

# NC Healthy Homes Solutions



## Healthy Homes Highlights

January 2016

[healthyhomes.ces.ncsu.edu](http://healthyhomes.ces.ncsu.edu)

### January is *National Radon Action Month*

There is no better time to learn about radon than January -- Radon Action Month!

Radon is an odorless, colorless, tasteless and naturally-occurring radioactive gas. It is produced through the normal breakdown of uranium in rocks, building materials and soil. Radon enters your home through small and large cracks in the foundation and in some cases, through well water. Over time, exposure to radon presents a serious health risk to you and your family. Radon is the number one cause of lung cancer among non-smokers and the second-leading cause of lung cancer.



The only way to determine if you have a radon problem in your home is through testing. Testing is relatively simple and during the month of January, you can receive a free test kit (while supplies last) from local organizations. Test kits can also be purchased year-round at most hardware stores.

Once you have performed the test and know the radon levels in your home, then you can formulate a plan to address potentially dangerous levels of the gas. Certified radon professionals can help you reduce your home's radon levels using various mitigation techniques.

In addition to performing a radon test, the U.S. Environmental Protection Agency (EPA) also recommends taking the following actions as part of National Radon Action Month:

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#### Quick Tips

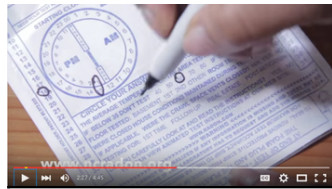
- Test for radon at least once every 5 years.
- If you're in the market for a new house, make radon-resistant construction a priority.
- Retest your home for radon after remodeling.
- When testing, place kit in lowest level of the home for the most accurate reading.

- Attend any National Radon Action Month events going on in your area.
- Spread the word about the potential dangers of radon to increase awareness in your community.
- If you're in the market for a new home, have the home tested for radon and put an emphasis on buying a home that is radon-resistant.

For more information on National Radon Action Month, visit the [event page](#) on the U.S. EPA site or visit the [NC Radon Program page](#).

## Video: Radon Testing

NC Healthy Homes Solutions just launched a YouTube channel, and its [first video](#) will tell you everything you need to know about testing for radon in your home.



This video, from the Minnesota Department of Health, provides a step-by-step process that includes information on the dangers of radon, how to perform the test and what to do when you receive test results.

While you're at the site, make sure to subscribe to our [channel](#)!

## Helpful Resources

The following resources can help you as you spread awareness of radon-related issues in your community:



[NC Healthy Homes: Reducing Radon Levels In A Home](#)

[NCRadon.org](#)

[NC Cooperative Extension Resources](#)

## Future NC Healthy Homes Solutions Newsletters

This is the first edition of the *NC Healthy Homes Solutions*



## Catch Us On Social Media!

Following us on our social media channels is the best way to stay updated on the latest news and resources from NC *Healthy Homes Solutions*!



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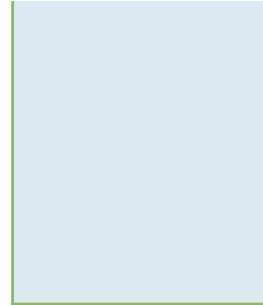


[YouTube](#)

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newsletter, which is designed to bring awareness and solutions to issues related to improving the health of your home. A healthy home is one that is safe, accessible, energy-efficient, contaminant-free, pest-free, dry, clean and well-maintained. Each edition of the newsletter will address an important topic related to healthy homes. Our February focus on the issue will address lead in the home.

In addition to focusing on one issue, the newsletter will also highlight resources that can help you with addressing a variety of healthy homes issues. Here are some resources that may be of interest to you:



**Mold**

[N.C. Healthy Homes: Information on Mold](#)

**Carbon Monoxide**

[U.S. CPSC Carbon Monoxide Information Center](#)

[NFPA: Carbon Monoxide Safety Tips](#)

**Bedbugs**

[NCSU Dept. of Entomology: Bedbug Information](#)

**Natural Disasters**

[N.C. Healthy Homes: Preparing Your Home for Natural Disasters](#)



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