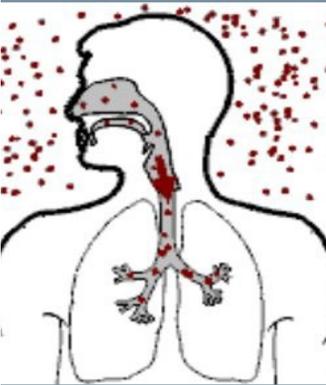


RADON KNOW YOUR EXPOSURE

What is Radon?

Radon is known to cause cancer in people. It is a radioactive gas released from the natural decay of uranium in rocks, soil, and water. Radon is colorless,



odorless, tasteless, and chemically inert. Testing for it is the only way to tell how much is present and determine whether you or your family is at risk.

How Could I Be Exposed to Radon?

Exposure can occur through breathing, eating, or drinking. Radon is present in nearly all outdoor and indoor air. It typically moves up through the ground to the air above. The difference in air pressure between the indoor air and outdoor air allows radon to enter your home. Radon gets pulled into your home through cracks and other holes in the foundation. Your home traps radon inside where it can build up. Any home may have a radon problem: new homes, old homes, well-sealed homes, drafty homes, and homes with or without basements.

Possible entryways for radon:

- Cracks in solid floors and walls
- Construction joints
- Gaps in suspended floors
- Gaps around service pipes
- Cavities inside walls
- The water supply

In the U.S., the average outdoor radon level is very low, about 0.4 pico curies per liter (pCi/L) and indoor is about 1.3 pCi/L.

Radon Levels in Montana:

The average indoor radon level in Montana is 5.9 pCi/L, 4.6 pCi/L above the national average.

Montana ranks fifth (5th) in the U.S. for indoor radon levels over 4 pCi/L and third (3rd) for concentrations greater than 20 pCi/L.

Radon Levels in Cascade County:

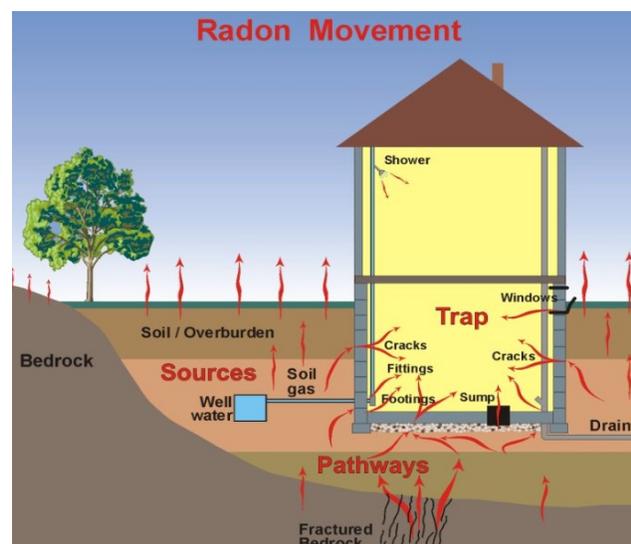
After 20 years of data collection, 60% of samples collected in Cascade County averaged over 4 pCi/L.

The highest level reported was over 60 pCi/L .

Radon Levels in Your Home:

Testing is the only way to measure the level of radon in your home. Radon concentrations can vary in daily and seasonal cycles, in response to weather conditions and ventilation patterns, and from various locations in the same building. Nearly 1 out of every 15 homes has elevated radon levels. However, even houses next to each other can have very different radon levels.

Because of these variations, CCHD recommends a testing period of at least 3 months, but the test can be used for up to a year. The U.S. EPA recommends action be taken in every home with radon above 4 pCi/L.



Radon test kits are available at CCHD for \$25.00. The price includes standard shipping, lab testing, and processing.

Visit us at 115 4th Street South to purchase your radon test kit.

RADON CONTINUED

Radon Health Concerns:

Radon is the number one cause of lung cancer in non-smokers and the second leading cause of lung cancer in the general population. Radon gas decays into radioactive particles that can get trapped in the lungs when you breathe. The risk of developing lung cancer from radon exposure is related to the concentration of radon in the air. Smokers exposed to elevated levels of radon are at higher risk for getting lung cancer.

The Non-smoker's Risk Of Living With Radon....

Radon Level (pCi/L)	If 1,000 non-smokers were exposed to this level over a lifetime...	The risk of cancer from radon exposure compares to...	What to do:
20	About 36 could get lung cancer	35 times the risk of drowning	Fix your home
10	About 18 could get lung cancer	20 times the risk of dying in a home fire	Fix your home
4	About 7 could get lung cancer	The risk of dying in a car crash	Fix your home
1.3	About 2 could get lung cancer	— Average indoor radon level —	Reducing levels below 2 is difficult

The Smoker's Risk Of Living With Radon....

Radon Level (pCi/L)	If 1,000 smokers were exposed to this level over a lifetime...	The risk of cancer from radon exposure compares to...	What to do: STOP SMOKING and...
20	About 260 could get lung cancer	250 times the risk of drowning	Fix your home
10	About 150 could get lung cancer	200 times the risk of dying in a home fire	Fix your home
4	About 62 could get lung cancer	5 times the risk of dying in a car crash	Fix your home
1.3	About 20 could get lung cancer	— Average indoor radon level —	Reducing levels below 2 is difficult

Ways to Lower Radon Levels:

It's never too late to lower your radon exposure and reduce your risk of lung cancer. Well-tested, durable and cost-efficient methods exist for preventing radon in new houses and reducing radon in existing dwellings.

Radon levels can be reduced by:

- ⇒ Increasing under-floor ventilation
- ⇒ Sealing the floors and walls
- ⇒ Utilizing radon-resistant features for new construction

The cost to fix can vary widely; consult a radon mitigation professional for an estimate.

A list of Radon Professionals is available here:
www.deq.mt.gov/Energy/radon

You should test your home again after any mitigation to lower the radon level and every 2 years after.



For more information:

CCHD Environmental Health:
 (406) 454-6950 or www.cchdmt.org

MT Department of Environmental Quality:
 1-800-546-0483 or www.deq.mt.gov/energy/radon

The Environmental Protection Agency:
www.epa.gov/radon

Centers for Disease Control and Prevention:
www.cdc.gov/radon