



Test Your Home. Protect Your Health.

## JANUARY IS NATIONAL RADON ACTION MONTH

The only way to find out if your home has radon is to test for it. The heating season is the best time to test for radon because your home is closed up, and radon levels tend to build up indoors. The Essex Health Department, Department of Public Health, U.S. Environmental Protection Agency and the American Lung Association of Connecticut are partnering together to promote radon testing and mitigation during Radon Action Month.

The Essex Health Department has test  
kits available

# FREE

for Essex residents.

Stop by or call 767-4340 x 143



**ESSEX HEALTH DEPARTMENT  
URGES RESIDENTS TO TEST FOR RADON GAS  
DURING JANUARY  
*NATIONAL RADON ACTION MONTH***

The month of January has been designated as Radon Action Month in Connecticut. The Essex Health Department, Connecticut Department of Public Health, the American Lung Association of Connecticut, and the U.S. Environmental Protection Agency urge you to test your home for radon, and, if necessary, mitigate high levels when found.

Radon is a naturally occurring colorless and odorless radioactive gas. Radon enters the home through small cracks and holes in the basement. At levels above 4 picoCuries per liter it can increase one's risk of getting lung cancer. Public health officials have found that radon is the second leading cause of lung cancer in the U.S., behind cigarette smoking *and* the leading cause among non-smokers. If you smoke cigarettes and have radon in your home, then your risk of getting lung cancer is even greater. According to the Centers for Disease Control and Prevention an estimated 15,000-30,000 U.S. citizens die from radon-induced lung cancer each year.

"We live in an area of the country where elevated radon levels in homes are quite common," says Dr. Raymond Sullivan, Essex Health Director. "Most of Connecticut is located in a zone where there is a high to moderate potential for having a radon issue in the air or water in one's home. Yet, very few people are testing for radon. Now is a good time of year to test."

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The Essex Health Department has a very limited number of test kits available free for Essex residents. Since smokers are at a much greater risk of developing lung cancer if radon is present, information on quitting smoking will also be included. The American Lung Association of Connecticut offers radon test kits for sale – you may pick up a coupon from the Essex Health Department for a discounted price (\$12) on those kits. Kits normally sell at retail outlets for \$18 to \$26.

For additional information on radon, contact the Essex Health Department at 29 West Avenue, Essex, or visit our website at [www.essexct.gov](http://www.essexct.gov). You may find additional information from the Connecticut Department of Public Health Radon Program at (860) 509-7367, <http://www.dph.state.ct.us>, or the American Lung Association of Connecticut at 1-800-LUNG USA, [www.alact.org](http://www.alact.org).