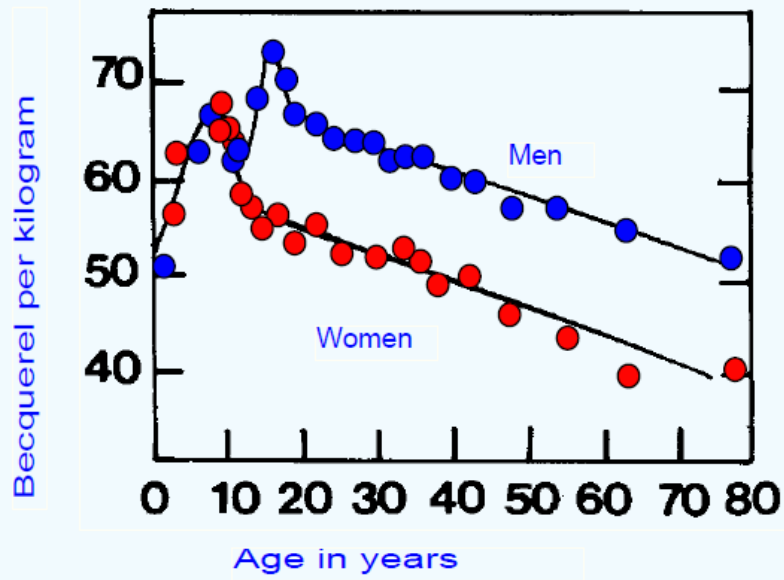
The picture to the right a couple on the beach with a Geiger counter.



## Pripyat

To the left is a picture of Pripyat, the city close to the Chernobyl reactor. The radiation level today is about 5 mGy per year.

It is interesting to compare the levels of radiation that people will encounter on vacation, and the levels of radiation not tolerated after Chernobyl. A week on the Guarapari beaches is equivalent with two years in Pripyat.

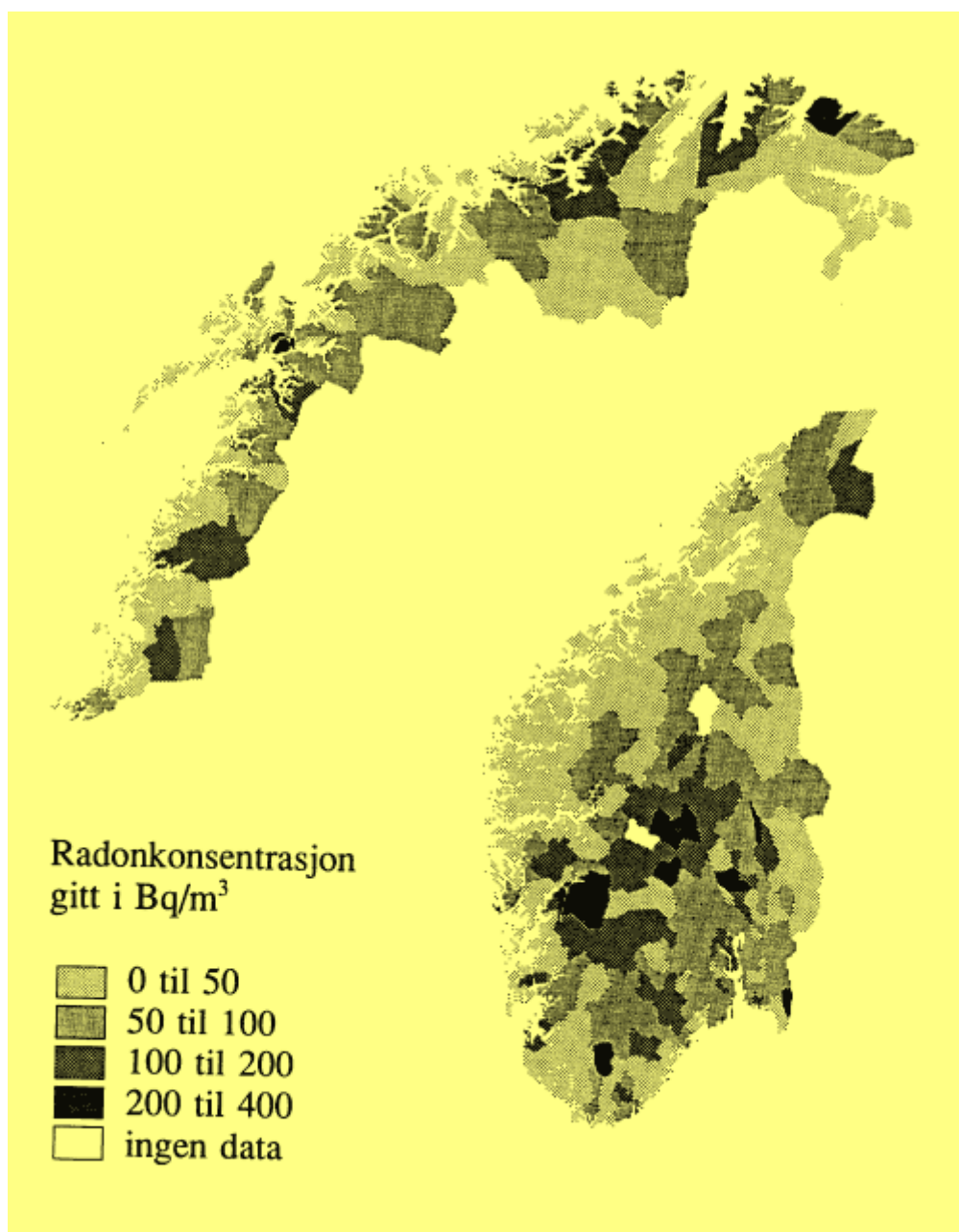


The concentration of potassium in the body varies with age and sex. Consequently the amount of K-40 (the abundance of the K-40 isotope is 0.0118%) varies in a similar way. In the figure the K-40 level is given as becquerel per kilo.

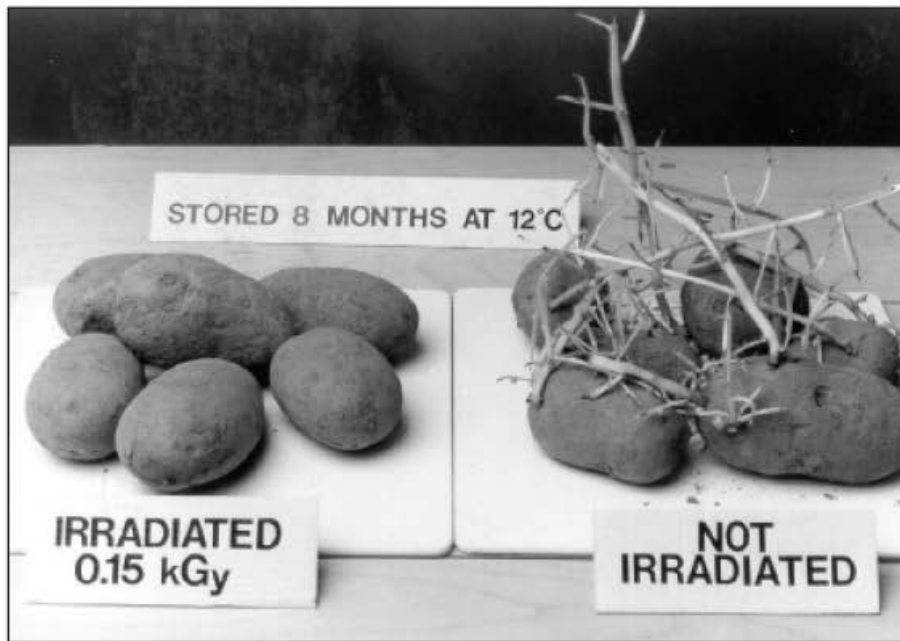
## Indoor Radon values (UNSCEAR 2000)

Country	Average Bq m <sup>-3</sup>	Maximum Bq m <sup>-3</sup>
United States	46	
Canada	34	1720
China	24	380
India	57	210
Iran	82	3070
Denmark	53	690
Finland	120	20 000
<b>Norway</b>	<b>73</b>	<b>50 000</b>
Sweden	108	85 000
France	62	4690
Germany	50	10 000
United Kingdom	20	10 000
Australia	11	420





Figur 7.5: Radon i norske boliger. Verdiene angir kommunemiddelet for radon i inneluften, gitt i Bq/m<sup>3</sup>. Målingene er gjennomført av Terje Strand og medarbeidere ved Statens strålevern.



*Figure 3. Irradiated (0.15 kGy) and non-irradiated potatoes stored for eight months at 12°C*



*Figure 2. Irradiated (2 kGy) and non-irradiated mushrooms stored for six days at 10°C*