**TUALATIN VALLEY**
WATER DISTRICT

January is National Radon Awareness Month

Radon is an odorless, invisible, radioactive gas that is naturally present in the environment. It can build up to dangerous levels indoors, which can lead to lung cancer and other adverse health effects. Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure.

Effects of Radon
Radon is the second leading cause of lung cancer behind smoking. It's the leading cause of lung cancer among non-smokers, claiming the lives of about 21,000 Americans each year. When you breathe radon, it gets into the lining of your lungs and gives off radiation. Symptoms of radon poisoning usually show up after many years.
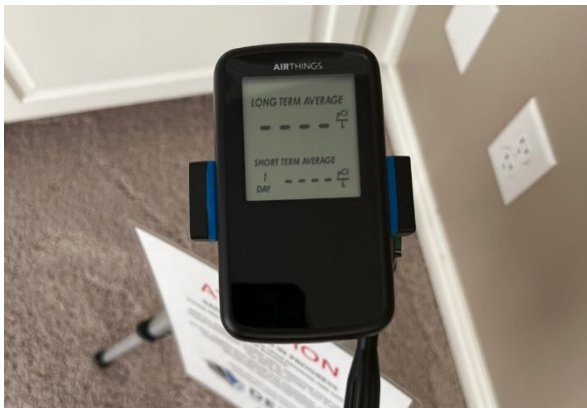
Test for Radon
Learn if your home has high radon levels by having it tested. You can have it professional tested or purchase a test kit at hardware stores or from online retailers. The best time to test for radon is during colder months when the windows and doors are closed for long periods of time.

Reducing radon levels
Reducing radon exposure is the first step to reducing health risks. If you have high radon levels, use a certified radon professional to ensure they are reduced correctly.

You can help reduce low levels of radon by:
- Increasing air flow in your house by opening windows and using fans and vents to circulate air.
- Sealing cracks in floors and walls with materials designed to prevent radon.

For more information about radon, including the risk of radon in your neighborhood, free test kit programs and financial assistance for radon mitigation, visit healthoregon.org/radon.

Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

Click here for past editions of the emergency preparedness tip newsletters.