

1 Tips on radon

2 Radon is a radioactive gas with a half-life of about 4 days. It is naturally found in soil, groundwater,  
3 surface water, and airborne dust. Radon gas can move from soil into the home and build up in  
4 indoor air. People are exposed to radon by inhalation. People who smoke or are exposed to  
5 tobacco smoke receive a higher radiation dose, as radon attaches to tobacco smoke particles  
6 which allows it to stay in the lungs longer.

7 Exposure to elevated radon levels over many years is one of the leading causes of lung cancer,  
8 second only to long-term exposure to tobacco smoke.

9 There is no test to detect radon in the human body. Refer to established general recommendations  
10 for lung cancer screening.

11 Encourage patients to have their home tested for radon to identify possible exposure. Patients can  
12 do this themselves or have a professional perform testing. If the radon level in the home is above 4  
13 picocuries per liter, the U.S. Environmental Protection Agency recommends professional  
14 remediation to reduce the radon level. Additionally, counsel patients to maintain good ventilation  
15 in the home and avoid tobacco smoke.

16 Visit ATSDR's website to learn more.