

# Communiqué de presse

Pour publication immédiate

## November is Radon Awareness Month

**Saint-Jérôme, November 15, 2021** – The Department of Public Health of the Centre intégré de santé et de services sociaux (CISSS) des Laurentides wants to remind you that exposure to high levels of radon in our homes is hazardous for your health. Since 2014, Health Canada has designated November as Radon Awareness Month.

### **Do you spend a lot of time in your basement?**

Probably more than in previous years, as the pandemic has had us spending more time at home. Many of us have set up an office in the basement to work from home. Others have added a child's bedroom in the basement.

Radon is a naturally occurring carcinogenic radioactive gas produced by the decay of uranium present in the earth's crust. Outdoors, it is not dangerous for it dissipates rapidly in the surrounding air. This gas seeps into our houses, mainly through the foundations. It can accumulate and reach concentrations that can pose a health hazard.

Exposure to a high level of radon in indoor air increases the risk of lung cancer. It is the second cause of lung cancer after smoking and the primary cause of it in non-smokers. As radon is invisible, odorless and undetectable to the senses alone, it is important to ensure that the radon concentration in your home does not exceed the recommended threshold.

### **How to protect yourself from radon**

The simplest way to find out the radon concentration in your home is to conduct a test using a measuring device called a dosimeter. You can do this yourself or you can hire a professional to measure the radon.

If the test results show a high level of radon concentration in your home, remedial work can be done.

Finally, as smokers who are exposed to radon are at significantly higher risk of developing lung cancer than non-smokers, this is one more reason to stop smoking.

To learn more about radon-related risks, how to measure radon and how to make our homes safer, visit <https://www.quebec.ca/en/homes-and-housing/healthy-living-environment/residential-radon>.