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***TMHD Celebrates Radon Awareness Month With Free Test Kits
Supplies are limited***

Radon is a significant health threat throughout Connecticut. Whether it is found in the air in our homes, schools and office buildings or in our well water, prolonged exposure has proved to be the leading cause of lung cancer after smoking. Thanks to support from the CT Department of Public Health, the Trumbull Monroe Health District (TMHD) has free radon test kits, available to Trumbull and Monroe residents. Supplies are limited and will be given on a first come first serve basis. Individuals who obtain kits must provide proof of residency and share test results with the Health Districts. Contact TMHD at 203-452-5195 to reserve your kit today! TMHD also has radon educational materials available.

Radon gas is an odorless, colorless radioactive gas. Radon comes from the natural breakdown of uranium in soil, rock and water and gets into the air you breathe. According to the Environmental Protection Agency (EPA), radon causes an estimated 21,000 lung cancer deaths each year.

“Because radon is impossible to see and smell, people tend to minimize the health effects and ignore the possibility that it might exist in elevated levels in their homes,” said Patrice Sulik, TMHD Director of Health. “Residents can decrease their risk by testing their homes and reducing elevated radon levels when found. Testing is simple and inexpensive and is the only way to know if you and your family are at risk of exposure to radon gas in your home.” It is

recommended that you test the lowest living area of your home; therefore, if you have a finished basement, you should conduct the test in the basement. Testing should be conducted between January and March, when windows and doors are closed and heating systems are turned on.

Radon test kits that meet EPA guidelines are available at local hardware stores, home improvement stores, other retail outlets, or directly from a laboratory. Kits can also be ordered online from the National Radon Program Services at <http://sosradon.org/test-kits> or by calling the American Lung Association of New England at 1-800-LUNG-USA or 860-289-5401. Elevated radon levels can be addressed by qualified contractors for a cost similar to that for many common home repairs such as painting or having a new water heater installed (anywhere from \$800-\$2,500).

For more information on radon, radon testing, and radon mitigation, visit the CT Department of Public Health Radon Program website at www.ct.gov/dph or call (860) 509-7367 or visit www.epa.gov/radon.

Contact TMHD at 203-452-5195 or the State Radon Office for a list of qualified radon contractors or for places where reliable radon test kits can be obtained.

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 203-452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m.