



SENECA NATION HEALTH SYSTEM

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Radon is a serious health risk. It can be reduced easily and cost-effectively. Take action today. The US EPA & CDC has marked January as Radon Awareness Month so we are doing the same.

Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building like your home, schools, and offices through 1. cracks in solid floors, 2. construction joints, 3. cracks in walls, 4. gaps in suspended floors, 5. gaps around service pipes, 6. cavities inside walls, or 7. the water supply and result in a high indoor radon level.



Radon is a cancer-causing radioactive gas. You can't see, smell or taste it but it may be a problem in your home. You and your family are most likely to get your greatest exposure at home, where you spend most of your time. Radon causes thousands of lung cancer deaths in the US each year. Only smoking causes more lung cancer deaths. **If you smoke and your home has high radon levels, your risk of lung cancer is especially high!**

You can check your home for radon through simple air testing. The test kits can be found at home improvement or hardware stores. The average indoor radon level is estimated to be about 1.3 pCi/L and about 0.4 pCi/L of radon is normally found in the outside air. If your home reports a radon level of 4 picocuries per liter (pCi/L) or higher, radon reduction methods should be taken to reduce levels. Radon levels less than 4 pCi/L still pose a risk and in many cases may be reduced by increasing ventilation in your home. Most homes can be reduced to 2 pCi/L or below by using a contractor who is trained to fix radon problems.

There are many variables that can affect the Radon level in your home and as your home may have a high radon level, your neighbor may have very low radon levels. Please be proactive and have your home tested for radon. It could save your life and your family's lives.

For further information on Radon use the following links:

<https://www.epa.gov/radon>

<https://www.cdc.gov/features/protect-home-radon/index.html>

OR if you are concerned about your home, contact the SNHS Environmental Health office:

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