

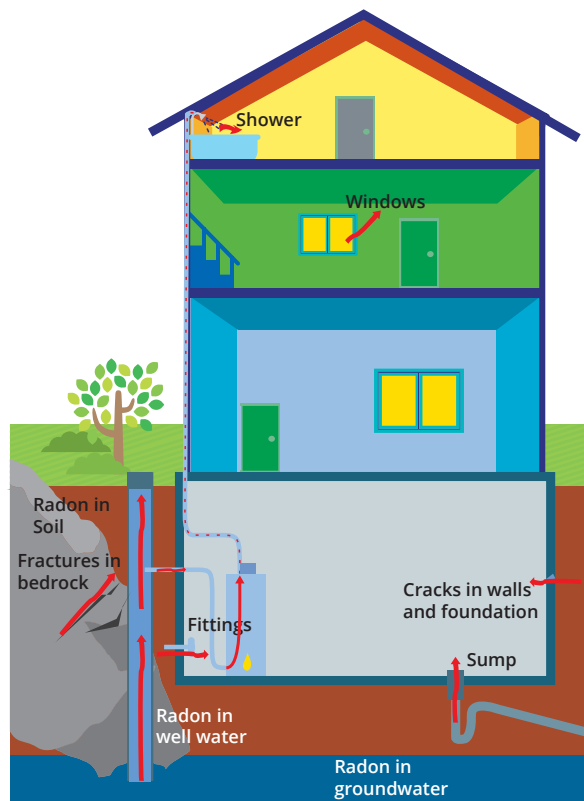
Radon & SMOKING

What you need to know and do to protect your health.



How does radon get into your home?

Outdoors, radon is found in the air in relatively low amounts. However, it can seep into new or old buildings and homes in several ways.

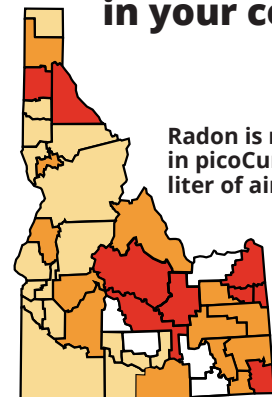


How much radon is in your home?

The only way to know how much radon may be in your home is to test for it. Testing can be done through do-it-yourself home test kits or through a professional testing company. **Homes with high radon levels can be fixed!**

The Environmental Protection Agency (EPA) recommends that you take action to reduce the amount of radon in your home if the radon levels are 4.0 picoCuries per liter of air (pCi/L) or higher. For information on how to lower the radon levels in your home, call the Idaho Radon Program at 1-800-445-8647 or visit our website at idahoradon.org.

What are the levels of radon in your county?



Radon is measured in picoCuries per liter of air: pCi/L

Counties in white need more homes tested

- | | | |
|---|---|---|
| <p>51% <
of the homes tested in these counties had radon levels >4 pCi/L</p> | <p>Bear Lake
Blaine
Butte
Cassia
Custer
Jefferson
Kootenai
Lemhi
Madison</p> | <p>Oneida
Shoshone
Kootenai</p> |
| <p>26% to 50%
of the homes tested in these counties had radon levels >4 pCi/L</p> | <p>Adams
Bannock
Bingham
Boise
Bonner
Bonneville
Camas
Caribou
Clearwater</p> | <p>Elmore
Franklin
Fremont
Idaho
Lewis
Lincoln
Power
Valley</p> |
| <p>0% to 25%
of the homes tested in these counties had radon levels >4 pCi/L</p> | <p>Ada
Benewah
Boundary
Canyon
Gem
Gooding
Jerome
Latah
Minidoka</p> | <p>Nez Perce
Qwyhee
Payette
Twin Falls
Washington</p> |

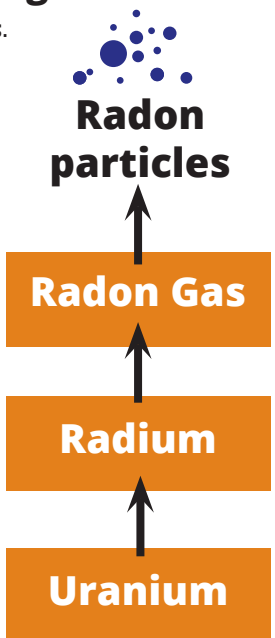
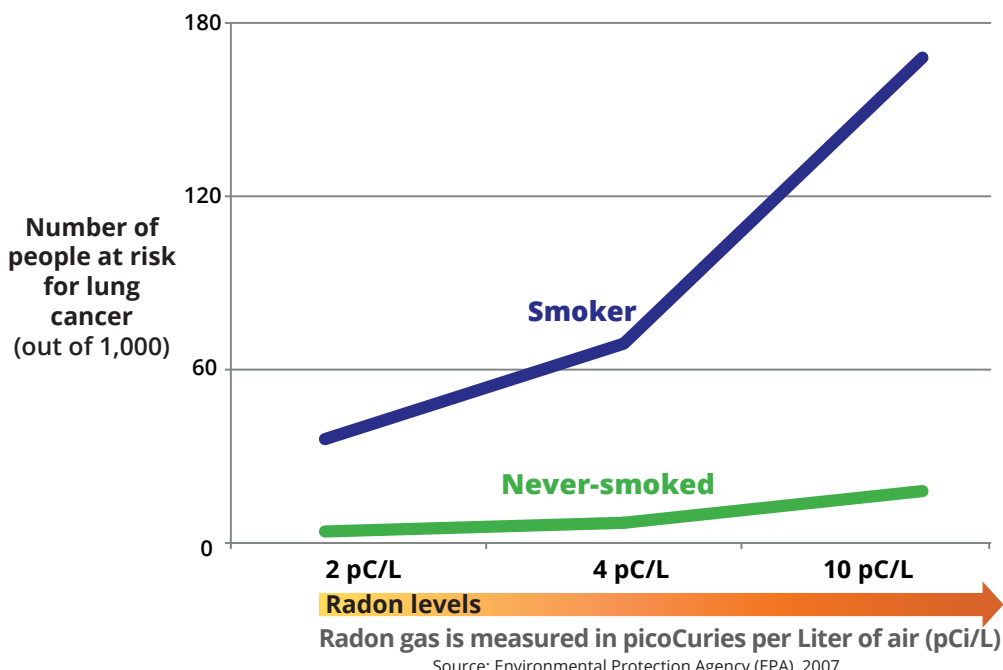
Resources: Centers for Disease Control, "Radon in the Home" - <http://www.cdc.gov/nceh/radiation/default.htm>, Environmental Protection Agency: <http://www.epa.gov/radon>

This project is funded by a grant from the EPA Region 10 Radon Program.



If you smoke, radon puts you at greater risk for getting lung cancer

Smokers are nearly 25 times more likely to be harmed by radon than non-smokers.



What is radon?

You can't see radon, smell it or taste it. Radon comes from the natural breakdown of uranium in soil, rock and water and gets into the air you breathe. You and your family are most likely to get your greatest exposure at home, where you spend most of your time.

How does radon cause cancer?

Radon gas in the air breaks down into particles that attach themselves to dust, which are then inhaled into the lungs. There, the radon can damage cells and cause cancer. Radon can be a higher risk for people with certain lung conditions such as asthma, emphysema, and whose lungs have been damaged by scarring (fibrosis).

It's a well-known fact that smoking can cause cancer. But smoking and exposure to radon increases the risk even more. Your chances of getting lung cancer from radon depend mostly on:

- How much radon is in your home
- The amount of time you spend in your home
- Whether you are a smoker or have ever smoked

Radon is the second leading cause of lung cancer in the U.S. **More people in the U.S. die from lung cancer than any other type of cancer.** **Nearly 7 out of 10 smokers in the U.S. want to quit.**

Make a plan to quit smoking

If you know what's ahead of you and you're prepared, quitting smoking can be easier. Here are some tips:

1. Pick a quit date.
2. Get support from family and friends.
3. Learn how to cope with urges, like finding something else to do when you want a cigarette or chewing tobacco.
4. If you decide to use a nicotine replacement product, get coaching on how to use the medication.
5. Be prepared for difficult moments while you're trying to quit.

Free help online at Project Filter's website

www.projectfilter.org

Project Filter offers free resources for people who would rather use an online quit program.

You'll find these quitting tools on the site:

- Quitting Aids help you decide what type, dose and schedule of nicotine replacement or other medication is right for you.
- A Quit Guide workbook helps you stick with your Quitting Plan.
- Web Coach® is a place where you can watch videos, track your progress and join in discussions with others in the program.

Free help from the Idaho QuitLine

1-800-Quit-Now (1-800-784-8669)

The Idaho QuitLine is a toll-free number that lets you talk directly to expert coaches. You'll get private counseling, support and advice on creating your quit plan. You'll learn how to develop skills to break your tobacco habits. You can talk to a live person who will help you decide which quitting products or medications will work for you.

Free Nicotine Replacement Products

Project Filter also offers **free nicotine replacement patches, gum or lozenges** for Idaho adults who call the 1-800 number or sign up online.