



Naugatuck Valley Health District

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NAUGATUCK VALLEY HEALTH DISTRICT URGES RESIDENTS TO TEST FOR RADON GAS

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[Seymour] - - The Naugatuck Valley Health District, Connecticut Department of Public Health, the American Lung Association of Connecticut, and U.S. Environmental Protection Agency all urge you to test your home for radon, and, if necessary, mitigate high levels when found.

Radon is a naturally occurring colorless and odorless radioactive gas. Radon enters the home through small cracks and holes in the basement. Prolonged exposure to levels above 4 picocuries per liter it can increase one's risk of getting lung cancer. Public health officials have found that radon is the second leading cause of lung cancer in the U.S., behind cigarette smoking *and* the leading cause among non-smokers. If you smoke cigarettes and have radon in your home, then your risk of getting lung cancer is even greater. According to the Centers for Disease Control and Prevention an estimated 15,000-30,000 U.S. citizens die from radon-induced lung cancer each year.

"We live in an area of the country where elevated radon levels in homes are quite common," says Jessica Kristy, Director of Health. "Most of Connecticut is located in a zone where there is a high to moderate potential for having a radon issue in the air or water in one's home. Yet, many homeowners don't think to test their homes annually. The only way to find out if your home has radon is to test for it. With that being said, now is a good time of year to do so."

The heating season is the best time to test for radon because your home is closed up, and radon levels tend to build up indoors. Our organization, along with the Department of Public Health, U.S. Environmental Protection Agency and the American Lung Association of Connecticut are partnering together to promote radon testing and mitigation.

Call the Naugatuck Valley Health District to receive a FREE home test kit at (203) 881-3255 ext. 108. We have 150 FREE test kits available on a first come first serve basis. If you are a homebound individual or have limited accessibility to transportation, please let us know so we can best accommodate you. You can also purchase a test kit by calling the American Lung Association of Connecticut directly at 1-800-LUNG USA or by going online at www.alact.org. Alternatively, you can purchase a kit by visiting your local hardware store. Kits are valued around \$15.00 so don't wait, call today!

For additional information on radon, contact your local health department at (203) 881-3255 x108 or online at www.nvhd.org/radon22 or contact the Connecticut Department of Public Health Radon Program at (860) 509-7367 or online at <https://portal.ct.gov/dph/Environmental-Health/Radon/Radon-Program>.

We are grateful to the Valley Community Foundation for their generous funding opportunity to be able to implement this program and want to thank them for making this opportunity possible for our community.

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