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November is National Lung Cancer Awareness Month
Exposure to Radon Causes Lung Cancer in Non-smokers and Smokers Alike

November is National Lung Cancer Awareness Month, a time to raise awareness about one of the leading causes of lung cancer among people who have never smoked: radon. This naturally occurring, colorless, odorless radioactive gas can enter homes undetected, posing a serious health risk. Radon exposure is the second-leading cause of lung cancer overall and the leading cause among nonsmokers, contributing to approximately 21,000 lung cancer deaths in the United States each year.

Radon is produced by the break down of radioactive metals found in the soil and groundwater. Radon gas moves through the ground, into the air above and then into your home through cracks and other holes in the foundation. It becomes trapped in your house and builds up.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

Three Things You Can Do During National Lung Cancer Awareness Month

1. **Test your home** - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy, tests stay up in your home for only 3-6 days, and testing is, FREE for Panhandle residents by calling 308-487-3600 or completing the FREE Radon Test Kit Request Form: https://tinyurl.com/2p9d97pn
2. **Spread the word** – Help share information on your social media and with other groups you may be involved with at church and in the community.
    a. Tell your family and friends about the health risk of radon. Encourage them to test their homes.
    b. Plan an activity in your community to help raise awareness.
3. **Encourage others** to learn about radon and test their homes during National Lung Cancer Awareness Month.

PUBLIC HEALTH IS FOR YOU

a. Tell your family and friends about the health risk of radon. Encourage them to test their homes.
b. Plan an activity in your community to help raise awareness.

Five simple steps you can take to minimize radon entry into your home:

1. Open the air registers
2. Ensure that your return air ducks are completely sealed
3. Fill any cracks and openings in your basement floor
4. Fill any openings through the first floor
5. If you have a sump pit, take steps to make it airtight

If you and are interested in testing your home for radon, please contact Linda Mundell at lmundell@pphd.ne.gov, stop into the Scottsbluff office, or call 308-633-2866 to get your free Radon Test Kit.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

Sources:

https://www.epa.gov/radon/health-risk-radon