



# Health and Wellness Tip of the Week - Week 1

January 6, 2014

## Monthly Topic

National Radon Action Month is a good time to promote indoor air quality and information about allergies.

## Give Indoor Air a Clean Sweep

Did you know there may be a health problem lurking in your home that you can't see, taste or smell? Radon is a radioactive, cancer-causing gas. Studies show that higher radon levels are found in about one out of every 15 homes in the U.S.

You can't see it, taste it or smell it. Yet exposure to radon leads to 20,000 lung cancer deaths each year. Here are some facts about radon:

- Old or new homes, schools and offices can have a radon problem.
- Radon can seep into homes through wall and floor cracks, gaps around pipes or in the water.
- Smoking, along with exposure to high levels of radon, greatly raises your chances of lung cancer.
- Testing for radon is easy. Visit [epa.gov/radon/radontest.html](http://epa.gov/radon/radontest.html) to get facts about radon testing.

Sources: United States Environmental Protection Agency; U.S. Department of Health and Human Services



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