



## HOW TO TEST YOUR HOME

Testing is easy and is the only way to know if you are at risk in your own home.

- Do-it-yourself testing kits are affordable. Simply purchase one and follow the instructions carefully, making sure that you are putting the test kit in the right place.
- Once the testing is complete send your test kit to the designated lab listed on the instructions for analysis. (CDC, 2021)

## LOOKING FOR A TEST KIT?



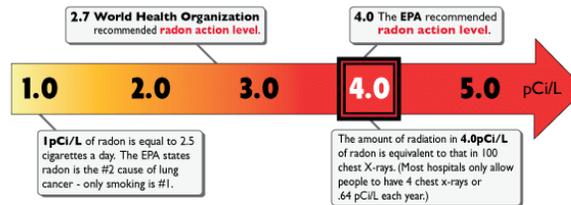
Scan to see if you qualify for a free test kit from the Oregon Radon Awareness Program

Prefer to have someone else do it for you? Scan to access a list of trusted testers in your area



# WHAT DO YOUR TEST RESULTS MEAN?

TESTING: The only way to know if you have a radon problem



The EPA says radon poses a greater health risk to children than to adults.

National Radon Defense. N.d. Information Provided By: NATIONAL RADON DEFENSE

- Installing a radon reduction system is the most effective way to decrease Radon levels in your home. Do your research when looking to hire a specialized contractor to avoid making the problem worse (OHA, n.d).
- The expenses to repair your home now will save you on a lot of unwanted health expenses down the road.

## GET INVOLVED

January is National Radon Action Month: share this information with a friend, spread awareness, test your homes



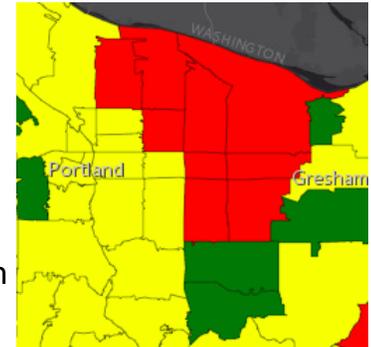
Keep Portland Weird. n.d.

## DID YOU KNOW?

28% of homes in Portland, Oregon have high levels of Radon

(HealthyHabitat, n.d). Oregon Health Authority's Radon Risk

Map for Oregon shows 11 zip codes colored red for high risk zones, 18 colored yellow for moderate risk zones, and only 4 colored green for low risk zones (Oregon Health Authority [OHA], n.d).



The Oregon Public Health Division recommends that homes test for radon even if you live in a green zone.



Radon. 2017. Rick & Tracy Ellis

## WHAT IS RADON?

- Radon is a radioactive gas that you cannot smell, taste or see and is found in soil underground. Outdoor levels of radon are considered low, and generally not harmful.
- Sometimes it gets into our homes through cracks in the floors or walls, building up levels of radon overtime, and may cause a lot of health problems.

(Airthings, n.d)

## **EVERYONE IS AT RISK FOR RADON EXPOSURE.**

Finding out if you are directly exposed to Radon is easy.

## WHY IS THIS IMPORTANT?

- According to U.S Environmental Protection Agency (EPA), Radon is the second overall leading cause of lung cancer, responsible for 21,000 lung cancer deaths every year (Environmental Protection Agency [EPA], 2022).
- Lung cancer caused by Radon affects non-smokers and smokers alike.

## DO YOU KNOW SOMEONE THAT SMOKES?

If 1,000 smokers were exposed to a Radon level of 20 picocuries per liter (pCi/L) over a lifetime, about 260 of them could get lung cancer compared to 36 non-smokers exposed to that same level of Radon (EPA, 2022).

Children are at greater risk than adults for Radon toxicity. Their lungs are smaller but their breathing rates are twice that of adults which means higher estimated radiation doses (Centers for Disease Control and Prevention [CDC], 2013).

# KEEP KIDS SAFE!

## REMEMBER: RADON IS NOT DETECTABLE BY HUMAN SENSES



Scan to learn more about the risks of Radon exposure

## Resources :

(n.d.). Keep Portland Weird. photograph. Retrieved from <http://www.keepportlandweird.com/>.

Airthings. (2017, October 26). *Radon Gas – Airthings Fact Book*. Airthings. Retrieved October 27, 2022, from <https://www.airthings.com/resources/radon-gas>

Centers for Disease Control and Prevention. (2013, December 10). *Radon toxicity: Patient education and care instruction sheet*. Centers for Disease Control and Prevention. Retrieved October 27, 2022, from [https://www.atsdr.cdc.gov/csem/radon/patient\\_education.html#:~:text=A%20child's%20different%20lung%20shape,the%20same%20amount%20of%20radon](https://www.atsdr.cdc.gov/csem/radon/patient_education.html#:~:text=A%20child's%20different%20lung%20shape,the%20same%20amount%20of%20radon)

Centers for Disease Control and Prevention. (2021, November 5). *Test your home*. Centers for Disease Control and Prevention. Retrieved October 27, 2022, from <https://www.cdc.gov/radon/radon-test.html>

Environmental Protection Agency. (2022, May 10). *Health Risk of Radon*. EPA. Retrieved October 27, 2022, from <https://www.epa.gov/radon/health-risk-radon#riskcharts>

National Radon Defense. (n.d.). *Testing: The only way to know if you have a problem*. Radon Levels. photograph. Retrieved from <https://www.nationalradondefense.com/radon-information/radon-levels.html>.

Rick & Tracy Ellis Real Estate Radio Network. (2017). Radon Factors that can affect Radon Levels. photograph. Retrieved from <https://www.tracyellis.com/radon-levels/>.

*What is radon & why you should measure*. Airthings. (n.d.). Retrieved October 27, 2022, from <https://www.airthings.com/what-is-radon>

*Why is there so much radon in the Portland Metro Area?* Healthy Habitat.org. (2021, January 24). Retrieved October 27, 2022, from <https://www.healthyhabitat.org/why-is-there-so-much-radon-in-the-portland-metro-area/>