

RADON LESSON

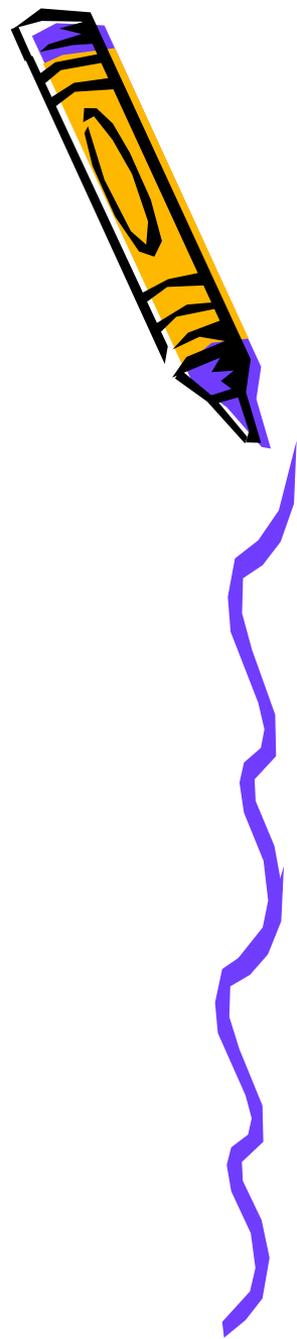


**Southwest Nebraska
Public Health Department**

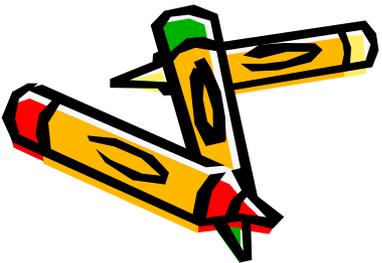
PREVENT • PROMOTE • PROTECT



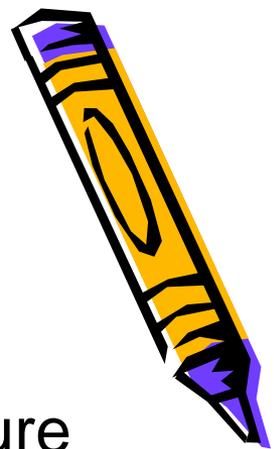
YOU WILL LEARN



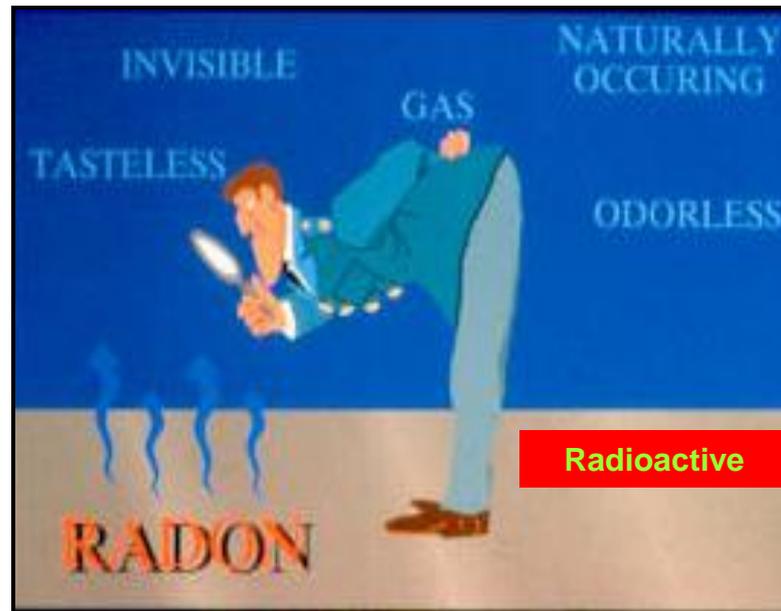
- What **radon** is
- Where **radon** comes from
- How **radon** gets into homes
- How **radon** affects your health
- How to test for **radon**
- How to reduce **radon** in a home



WHAT IS RADON?



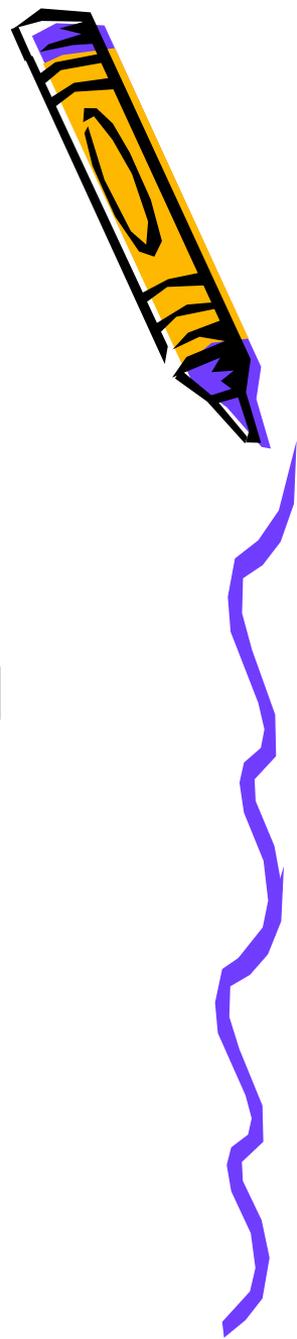
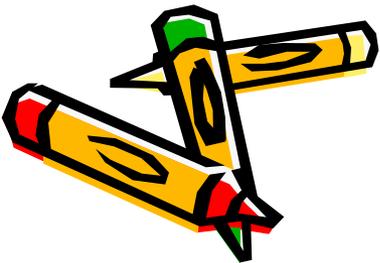
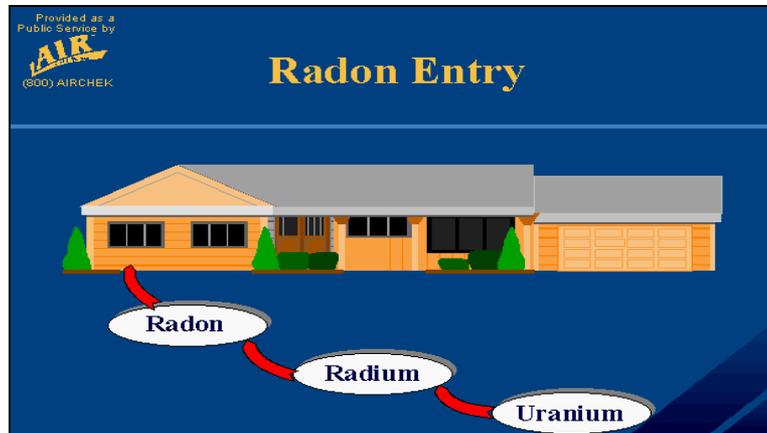
- A odorless, colorless, tasteless gas found in nature
- Builds up in many homes and buildings and can be a health hazard for you and your family



WHERE **RADON** COMES FROM?

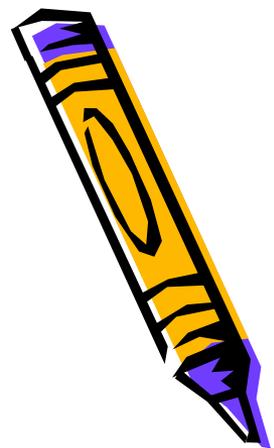
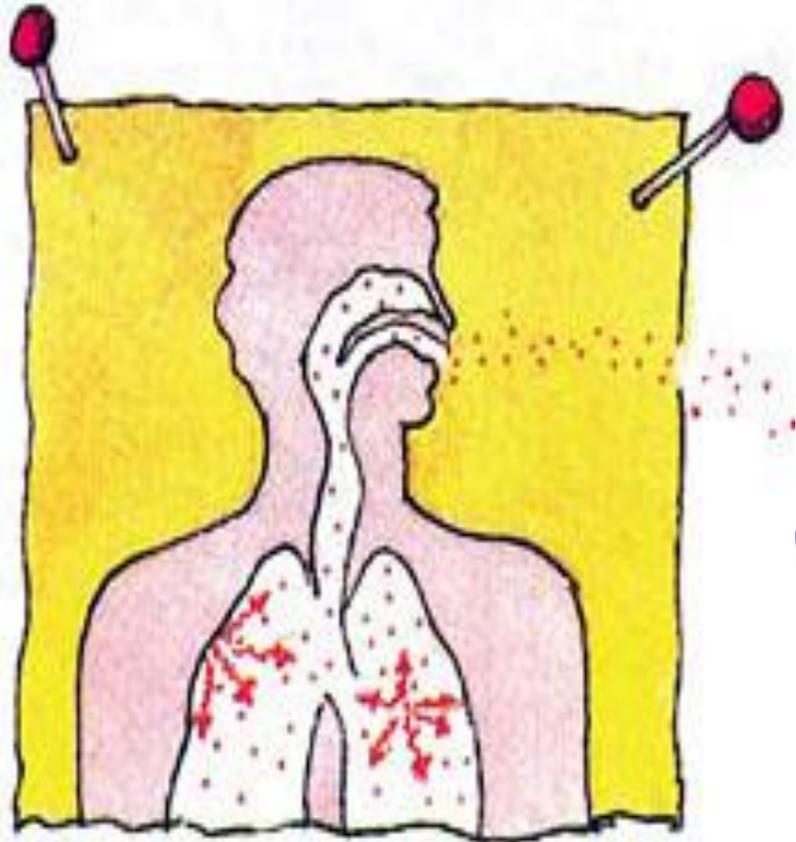
URANIUM!

- radioactive element
- present when the earth was formed
- still exists today
- breaks down to form radon

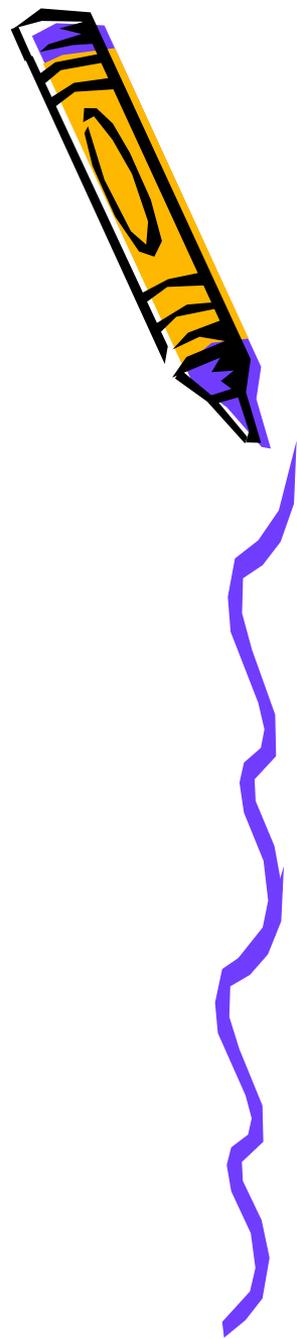


RADON DECAY PRODUCTS: BAD NEWS FOR OUR LUNGS

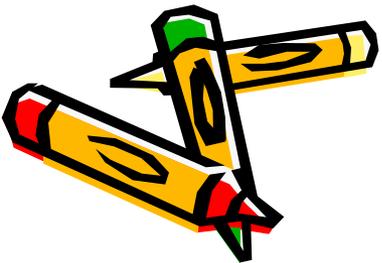
- When we breathe, **radon** decay products may become trapped in our lungs
- **Radon** can damage lung tissue and increase the risk of lung cancer



IT IS BEST TO REDUCE EXPOSURE TO RADON

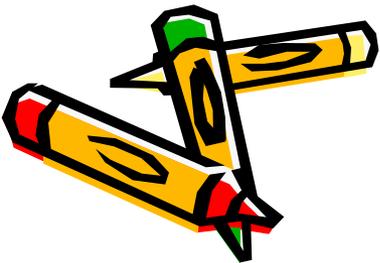
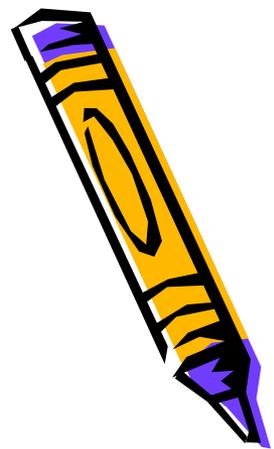


- Many scientists agree that it is best to reduce exposure to **radon** gas
- Our risk of developing lung cancer from breathing **radon** depends on two factors:
 1. *The amount of **radon** in the air that we breathe, and*
 2. *How long we breathe air containing **radon** decay products*



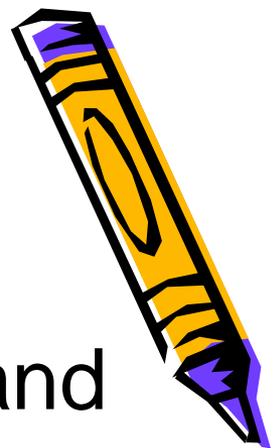
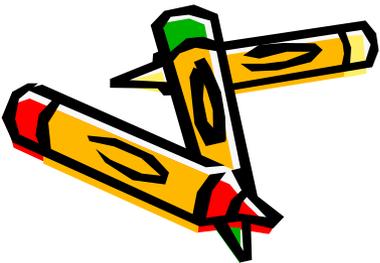
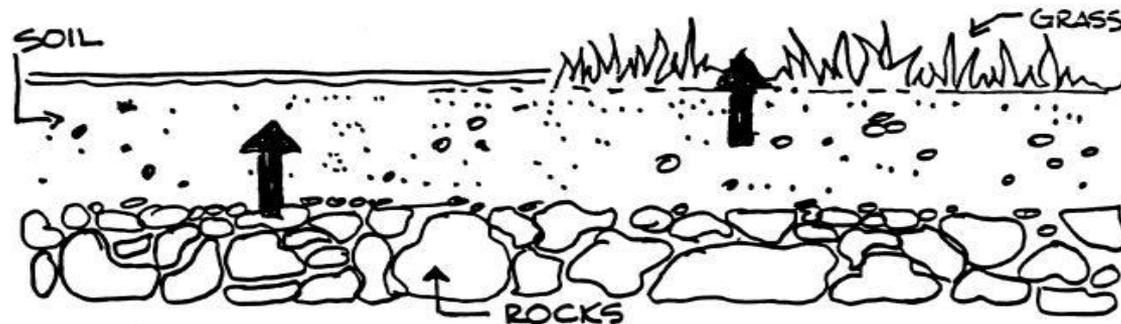
DOES MY HOUSE HAVE A **RADON** PROBLEM?

- Not all homes or buildings have the same **radon** level
- One home may have a low level while the home next door may have a high level
- The only way to find out what the **radon** level is in your home is to test for it



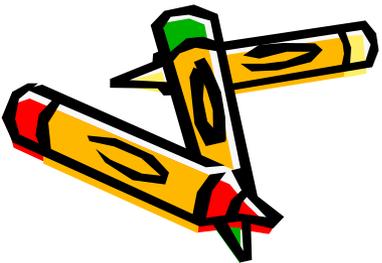
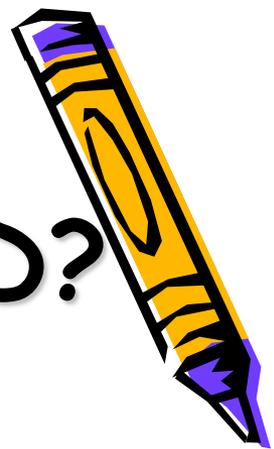
HOW COULD RADON GET INTO A HOME?

- First, it travels in small spaces in soil and rock under our homes
- Then, it gets drawn into a home through dirt floors, crawl spaces, cracks and pores in floors and walls



HOW IS RADON MEASURED?

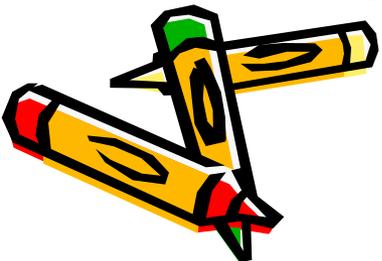
- picocuries per liter of air (pCi/l)
- EPA action level is 4.0 pCi/L
- No level of radon is safe though



HOW IS RADON MEASURED IN A HOUSE?



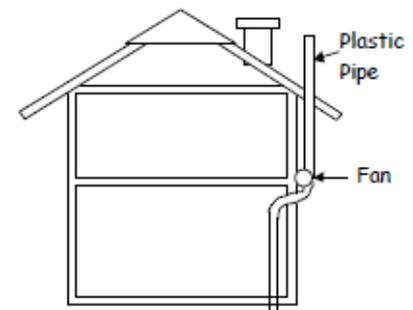
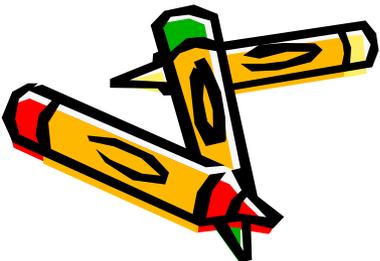
- Short-term tests
 - low cost
 - easy to use
 - \$10 at SW NE public health dept.
 - found in most hardware stores
 - 2-90 days
- Long-term tests
 - Provides a better year round average of radon levels
 - 91 days -1 year
 - www.swhealth.ne.gov for test ordering information - ask for Nebraska discount!!



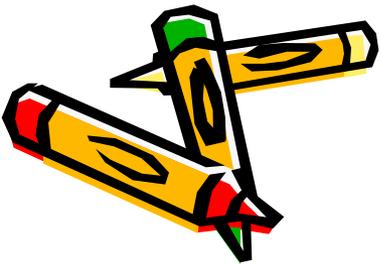
WHAT IF MY HOME HAS A HIGH **RADON** LEVEL?



- Hire a person (aka “**radon** mitigator”) who is trained to lower **radon** levels in homes and buildings
- The mitigator will install a **radon** mitigation system
 - Plastic pipe extending from basement to above the roof
 - Fan to suck the **radon** from the ground, into the pipe, and out into the air above the roof

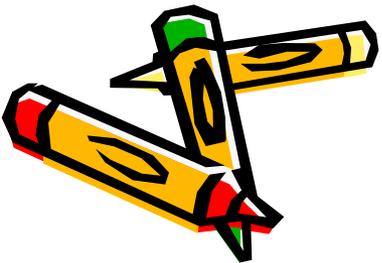
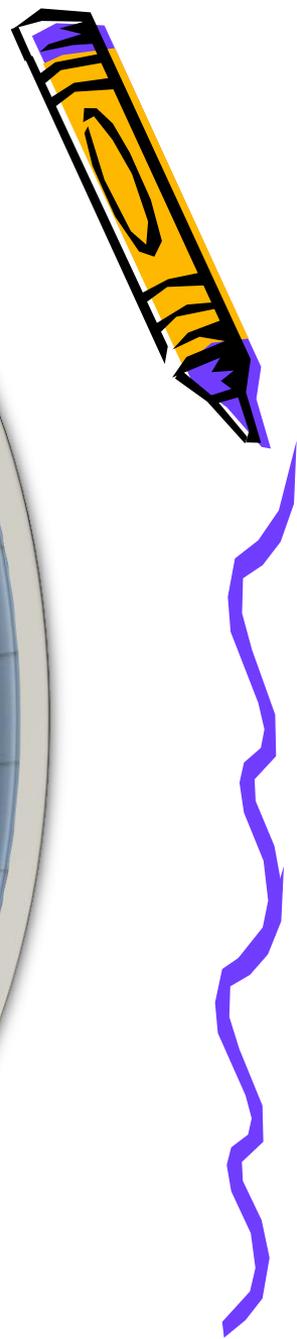
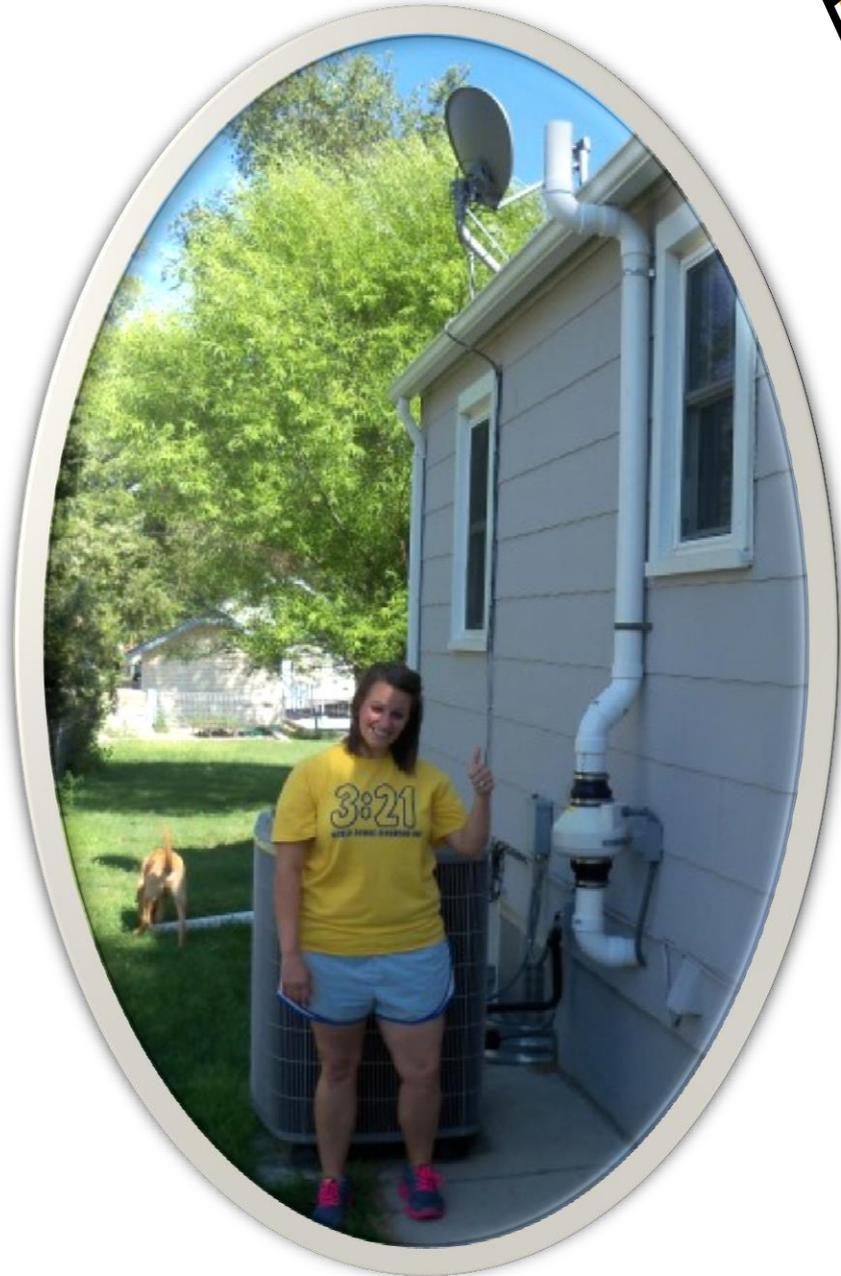


Mitigation Systems



**Hello from
Mrs. Heimann!**

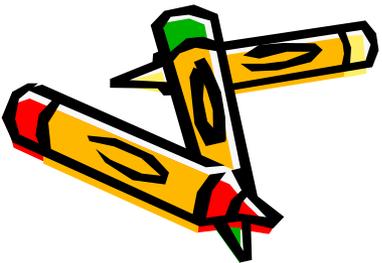
**McCook Central
Elementary former
4th Grade Teacher
& her radon
mitigation system**



Possible Poster Topics:

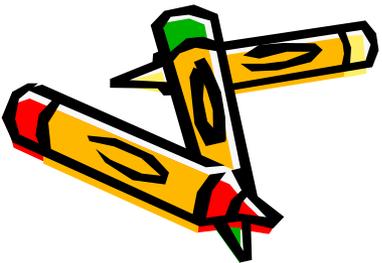
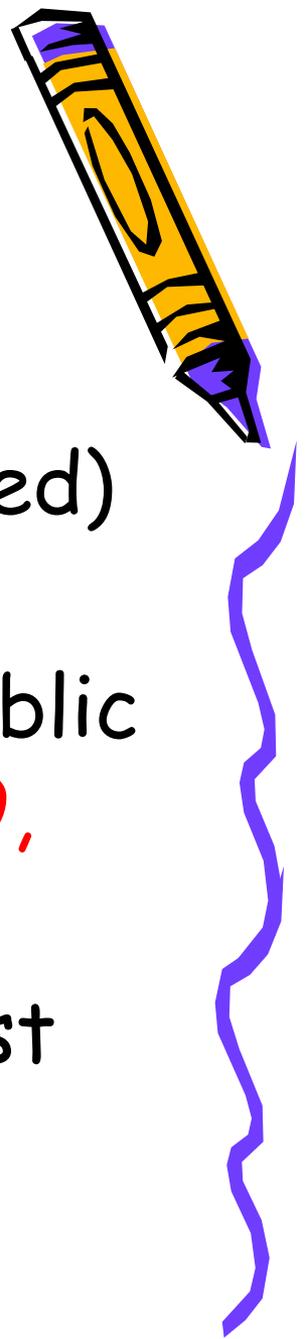


1. What is **radon**?
2. Where does **radon** come from?
3. How does **radon** get into our homes?
4. **Radon** can cause lung cancer.
5. Test your home for **radon**.



Additional Rules

- Prefer paper 12x18 or 8.5x11 sizes
- Artwork submission form (completed) taped on **back** of poster
- Posters to Southwest Nebraska Public Health Department by **December 9, 2015**
- **Ages 9-14** can participate in contest



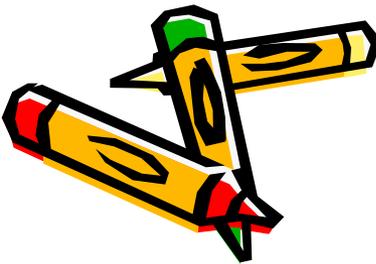


Winners in 2014

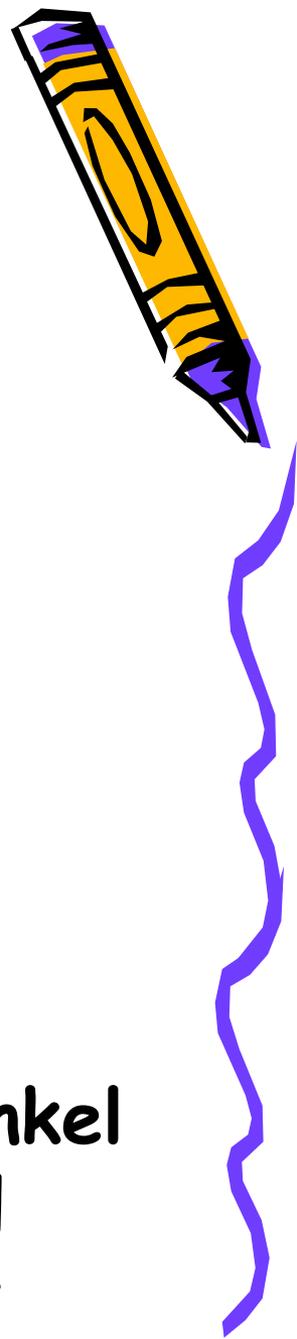
1st place
James Neel

3rd place
Kadence Steinbeck

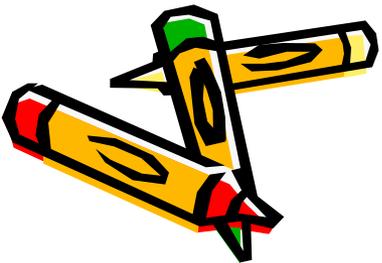
**Central Elementary School
Teacher - Mrs. Korus**



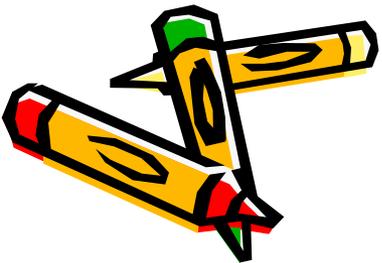
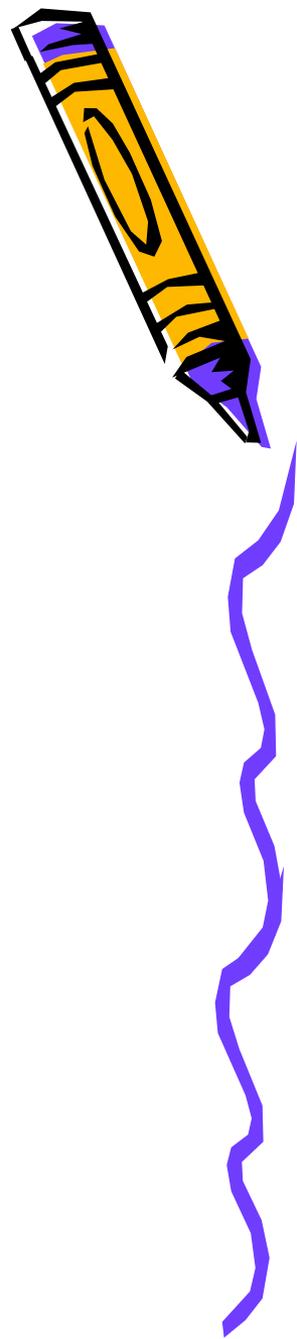
Judges: Jill Morgan, Gateway Realty; Sarah Schneider, Kjendal Photography; Mary Kircher, MEDC Housing; & Shannon Woitaszewski, Golden Plains Realty.



2nd Place Winner - Werner Winkel
Perkins County Middle School
Teacher - Renee Marquardt

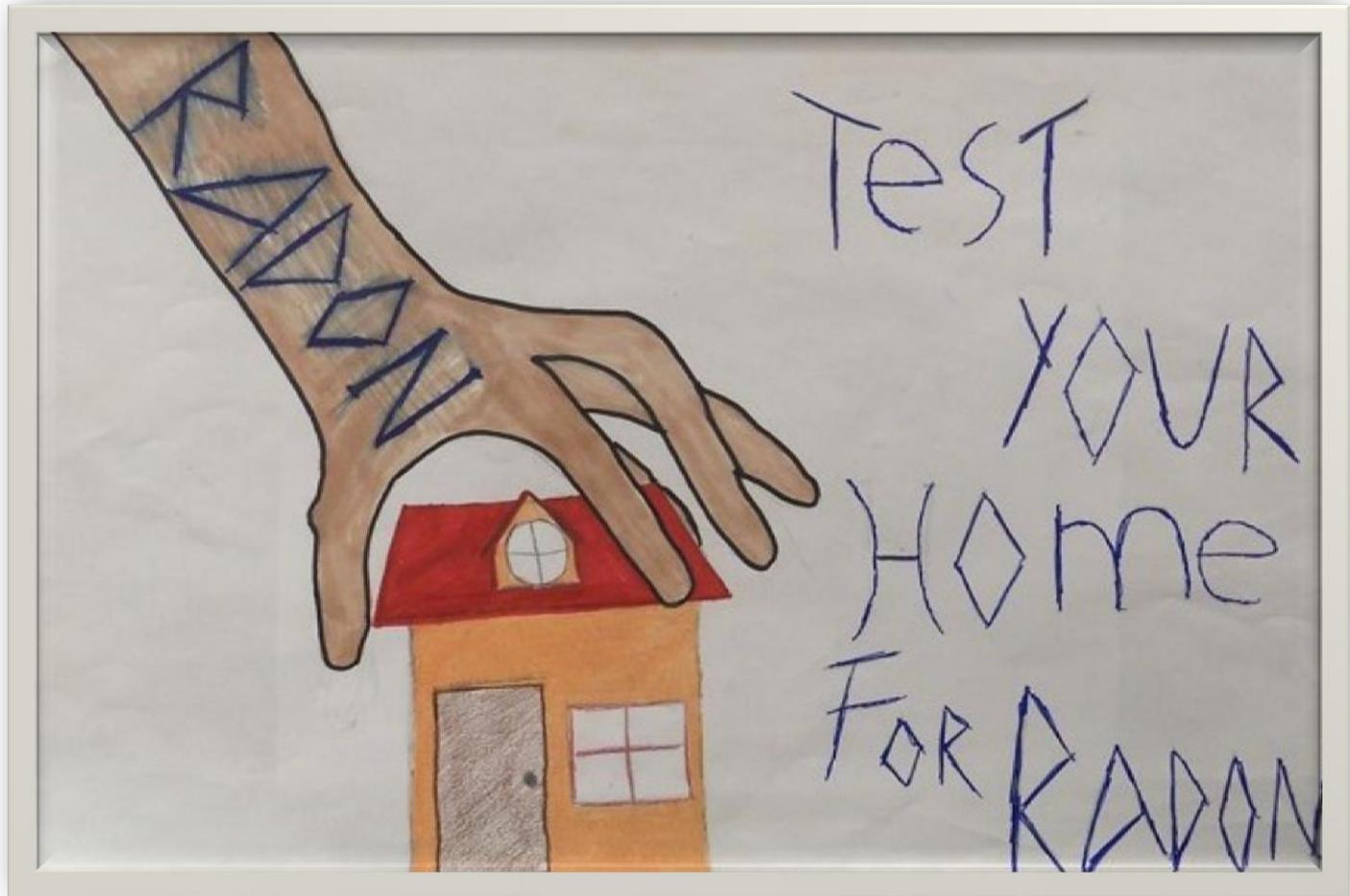


1st Place Poster 2014

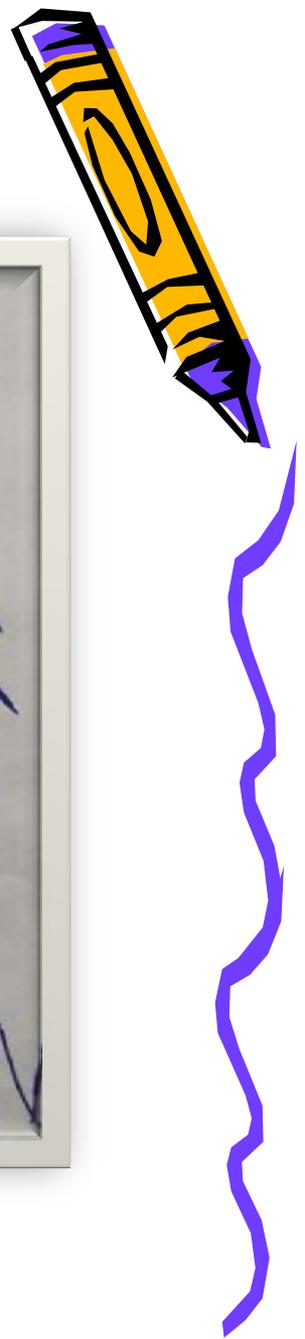
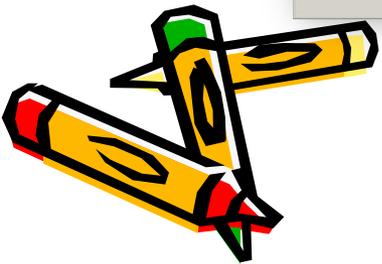


James Neel

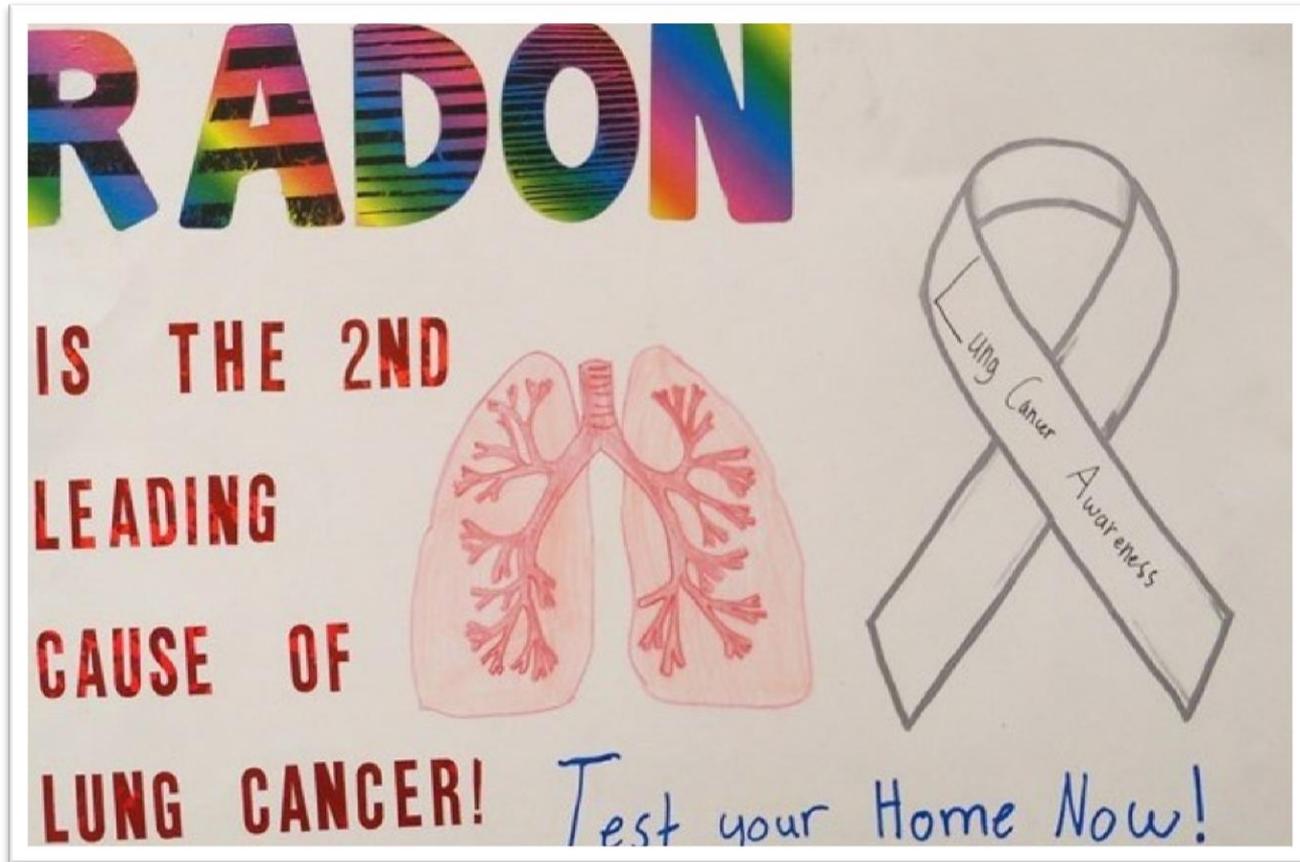
2nd Place Poster 2014



Werner Winkel

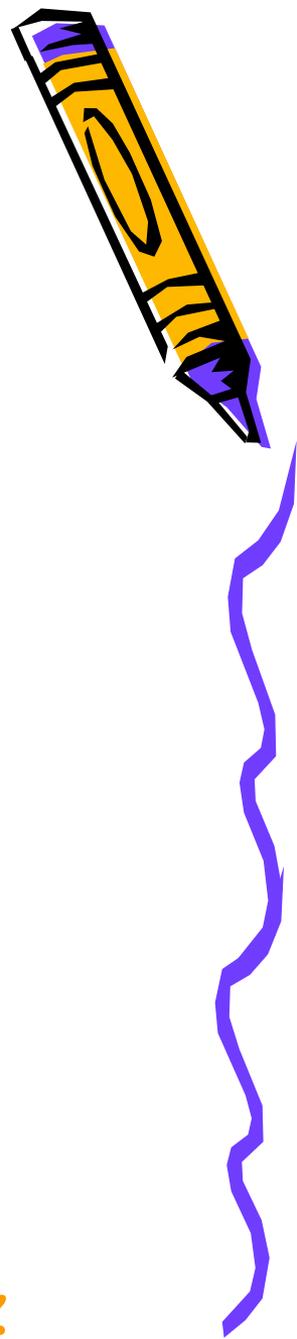


3rd Place Poster 2014



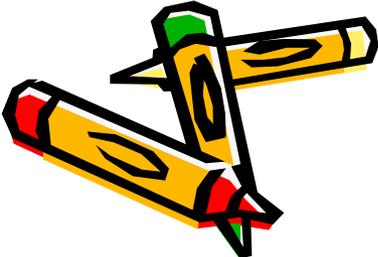
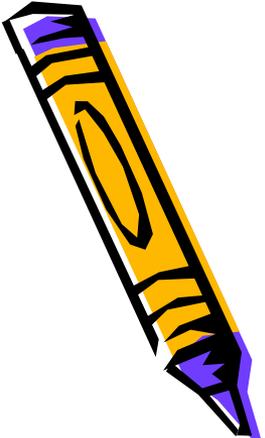
Kadence Steinbeck

4th Place Poster 2014

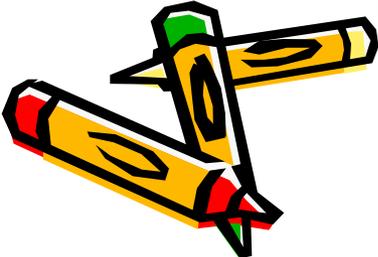
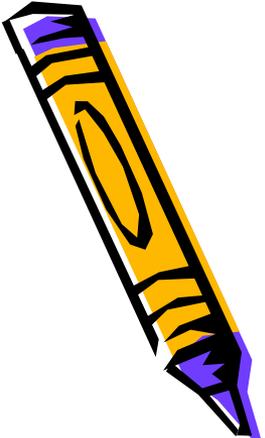


Victor Schwartz

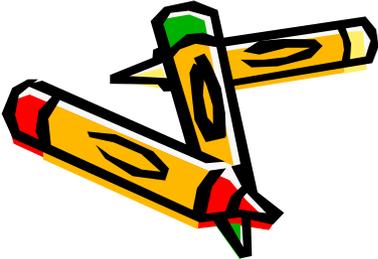
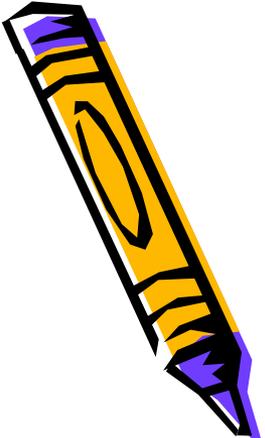
Central Elementary McCook



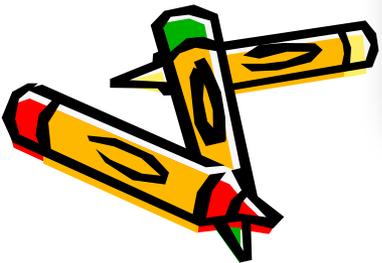
Central Elementary McCook



Central Elementary McCook



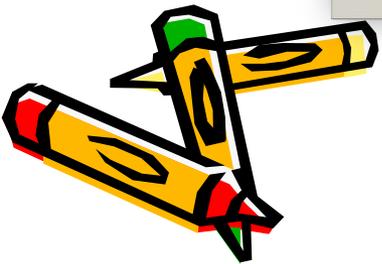
Arapahoe Elementary School



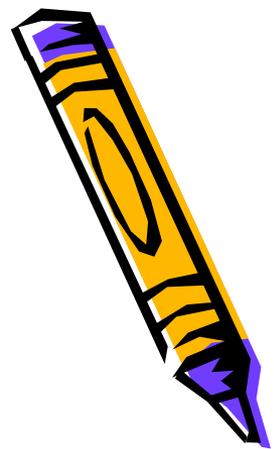
Southern Valley Winners



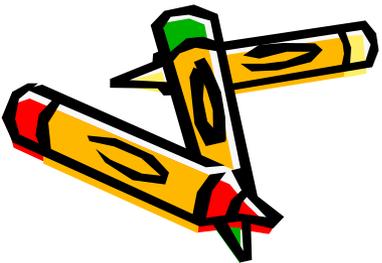
Southern Valley



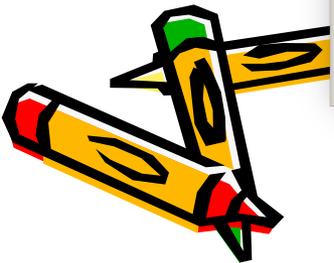
Perkins County Top 60 Posters



Top 25 Poster
Samuel McArtor



Perkins County Top Posters



WANTED

DEAD OR ALIVE!
(Mostly DEAD)

The Invisible
Bandit (Radon)

\$100,000,000 REWARD

Wanted for...
Creating lung cancer & murder

Last seen in someones body!

OHG! Did u here bout
this thing called Radon?

No... wats tht?

Its somthin tht cn
kill u! Tell ur pnts...

I jst lookd it up +
OHG tht stns scry...

IKR!! They say u
cn dye frm it :(

So basclly Yolo?
:)

YOLO!!!!!!

**DON'T BE A
VICTIM! TEST
YOUR HOME
FOR RADON!
DO IT BEFORE
IT'S TOO LATE!**

YOLO
ONLY LIVE ONCE

SO test your
home for
RADON!!!!

Fact:
Radon is an invisible gas that can kill you.
Radon is a colorless, tasteless, and odorless gas.
You can test your home for radon today!



Rn
Radon
86

RADON

Detect
to Protect!

Colorless

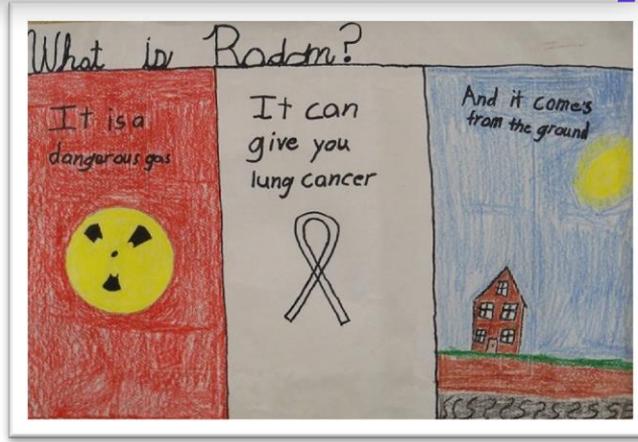
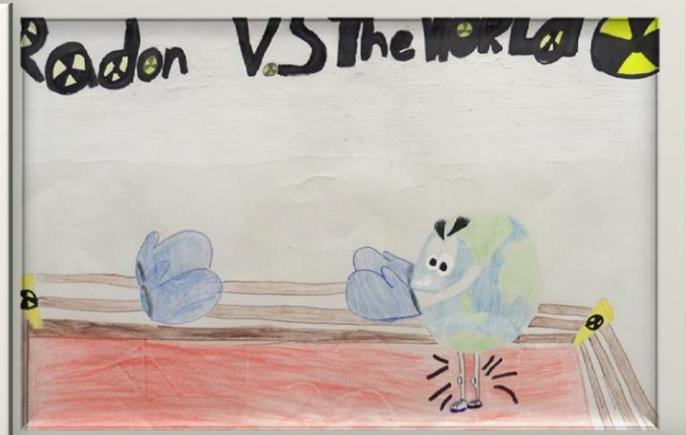
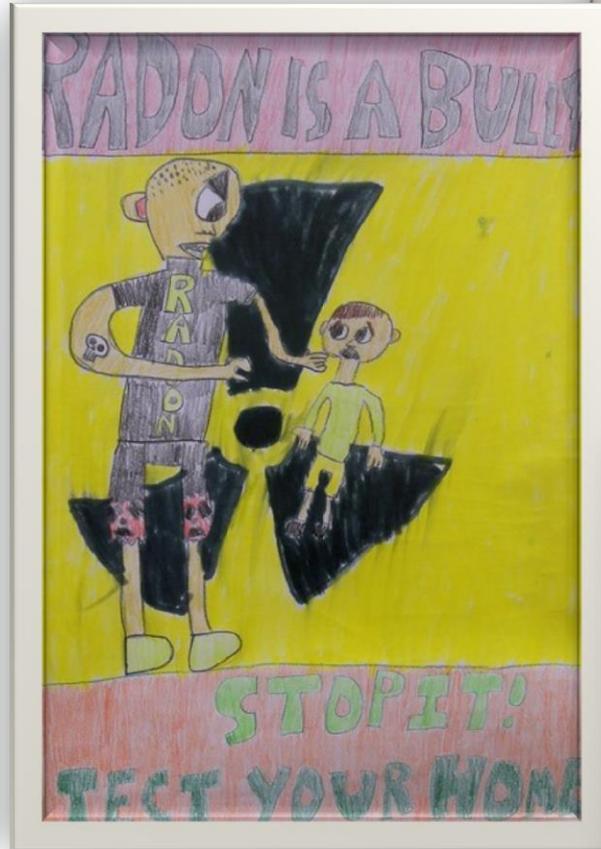
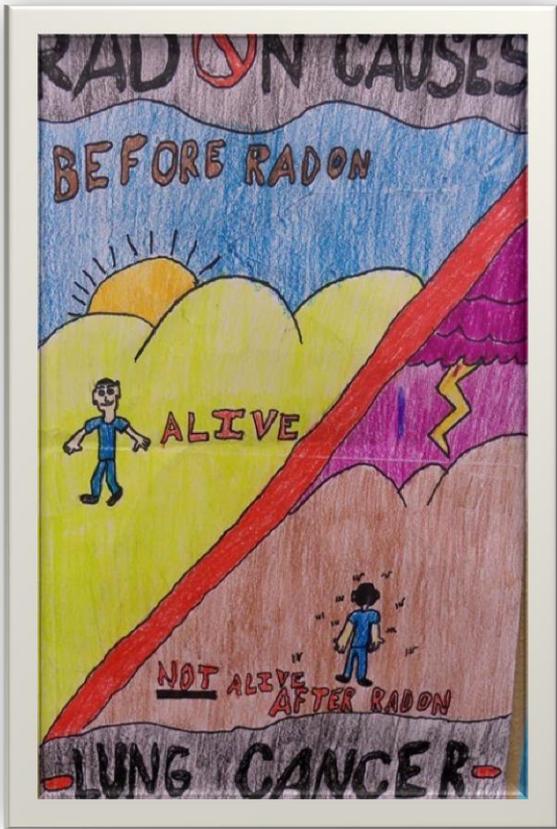
Odorless

Tasteless

Got Gas?

2nd Leading
cause to lung
cancer.

Test Your Home For RADON Now!



What is RADON?

You can't see it. You can't smell it. You can't taste it, but it's deadly.

IT'S RADON!



Radon comes in through cracks and holes.



Protect your home and your loved ones! Test for RADON!!!

RADON=DANGER

2nd floor source to lung cancer

26,000 people die each year from lung cancer

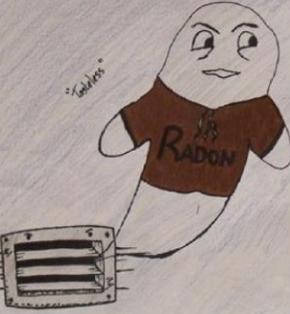
1st floor area nearby




"odorless" "invisible"

TEST YOUR HOME

for RADON



The only way to know your home's radon level is by testing.

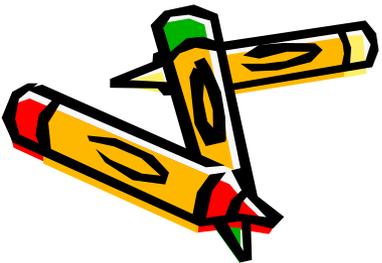
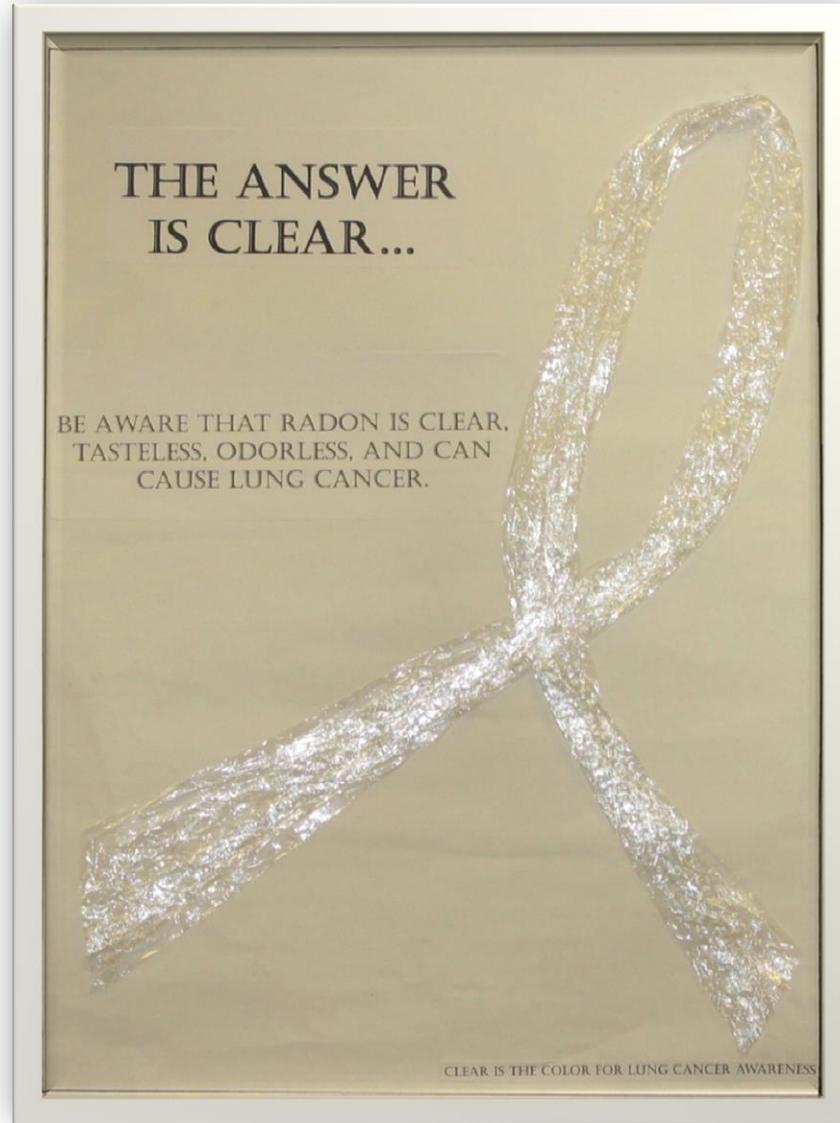
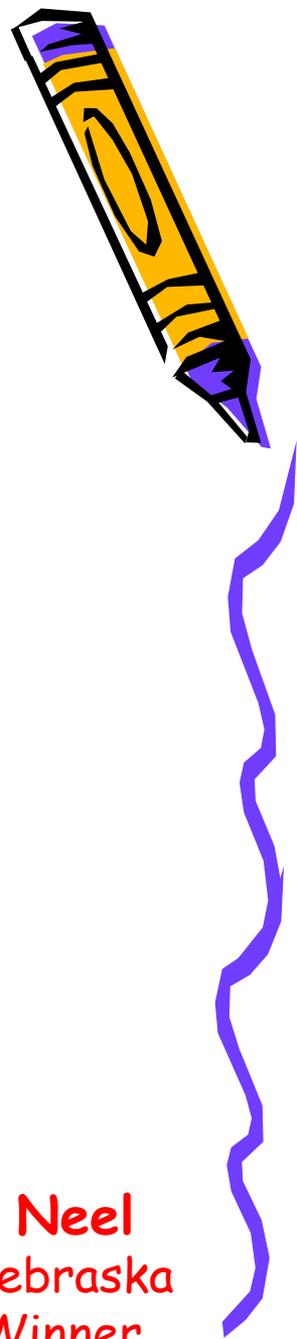
PREVENT RADON!!!

You CAN'T SEE it,
You CAN'T SMELL it,

Protect your loved ones.

TEST FOR RADON NOW!

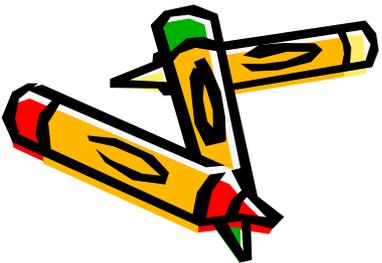
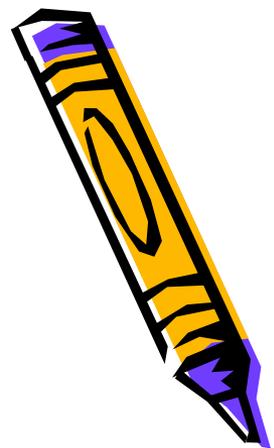
National 3rd Place Winner



JoAnn Neel
2012 Nebraska
State Winner

Judging Criteria

- Content is accurate about radon
- Easy to read the lettering/any words
- Simple to understand
- Originality - your own ideas
- No copyrighted art such as Disney characters, Snoopy, Marvel Comics
- Easy to copy the image onto promotional items



Please do not copy National, State or Local winning posters



You can use elements from those posters but the judges will score higher on original ideas.

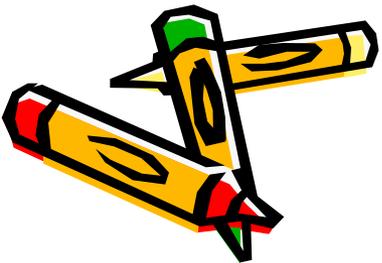
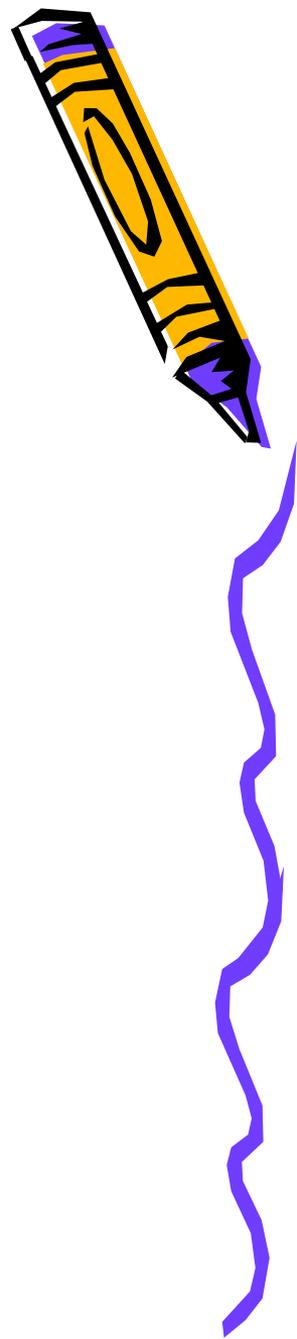
If you participated in this contest previously and were encouraged by a teacher/parent/etc. to submit a poster again with the same idea, just better artwork, that is perfectly acceptable.

You are eligible to participate in the Radon Poster Contest through age 14.



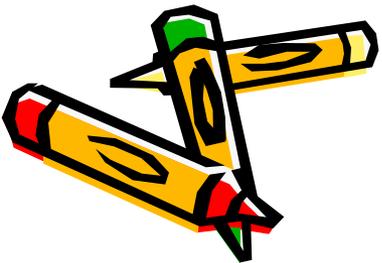
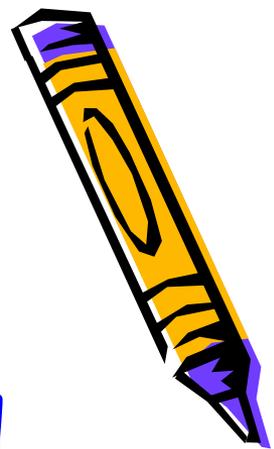
2015 Local Prizes

- 1st \$125 Gift Card
- 2nd \$100 Gift Card
- 3rd \$75 Gift Card



2014 National Prizes

- 1st \$1,000 Gift Card
- 2nd \$600 Gift Card
- 3rd \$400 Gift Card
- Special Online Voting Recognition \$400



For more information contact:
Denise Garey, Health Educator
404 West 10th Street ~ PO Box 1235
McCook, NE 69001
308-345-4223
educate@swhealth.ne.gov



**Southwest Nebraska
Public Health Department**

PREVENT • PROMOTE • PROTECT

