



Heartland Health Region

Healthy People, Healthy Communities, and Service Excellence in an Enduring Health System



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Heartland Health Region Urges Homeowners to Reduce Radon in Their Home

Heartland Health Region urges homeowners who have had a high radon test result in their household, to reduce their radon level.

Radon is a radioactive gas that comes from the breakdown of uranium in the soil. Exposure to radon increases your lifetime risk of lung cancer.

From 2012-2016, 50% of radon tests conducted in households in the Region had a radon level over the Canadian guideline of 200 Bq/m³. However, only a few people thus far have taken appropriate measures to reduce radon exposure in their households. Health Canada recommends that radon reduction measures should be undertaken in a house whenever the annual average radon concentration exceeds 200 Bq/m³ in areas of the home where you spend more than 4 hours per day.

Not many people realize that their households may have radon gas, and that radon gas is the second leading contributing factor to lung cancer after tobacco", says Dr. David Torr, Consulting Medical Health Officer for the Heartland Health Region. "We live in a radon rich area, and the gas can easily accumulate in our households, more so in winter when windows and doors are kept shut to keep out the cold. Worse still, we cannot see, smell or taste radon gas but it is a source of radiation that can lead to lung cancer with high levels of exposure over a period of time. The best first step is to test your household for radon, and if the levels are high, look into ways to reduce these levels"

Most measures to reduce radon in a household can be completed within 1-2 days with a typical cost of \$1500-2500. Do-it-yourself kits can also be purchased.

For more information on radon, you can contact public health inspection offices at 306-882-2672 ext. 3 option 3, or check on our website at <http://hrha.sk.ca/programs-services/population-health-services/public-health-inspection/> or send an email enquiry at public.health@hrha.sk.ca A list of certified radon mitigation contractors in the province is also available.

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Media: To arrange interviews contact LeAnne Paposki, Communications Coordinator,
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