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Radon
(222)



Radon Monitor Lending Program

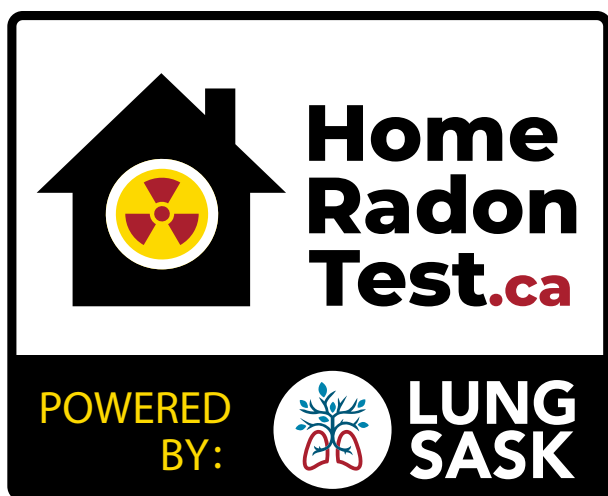
For Home Radon Screening



ReginaLibrary.ca

HomeRadonTest.ca

LungSask.ca



This resource was created in partnership with Health Canada, Take Action on Radon, BC Lung, Alberta Lung, Lung Saskatchewan, the Canadian Association of Scientists and Technologists (CARST), CAREX Canada, the Canadian National Radon Proficiency Program (C-NRPP).

Legal Disclaimer of Liability

A long-term radon test (minimum 91 days) is recommended by Health Canada regardless of the result of this radon screening test. This radon screening test indicates the potential of radon in your home, since radon fluctuates continuously a long-term test (minimum of 91 days) during the heating season is recommended.

Read the information on how to use the detector before beginning the screening process.

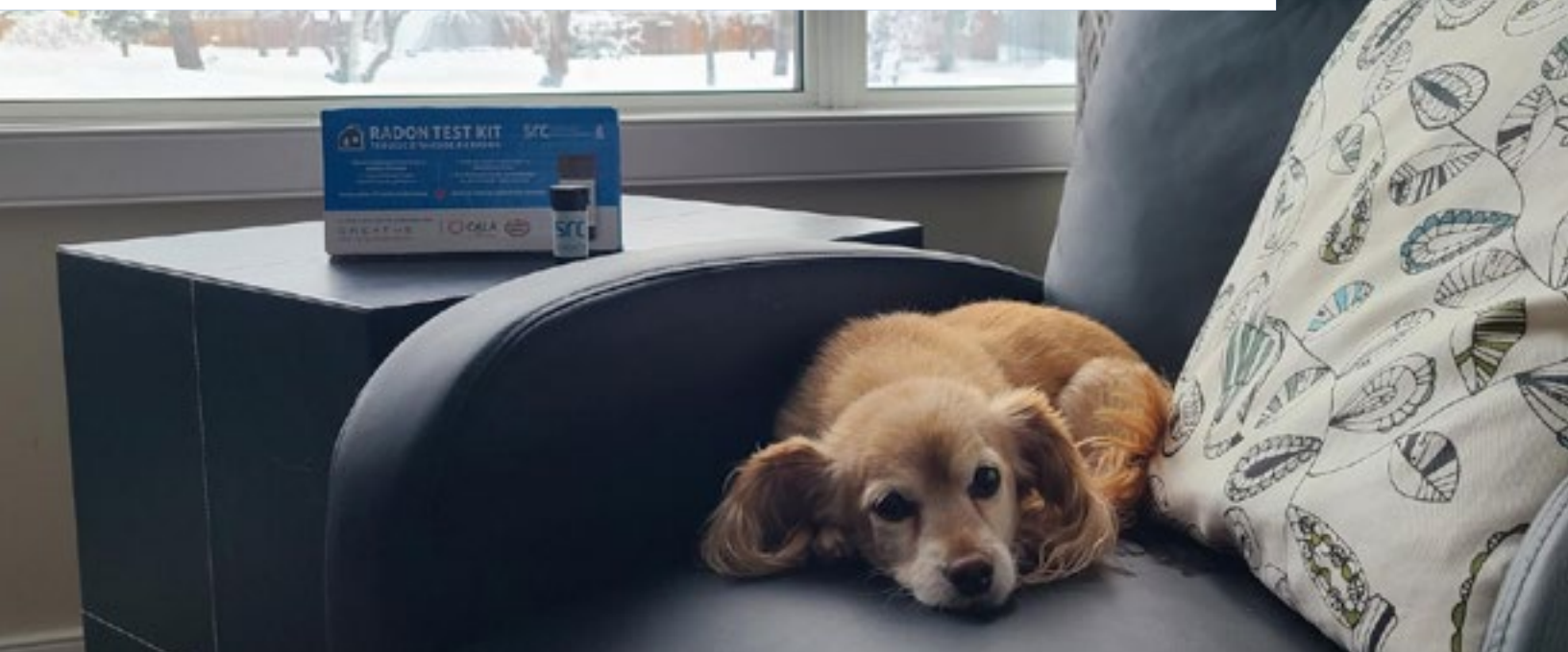
Take Action on Radon, Lung Saskatchewan, or any organization related to this program do not guarantee the function or accuracy of the device.

WELCOME TO THE RADON MONITOR LENDING PROGRAM

Thank you for borrowing this radon screening kit. Read on to learn about radon and how to use the radon monitor.

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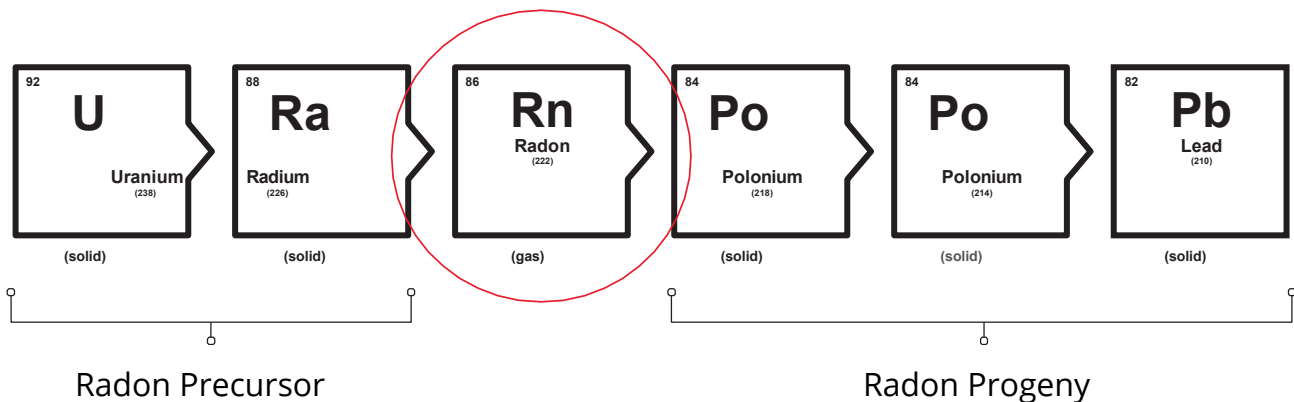
ABOUT RADON



Radon is a radioactive gas that is formed by the breakdown of uranium in the soil, water, and rock. You can't see, taste, or smell radon.

Since radon is a gas, it can escape from the ground. In outdoor air, radon is diluted very quickly and is not a concern. However, in enclosed spaces like homes it can become trapped and accumulate to high levels, which creates a health risk.

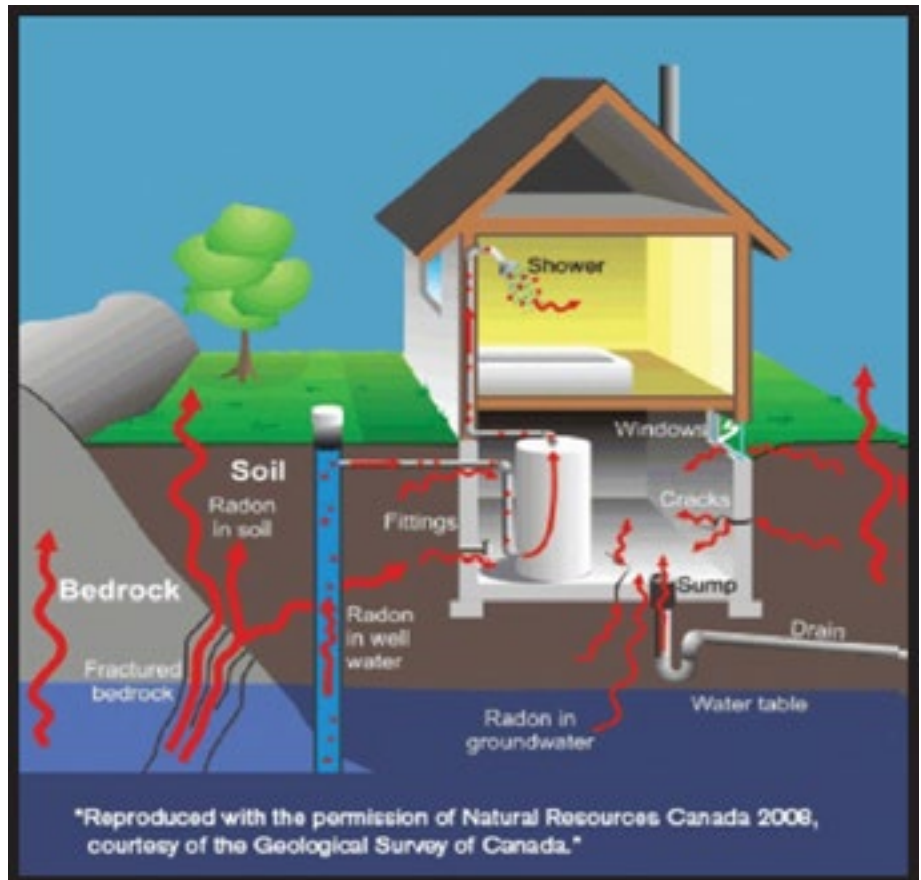
Radon Decay Chain



Once in your home, radon continues to decay (breakdown), turning into radioactive polonium and lead (solids). When you breathe in radon and its radioactive progeny, the solids get deposited in the lungs and release alpha radiation, which damages the DNA in your lungs.

HOW RADON ENTERS A HOME

Radon can get into any building that is in contact with the ground. Radon will not just stay in your basement. It will circulate in the air throughout your home.



Every home has some level of radon – the only way to know how much is to test. Several factors influence radon levels, and two houses built side-by-side can have different indoor radon levels.

RADON AND YOUR HEALTH



Breathing high levels of radon over a long period of time increases your risk of developing lung cancer. **Radon is the second leading cause of lung cancer.**

Increased risk of developing lung cancer is the only known health effect from exposure to radon. Radon exposure has not been linked to respiratory diseases such as asthma or COPD.

It is estimated that 16% of all lung cancer cases are radon induced, which results in more than 3,000 deaths per year in Canada.

People who smoke also exposed to high levels of radon have a significantly increased risk of developing lung cancer.

**Person who does not smoke
living in a home with high
radon levels**

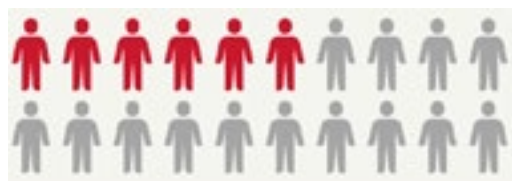
(Radon 800 Bq/m³)



Risk of developing lung cancer
= **1 in 20**

**Person who smokes living
in a home with high radon
levels**

(Radon 800 Bq/m³)



Risk of developing lung
cancer = **1 in 3**

KERRI'S STORY



Kerri is a young, healthy mother of three, with no smoking history. She was experiencing symptoms similar to pneumonia when she attended a presentation by Lung Saskatchewan and heard about radon and lung cancer. As a result, she requested her medical team to evaluate the possibility she had lung cancer. She was then diagnosed with stage 2 lung cancer. Because she had caught it early, she was able to get treatment and had a more successful path for health.

The only risk for her lung cancer was radon exposure.

She immediately determined to be an advocate to let others know about radon and to help prevent radon-induced lung cancer in others. As a real estate agent, she recognized the important role that real estate agents have in raising awareness about radon.

Learn more about Kerri's story online:
<https://www.homeradontest.ca/story/kerri>

USING THE RADON MONITOR SCREENING DEVICE

The Radon Monitor Lending Program provides you with an opportunity to learn about radon and to conduct a radon screening to help you understand how radon levels vary in your home.

Radon levels in your home change over time - from day to day, week to week, and month to month. This device is meant as a screening tool and a first step in measuring for radon. It is recommended to do a long-term radon test for at least three months to determine whether to take action.

The radon monitor in this kit is called Corentium Home, by Airthings. It is an electronic device that measures radon.

The top number is the average calculated from the time the device is reset.



The bottom number will change ever few seconds. This is the average for 1 or 7 days as noted by the text on the left side.

Regardless of the radon level seen on your screening device, Health Canada recommends that you test your home using a long-term radon test for at least three months during the fall and winter months.

Get your long-term radon test kit at [HomeRadonTest.ca](https://www.homeradontest.ca).

USING THE RADON MONITOR SCREENING DEVICE

STEP 1

To begin, press the RESET button on the back to start the screening.

DO NOT press the MODE button. It will only change the units.



STEP 2

Device will say CAL and count down, then will flash dashes for up to 24 hours before any numbers appear.



Regardless of the radon level seen on your screening device, Health Canada recommends that you test your home using a long-term radon test for at least three months during the fall and winter months.

Get your long-term radon test kit at [HomeRadonTest.ca](https://www.homeradontest.ca).

USING THE RADON MONITOR SCREENING DEVICE

STEP 3

Place the radon monitor in a bedroom or living room, on a bookshelf or end table in the lowest level of your home where you spend at least 4 hours a day.

If your basement is used as a living room, office space or bedroom, place the radon monitor in the basement. If your basement is used mainly for storage or laundry, place your radon monitor on the main level.



STEP 4

Leave the radon monitor in one spot undisturbed for the entire borrowing period. Longer measurement periods will be more accurate.

Regardless of the radon level seen on your screening device, Health Canada recommends that you test your home using a long-term radon test for at least three months during the fall and winter months.

Get your long-term radon test kit at [HomeRadonTest.ca](https://www.homeradontest.ca).

USING THE RADON MONITOR SCREENING DEVICE

STEP 5

When you have finished your radon screening and are ready to return the device to the library, record the following information about your radon screening so you can refer to this information again.

- Date Started screening
- Date Ended screening
- Long Term Average

STEP 6

Provide your feedback in our anonymous online survey. Open the camera app on your smartphone and point it at the QR. [TAKE SURVEY](#)

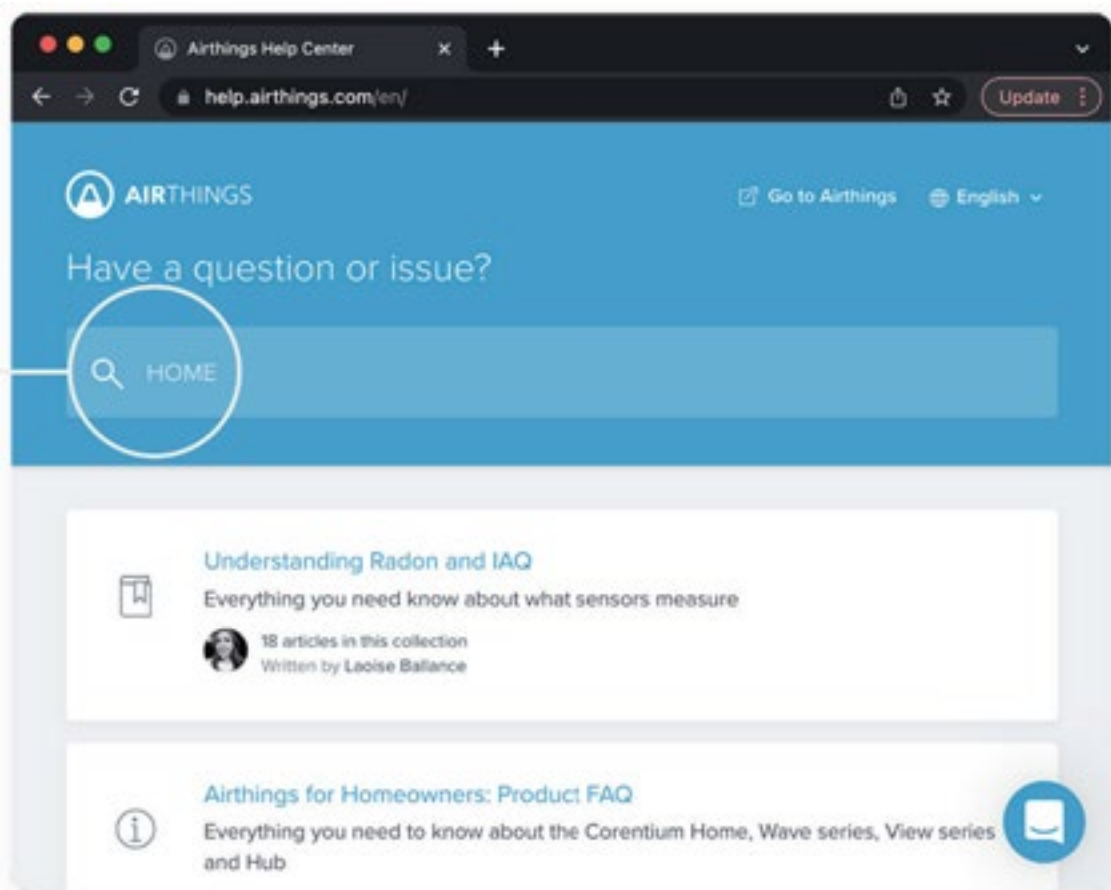


STEP 7

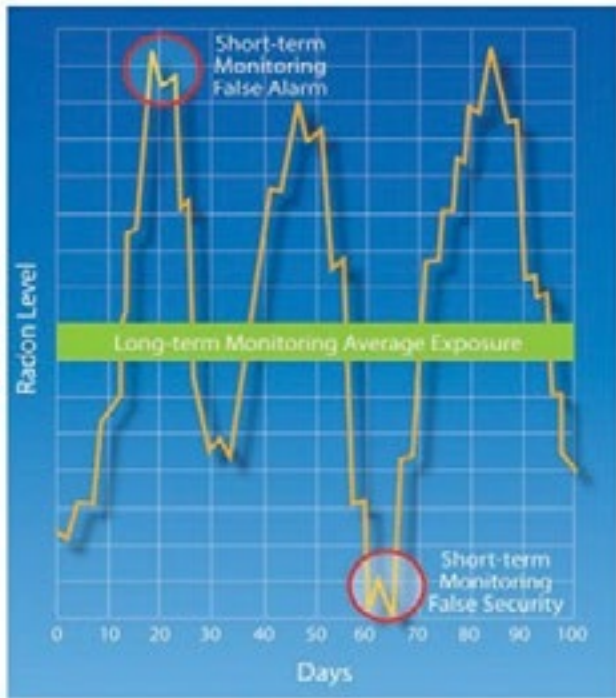
Confirm the results of this screening by purchasing your long-term radon test at [HomeRadonTest.ca](https://www.HomeRadonTest.ca) and enjoy a **\$5.00 exclusive discount** using coupon code **RPLRADON**.

DEVICE TROUBLESHOOTING

For detector FAQs or troubleshooting, visit help.airthings.com and type **HOME** in the search bar.



THE IMPORTANCE OF LONG-TERM RADON TESTING



Radon levels in your home change over time - from day to day, week to week, and month to month. This is why it is important to do a long-term radon test for at least three months to determine whether to take action.

A long-term test during the fall and winter months is most accurate to know your annual average exposure to radon.

The easiest and least expensive way to test is to purchase a do-it-yourself Health Canada recommended long-term test kit. These tests cost \$65.00 plus tax at HomeRadonTest.ca.

Place the radon detector in your home for at least three months during the fall and winter months when windows and doors usually are closed.

After three months, send the detector back to the lab and results will be emailed to you.

Purchase your long-term radon test at HomeRadonTest.ca and enjoy a **\$5.00 exclusive discount** using coupon code **RPLRADON**.

REDUCING **RADON** LEVELS AT HOME

The **Canadian Guideline for radon is 200 Bq/m³**. If your home measures above this level, Health Canada recommends you take action to reduce radon levels in your home.

The action levels are based on long term exposure. **You must do a long-term test of at least three months to determine if you are at risk.**

The higher your radon levels, the sooner you need to take action to lower them:



While the health risk from radon exposure below the guideline is small, there is no safe level. Health Canada recommends reducing your exposure to as low as reasonably achievable.

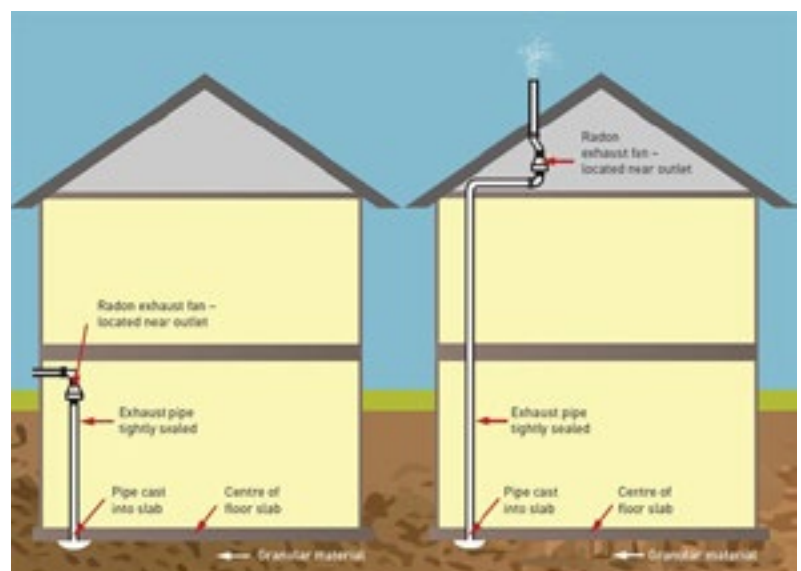
REDUCING RADON LEVELS AT HOME



Health Canada recommends that you hire a certified radon mitigation professional to determine the best and most cost-effective way to reduce the radon level in your home. Radon mitigation professionals are certified by the Canadian National Radon Proficiency Program (C-NRPP).

Techniques to lower radon levels are effective and can save lives. A radon mitigation system can be installed in less than a day and in most homes will reduce the radon level by about 90% for about the same cost as other home maintenance like replacing a furnace or air conditioner.

The most common and effective method used is called sub-slab depressurization. This method involves installing a pipe through the foundation and attaching a fan that runs continuously. The fan draws the radon gas from below the home and vents it to outside the home, where it is diluted to safe levels.



RADON RESOURCES AND CONTACTS

PURCHASE A LONG-TERM RADON TEST AND LEARN MORE ABOUT RADON:

Home Radon Test powered by Lung Saskatchewan

Website: www.HomeRadonTest.ca

E-mail: radon@lungsask.ca

To learn more by watching our videos, visit:

<https://www.homeradontest.ca/faq#videos>

FIND A CERTIFIED MITIGATION PROFESSIONAL:

Canadian National Radon Proficiency Program (C-NRPP)

Website: <http://c-nrpp.ca/find-a-professional>

ADDITIONAL RADON RESOURCES IN CANADA:

Health Canada's National Radon Program

Website: <http://www.canada.ca/radon>

E-mail: radon@hc-sc.gc.ca

Toll free: 1-833-723-6600

Take Action on Radon

Website: www.takeactiononradon.ca

Email: info@takeactiononradon.ca

Radon Reduction Guide for Canadians

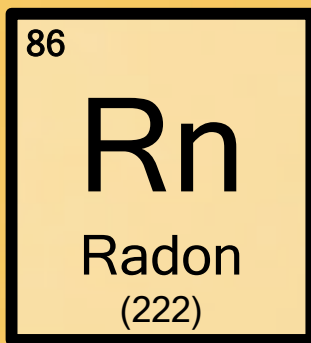
Website: www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radiation/radon-reduction-guide-canadians-health-canada.html

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Kerri's image and stories used with permission.



THANK YOU **FOR SCREENING YOUR HOME!**

Confirm the results of your screening by purchasing your long-term radon test at [HomeRadonTest.ca](https://www.HomeRadonTest.ca) and enjoy a **\$5.00 exclusive discount** using coupon code **RPLRADON**.

