



## What Can I Do About Radon in My Home?

If a radon test shows you have a dangerous level of radon in your home or building (4 pCi/L or more), don't panic. Instead, take action!

You can reduce indoor radon levels. This usually involves sealing openings in floors and walls, and changing the flow of air into your home.

Repairs should be completed by a licensed or certified contractor. To find one in your area, refer to the Resources listed on the other side.

## Repairing your home to reduce radon is worth the cost—and could save your life!

If you are building a new home, ask your contractor to include radon-resistant features. For more information visit [EPA.gov/radon](https://www.epa.gov/radon).

### For More Information

To learn more about how to test your home for radon, and what to do if you have a radon problem, visit [Lung.org/radon](https://www.lung.org/radon). Our free Radon Basics learning module includes the information you need to protect yourself and your family. You can also call the American Lung Association Lung Helpline at **1-800-LUNGUSA**.

### About the American Lung Association

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through research, education and advocacy. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; and to eliminate tobacco use and tobacco-related diseases. For more information about the American Lung Association, a holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call **1-800-LUNGUSA** (1-800-586-4872) or visit: [Lung.org](https://www.lung.org).

### Be a Force for Good Against Lung Cancer

LUNG FORCE is a national movement led by the American Lung Association to unite women against lung cancer, the number one cancer killer of women. LUNG FORCE aims to make lung cancer a cause that people care about—and act on; educate and empower patients and healthcare providers and raise critical funds for lung cancer research. Join the cause at [LUNGFORCE.org](https://www.lungforce.org) and access lung cancer resources for patients, caregivers and healthcare providers at [Lung.org/lung-cancer](https://www.lung.org/lung-cancer).



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## Facts About Radon and Lung Cancer



# The Hidden Lung Cancer Risk at Home

According to the U.S. Environmental Protection Agency (EPA), nearly one out of every 15 American homes has an unsafe level of radon gas inside. This radon gas is the second leading cause of lung cancer in the United States. Fortunately, a simple test—and a few repairs if needed—can help make sure you and your family are protected from this hidden danger.

Radon-related lung cancer causes about 21,000 deaths each year.

## What is Radon?

Radon is a colorless, odorless gas that occurs naturally in the earth's rock and soil. As radon breaks down it forms radioactive by-products.

Because radon comes from the ground, it can be found anywhere. Outdoors, this isn't a problem.

But when radon gets trapped indoors, it can reach levels that are bad for your health.

## Radon and Lung Cancer

Although radon exposure causes no immediate symptoms, the long-term threat of lung cancer is very real. Radon can cause lung cancer in anyone—even those who have never smoked. If you also smoke and are exposed to radon, your risk is even higher.



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## How Does Radon Get Inside?

Radon gets into homes, schools and other buildings in a few ways:

- Gaps and cracks in the foundation
- Joints connecting walls and floors
- Pipes, sumps, drains, walls and other openings

Less often, radon is found in water and released into the air through dishwashers, faucets, showers or washing machines. This problem is more common for homes that use deep private wells.

## Is Radon a Problem in My Home?

High radon levels can be found in every state. Because radon is odorless and colorless, the only way to know if there is a problem in your home or building is by testing the radon level. The American Lung Association, the EPA and the Surgeon General recommend testing **ALL** homes below the third floor for radon. Testing in schools is also recommended.

There are many low-cost, do-it yourself radon test kits available at hardware stores, other retail outlets and through the mail. You can also hire a trained contractor to do the testing for you.

## Types of Radon Tests

Two types of radon tests are common:

- **Short-term tests** stay in your home for two to seven days. Because radon levels can change daily and seasonally, a short-term test is less likely to give an accurate radon level for your home. But if you are looking for quick results, one short-term test followed by another may help you decide if there is a radon problem that needs to be fixed.
- **Long-term tests** stay in your home for more than 90 days. This type of testing gives a more accurate measure of the radon level in your home.



Test your home in the lowest level your family uses as a living space.

## Advice for Home Buyers

If you are buying a home that has already been tested for radon, ask the following questions before you decide whether to accept the results:

- Who conducted the test?
- On what level of the home was the test taken? This is especially important if you plan to live on a lower level.
- Have the heating, ventilation or air conditioning systems changed since the test was done? This may affect radon levels.

