

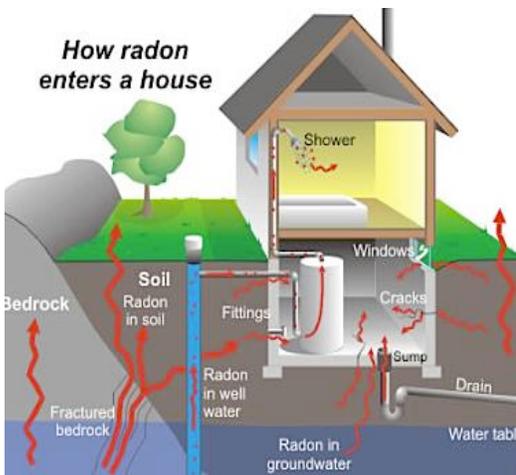
Do You Know Your Radon Number?



The U.S. Environmental Protection Agency (EPA) has designated January as National Radon Action Month. What is radon? Glad you asked. Radon is a naturally occurring radioactive gas that is odorless, colorless, and tasteless. It results from the decay of uranium and enters buildings through the surrounding soil. Radon is the leading cause of lung cancer deaths for nonsmokers in the U.S. and claims about 21,000 lives each year. Visit CT.gov/DPH

as an additional resource.

Exposure to Radon is Preventable



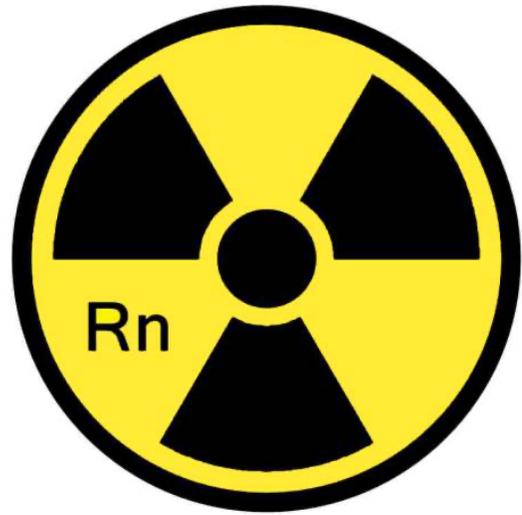
Radon can be found in water but radon in indoor air contributes to a higher health risk so testing the air is the main priority. If your home is served by a drinking water well, then consider testing your water for radon. Radon can dissolve and build up in water from underground sources. The EPA has set the action level at 4 picocuries per liter (pCi/L) for indoor air. To protect against higher levels, testing should be performed to decrease risk of lung cancer.

These tests are inexpensive and easy to conduct

- Simply open the radon test kit
- Place it on the lowest finished level of the home
- Leave it there for the time designated on the package
- When finished, send it out to a lab to receive the test results
- If your radon level is 2-4pCi/L, contact a qualified radon mitigation contractor to discuss steps to improve. Cheaper options include sealing up cracks in the floor and doors in the basement, use of air purifiers and fans, and opening windows to increase ventilation. (For a more accurate reading of your radon level, it's important to test in the winter months when this ventilation isn't occurring often).

To spread awareness about National Radon Action Month, Farmington Valley Health District has partnered up with the public libraries in the following towns:

- Farmington
- Avon
- Simsbury
- Canton
- Granby
- East Granby



We have supplied each with free radon test kits, a picture board, and different handouts to educate the public on radon. Tests can also be purchased from homeware companies or picked up at the Farmington Valley Health District. If you have any additional questions about radon, please feel free to give us a call at (860) 352-2333.

Information was retrieved from the [EPA](#) and the [CDC](#).