

Radon & YOU:

*What you need to know to
protect you and your family*



**AMERICAN
LUNG
ASSOCIATION®**
IN IOWA



Iowa **Radon** Coalition
Healthy from the ground up.

What is radon?

Radon is a colorless, odorless, tasteless, radioactive gas that is produced from the decay of naturally occurring uranium in the soil.



Risk occurs when this gas enters buildings and the decay products are breathed in. These decay products can damage the lungs and cause lung cancer.

Where is radon found?

Radon can be found anywhere. Outdoor levels are usually very low, but indoor levels can be very high. It doesn't matter where you live, how old your home is, or what type of foundation it has—the only way to know the level of radon gas in a home is to perform a test.

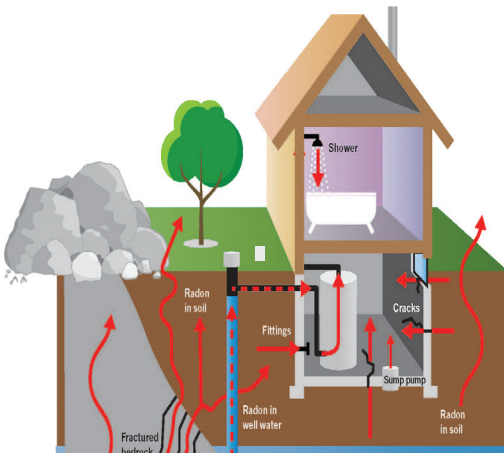
Are you at risk?

Everyone is at risk for developing lung cancer from exposure to radon gas. However, smokers who are also exposed to elevated levels of radon have an especially high risk of developing lung cancer.

“Radon is the leading cause of environmental lung cancer death in Iowa.”

Bill Field, M.S., Ph.D
Cancer Epidemiologist &
International Radon Expert

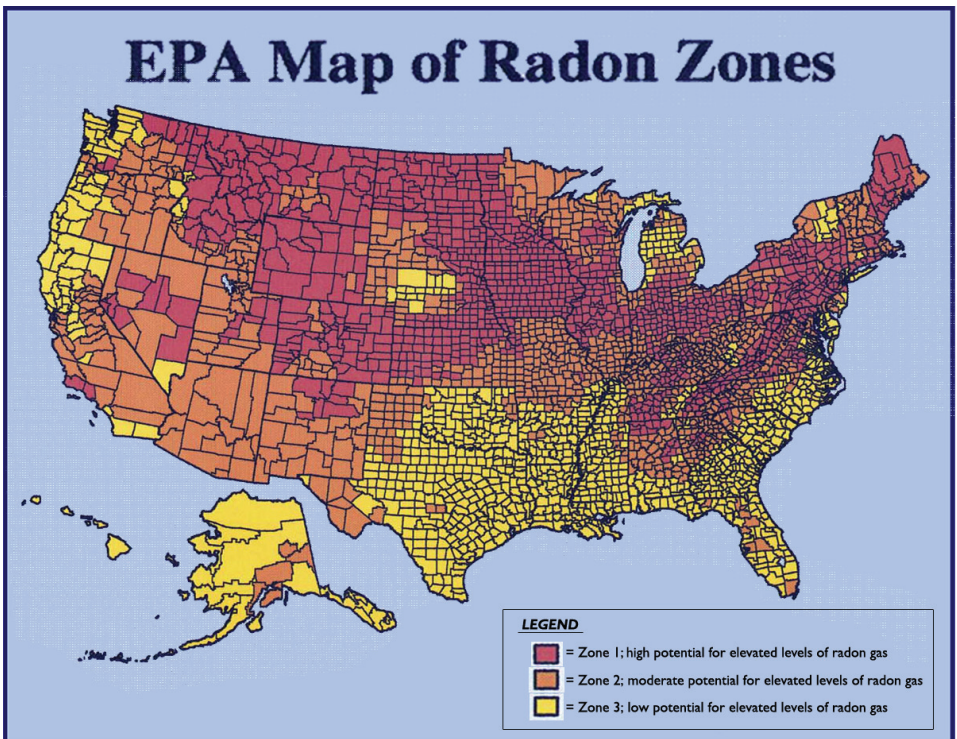
How does radon get into your home?



Radon gas rises up through the soil and is pulled into a house or building. It enters a home or building through cracks in the foundation, construction joints, gaps around service pipes or wires, and sump pits. It doesn't matter what type of foundation your home has—basement, crawl space, slab—your home could have high levels of radon.

What is your risk as an Iowa resident?

- An estimated **400** deaths per year in Iowa are caused by radon-induced lung cancer. That is approximately the same number of Iowans who die in traffic accidents each year. (United States Environmental Protection Agency, US EPA, and Iowa Department of Transportation)
- US EPA surveys in Iowa have found that **7 in 10 homes** contain radon concentrations above the US EPA's radon action level of 4 picoCuries/Liter (pCi/L).
- Iowa **leads** the nation in the percent of homes over the 4 pCi/L as well as percent of homes over 20 pCi/L.
- The average indoor radon concentration in Iowa is more than **six times** the national average.



All of Iowa is located in Zone 1 (red) indicating Iowans have a very high potential for elevated levels of radon gas. (USEPA, EPA-402-F-93-013;

<http://www.epa.gov/radon/zonemap.html>)

How do I test for radon?

Testing is easy and inexpensive to perform. The only way to know if your home has elevated radon concentrations is to test. Short-term tests can be done in 2-90 days, and long-term tests can be done in 90 days-1 year.

Where to get a test kit:

- Call the Iowa Radon Hotline at **1.800.383.5992**
- Contact your county public health department
- Order online at **www.HealthHouse.org/iowa.cfm**



Be sure to follow the directions included in the test kit. If you do not wish to perform your own test, the Iowa Radon Hotline can provide a list of licensed radon measurement professionals. You may contact the hotline at **1.800.383.5992** or visit **www.HealthHouse.org/iowa.cfm** to find a list of professionals near you.



What do my results mean?

The results from radon testing will be provided in picoCuries per liter (pCi/L). The USEPA has set an action level of **4.0 pCi/L** and recommends that buildings equal to or over this level have radon mitigation (radon reduction measures) performed to reduce the level of risk within the home.

Results of an initial short-term test and action needed

Below 4.0 pCi/L	Consider performing a long term test or re-test in two years.
Between 4.0-8.0 pCi/L	Follow up with another short term or long term test. If the average of the two tests is greater than 4.0 pCi/L mitigation system installation to reduce levels is recommended.
Greater than 8.0 pCi/L	Follow up with another short term test. If the two tests are in agreement, it is highly recommended that a mitigation system be installed to reduce levels.

It is suggested that a test be performed every two years or after renovating your home to ensure concentrations are maintained at a low level.

How do I take care of a radon problem?

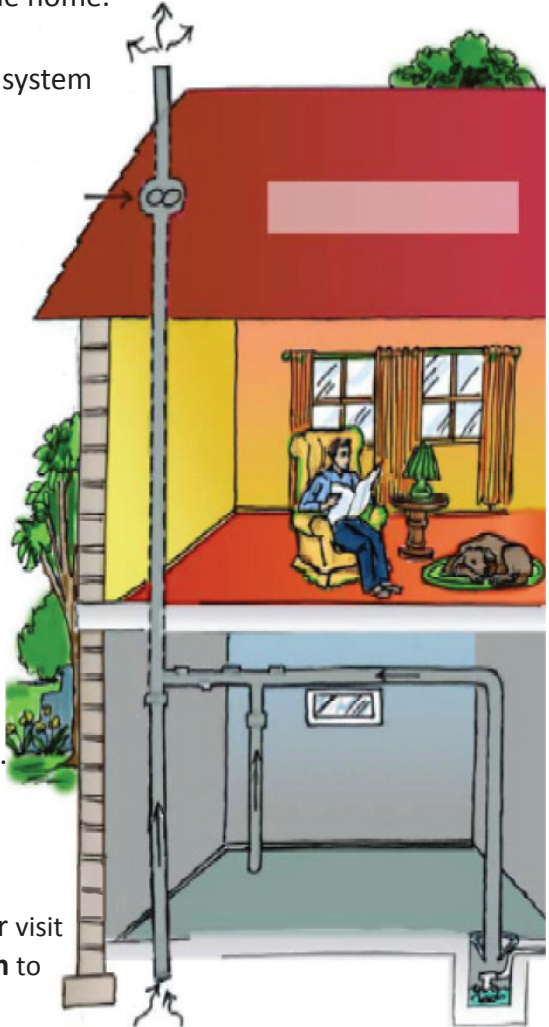
Performing work to lower indoor radon levels is called radon mitigation. Radon mitigation is the process of installing a vent pipe and fan system within a home to reduce indoor radon levels. There are many ways to mitigate radon. The most common and effective is a vent pipe and fan system that draws air from underneath the foundation and vents it outside the home or building. This radon mitigation system removes radon from under the foundation and vents it above the roof line of the house so that it does not enter the home.

The type and cost of a mitigation system depends on,

- Size of house
- House design
- Foundation type
- Sub-slab material

The cost of a radon mitigation system installed by a certified Iowa contractor is comparable to the price of other home improvements or maintenance; ranging from \$800 to \$2,500, depending on the characteristics of the home and choice of radon reduction methods. Nationwide, the average cost of a radon reduction system is about \$1,200.

The Iowa Radon Hotline staff can provide a list of licensed radon mitigation professionals. Contact them at **1.800.383.5992** or visit **www.HealthHouse.org/iowa.cfm** to find a list of professionals near you.



Are you building a new home?

New homes can be built with a radon reduction system already installed. This is called Radon Resistant New Construction (RRNC). The most common RRNC method is to install a passive radon reduction system. Typically, passive radon reduction systems are very similar to mitigation systems described within this document, but do not have a fan installed. Adding radon-resistant features to a new home while it is under construction is generally much cheaper than installing a mitigation system after the home is built. Passive radon reduction systems can also be incorporated into the building design and hidden from view, making the home more aesthetically pleasing.

Just because a house is built radon resistant does not mean radon levels could not become elevated. **It is suggested that a test be performed every two years to ensure concentrations are maintained at a low level.** If the passive RRNC features do not reduce the radon concentrations below 4 pCi/L, a fan can easily be added to the existing system at relatively inexpensive cost. For more information on RRNC please visit: <http://www.epa.gov/radon/rrnc/>

Testimonials from Iowa



My husband and I got the news on the day before my 57th birthday— I had lung cancer.

How could that be? I've never smoked a cigarette in my life.

But after reading a short article titled 'Nonsmokers and Lung Cancer,' I learned that radon causes lung cancer, and Iowa has the highest incidence of radon in the entire country—seven out of ten homes have levels that are too high!

My left lung was removed, and I had four rounds of chemotherapy. It took just one day to have our house mitigated. Now I'm cancer-free and feel safe to breathe the air in my own home.

I tell my story often so that other Iowans won't have to hear those unthinkable words – it's lung cancer.

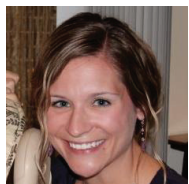
-Gail, Pleasant Hill

Testimonials continued:



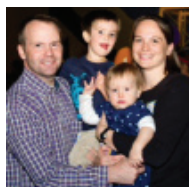
My fiancée and I started looking for our first home in 2012 and quickly found one that had everything we wanted. Luckily, our realtor told us about radon and that we could ask to have the house tested as part of our purchase agreement. With a history of cancer in both our families, we wanted to feel comfortable knowing we were living in a safe environment. We chose to have the house tested. When the results came back high we worked with the current home owners to have a mitigation system installed. We now can ‘breathe easily’ in our new home.

-Josh, Waterloo



After my husband and I purchased a new home in 2008, I commented how we needed to test for radon. We both put it at the bottom of the “new house to-do list” until I heard Gail Orcutt share her testimony in the fall of 2010. We immediately tested our basement and waited for the result which came in at 15.8 pCi/L. The levels in our basement since mitigation are less than 0.5 pCi/L. I’m thankful every time I see the mitigation system, knowing we’ve done all we can to protect our family from radon exposure. If you haven’t tested your home, please do not delay. This one simple act could save you and those you love.

-Kerry, West Des Moines



Like a lot of families, radon wasn’t exactly a priority concern for us. We were shocked when we discovered that our home had radon levels that were significantly higher than acceptable levels – more than six times higher. As parents of two young children under the age of four, the choice was clear – we had to get the radon out of our home. My wife and I spend all day, every day working to keep our children safe from harm and we were going to do whatever was necessary to eradicate this deadly killer from our home. Thankfully, it was an easy process.

-Jon, Des Moines

Tell Us Your Story at: www.HealthHouse.org/Iowa.cfm

For More Information on Radon, Please Contact the:

Iowa Radon Hotline



Hotline: 1.800.383.5992

Iowa Radon Websites:

www.HealthHouse.org/iowa.cfm

www.RadoninIowa.com

www.BreathingEasier.info

