

RADON LESSON

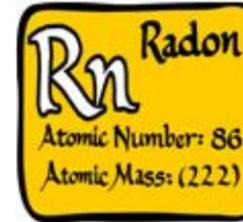
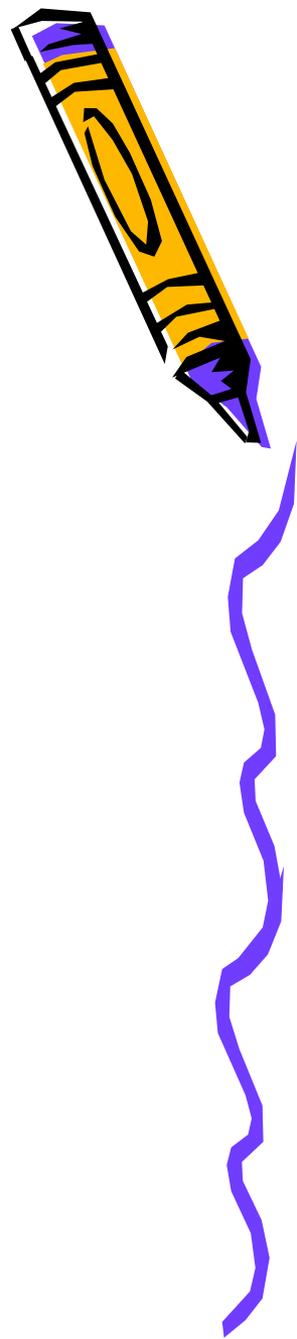


 Southwest Nebraska
Public Health Department

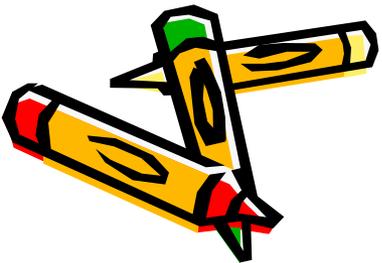
PREVENT • PROMOTE • PROTECT



YOU WILL LEARN



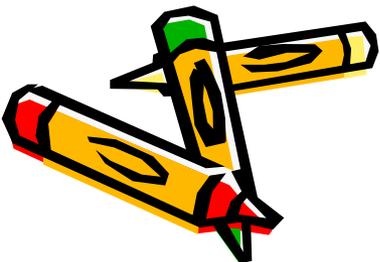
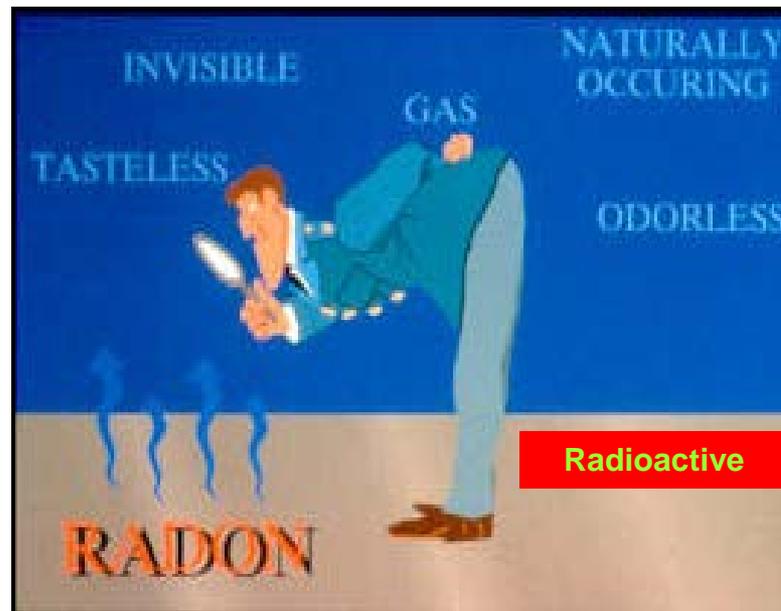
- What **radon** is
- Where **radon** comes from
- How **radon** gets into homes
- How **radon** affects your health
- How to test for **radon**
- How to reduce **radon** in a home



WHAT IS RADON?



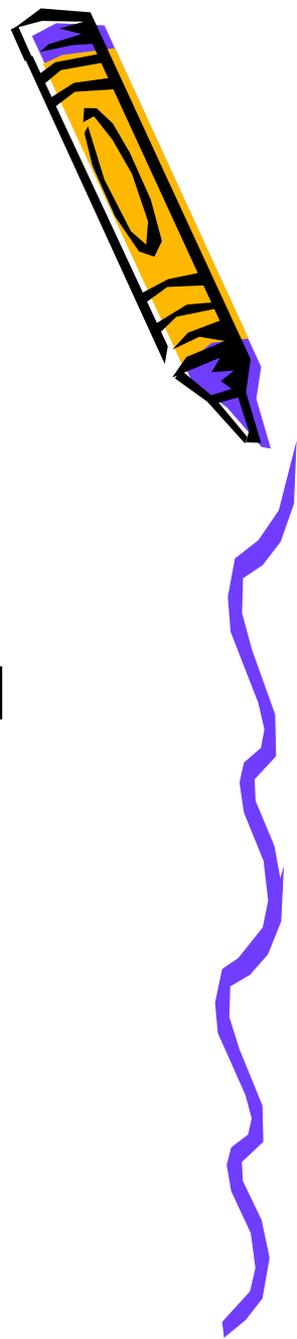
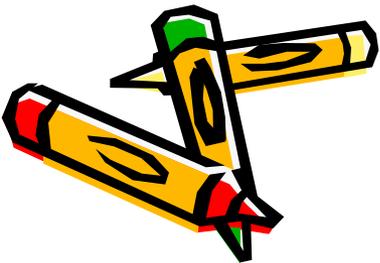
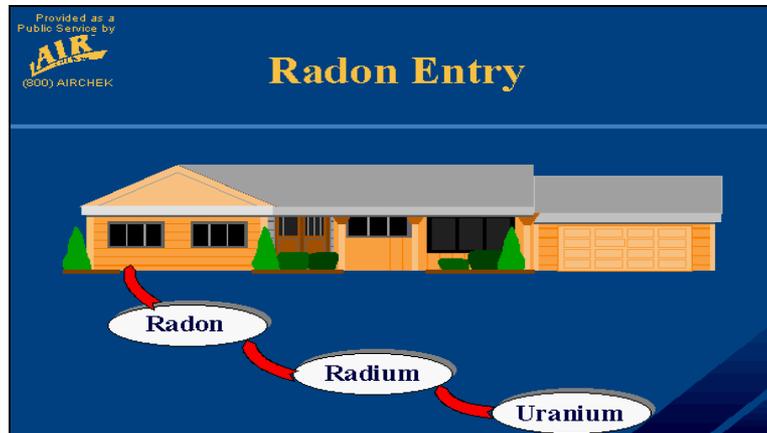
- A odorless, colorless, tasteless gas found in nature
- Builds up in many homes and buildings and can be a health hazard for you and your family



WHERE **RADON** COMES FROM?

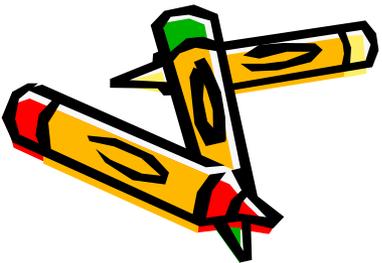
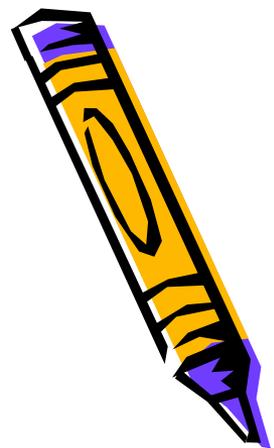
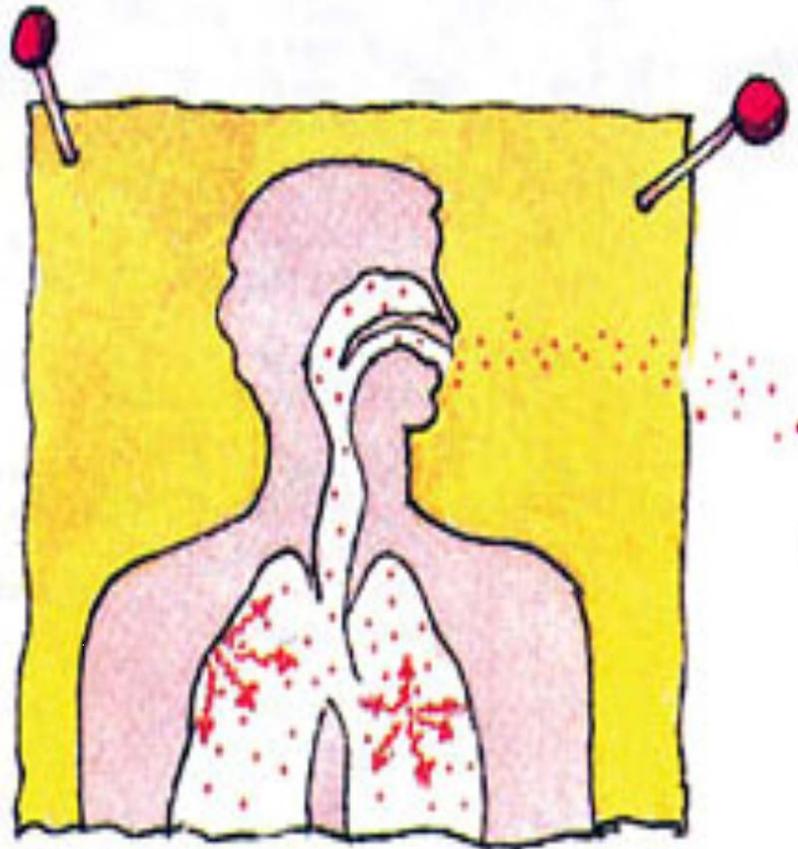
URANIUM!

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

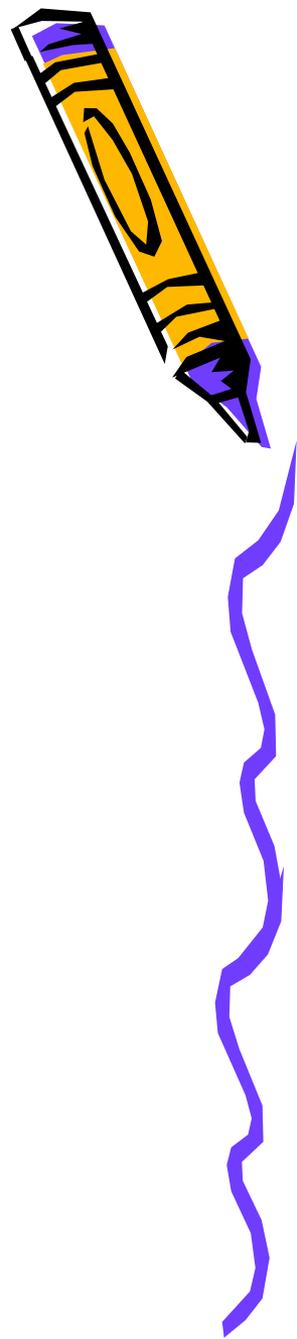


RADON DECAY PRODUCTS: BAD NEWS FOR OUR LUNGS

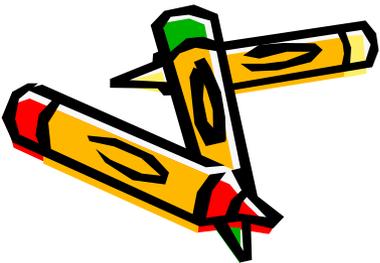
- When we breathe, **radon** decay products may become trapped in our lungs
- **Radon** can damage lung tissue and increase the risk of lung cancer



IT IS BEST TO REDUCE EXPOSURE TO RADON

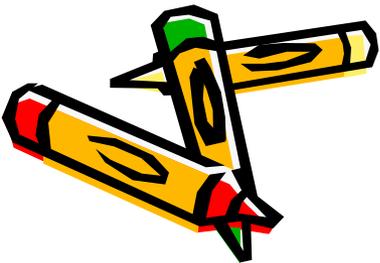


- Many scientists agree that it is best to reduce exposure to **radon** gas
- Our risk of developing lung cancer from breathing **radon** depends on two factors:
 1. *The amount of **radon** in the air that we breathe, and*
 2. *How long we breathe air containing **radon** decay products*



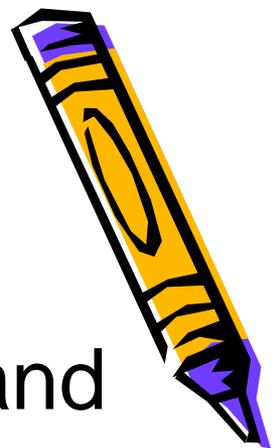
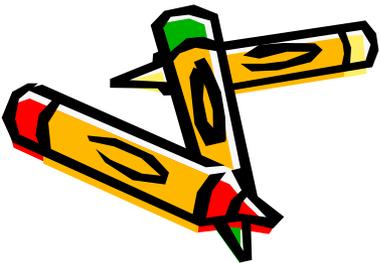
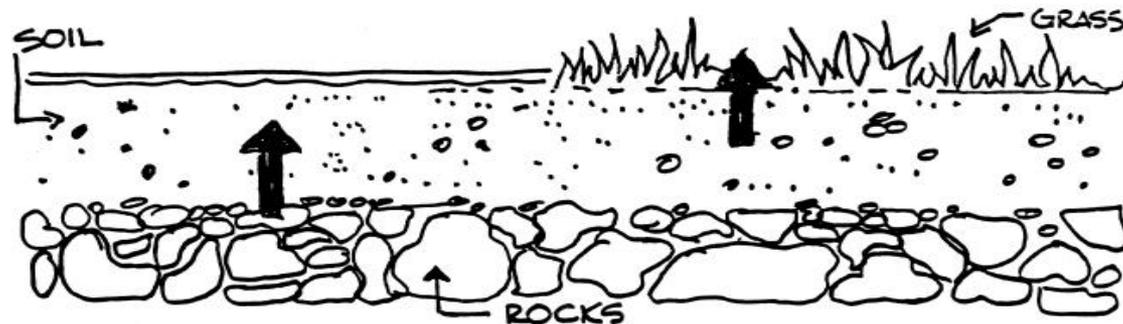
DOES MY HOUSE HAVE A **RADON** PROBLEM?

- 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



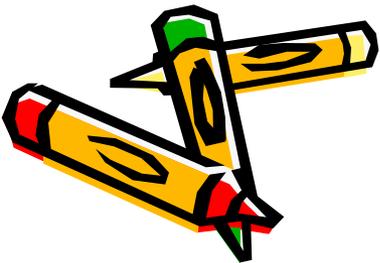
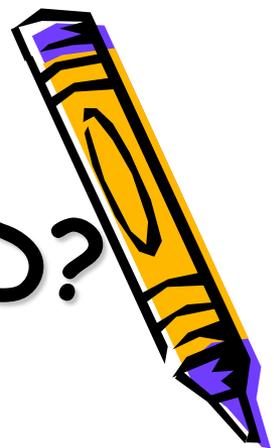
HOW COULD RADON GET INTO A HOME?

- 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

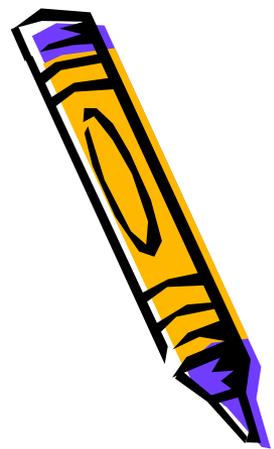


HOW IS RADON MEASURED?

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

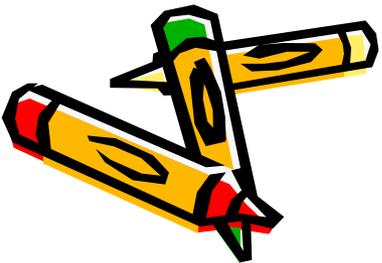


HOW IS RADON MEASURED IN A HOUSE?



- Short-term tests
 - low cost
 - easy to use
 - found in most hardware stores
 - 2-90 days
- Long-term tests
 - Provides a better year round average of radon levels
 - 91 days -1 year

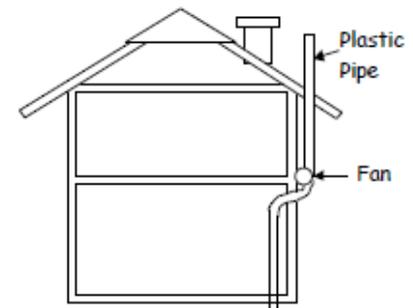
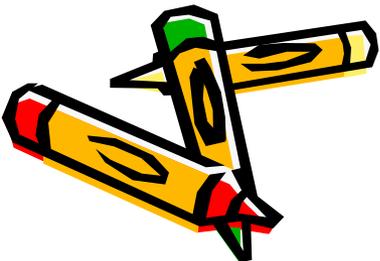
www.swhealth.ne.gov for test ordering information -
ask for Nebraska discount!!



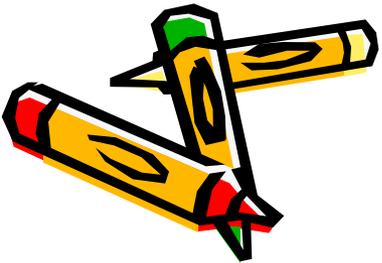
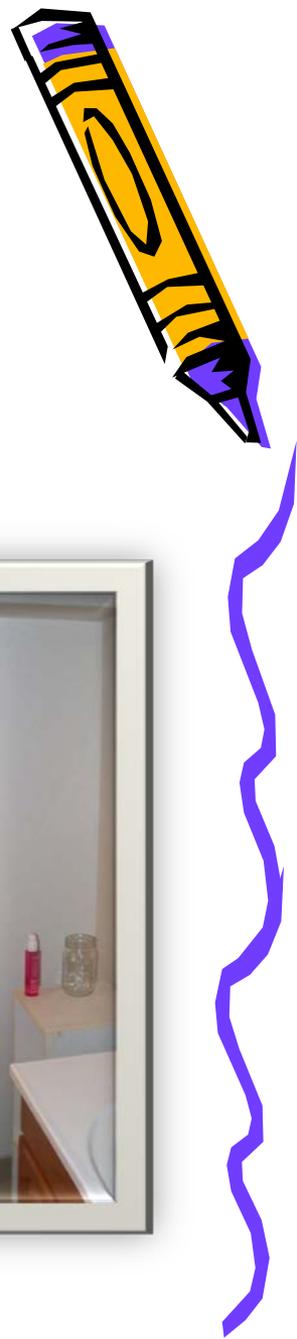
WHAT IF MY HOME HAS A HIGH **RADON** LEVEL?



- 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

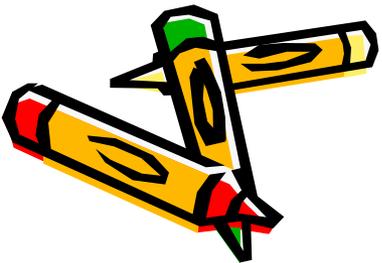
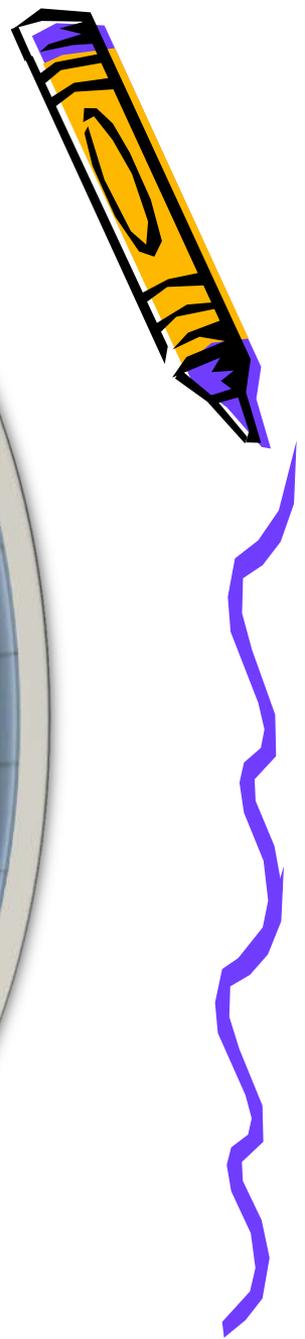


Mitigation Systems



**Hello from
Mrs. Heimann!**

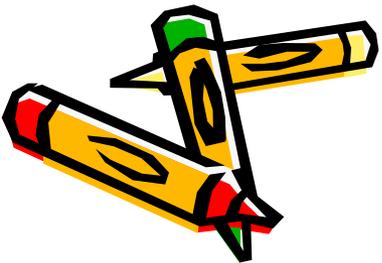
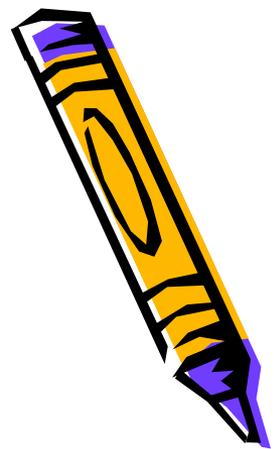
**McCook Central
Elementary
4th Grade Teacher
& her radon
mitigation system**



Possible Poster Topics:

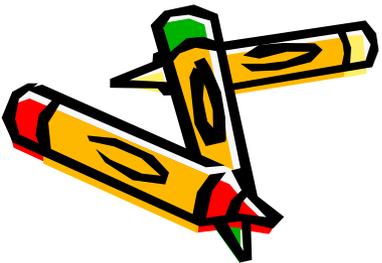
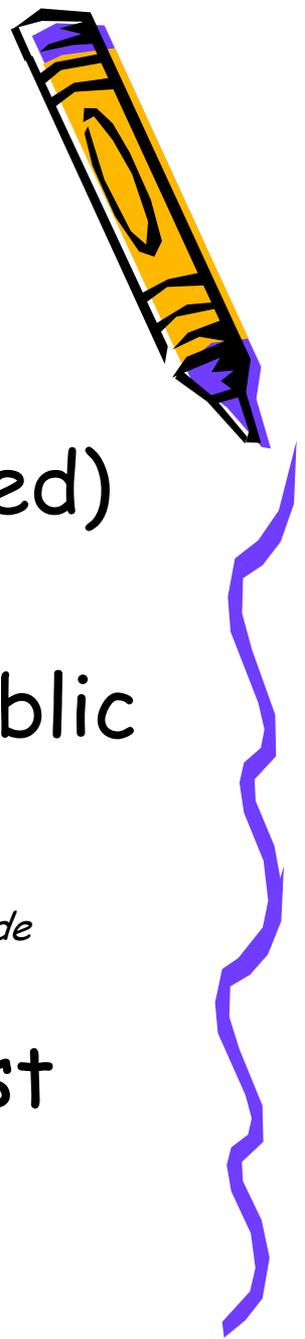
Choose ONE topic to focus on from the list below ...

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**.



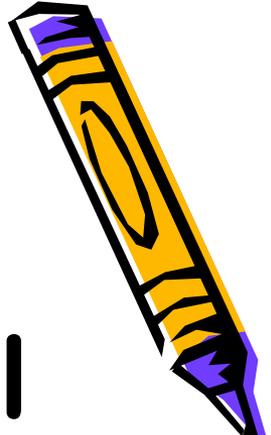
Additional Rules

- Prefer paper 12x18 or 8.5x11 sizes
- Artwork submission form (completed) taped on **back** of poster
- Posters to Southwest Nebraska Public Health Department by **October 3, 2014** *(you can send it to NE Kids Fitness Day in McCook with your 4th grade teachers on October 1st - just let me know so I can track down the posters)*
- **Ages 9-14** can participate in contest



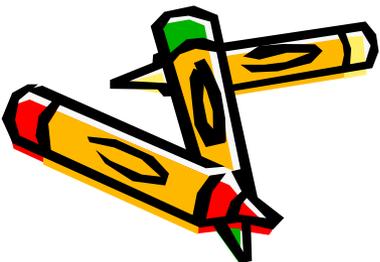


Central Elementary School
Teacher - Mrs. Korus

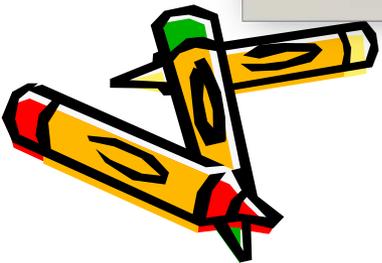
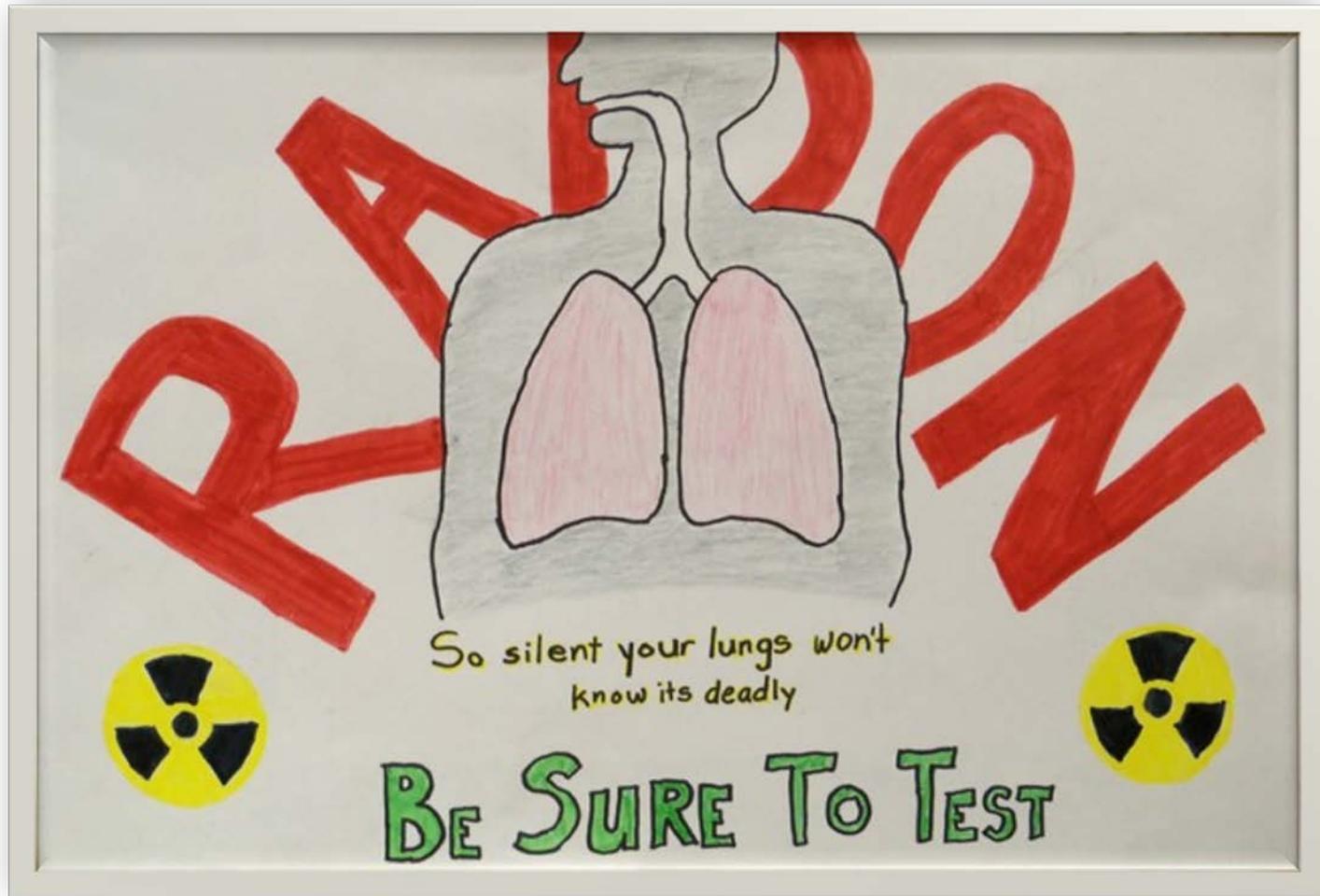


Local Winners in 2013

1st place
Megan Hodgson
2nd place
Analise Hernandez
3rd place
Kora Keslin
4th place
Emily Kjendal

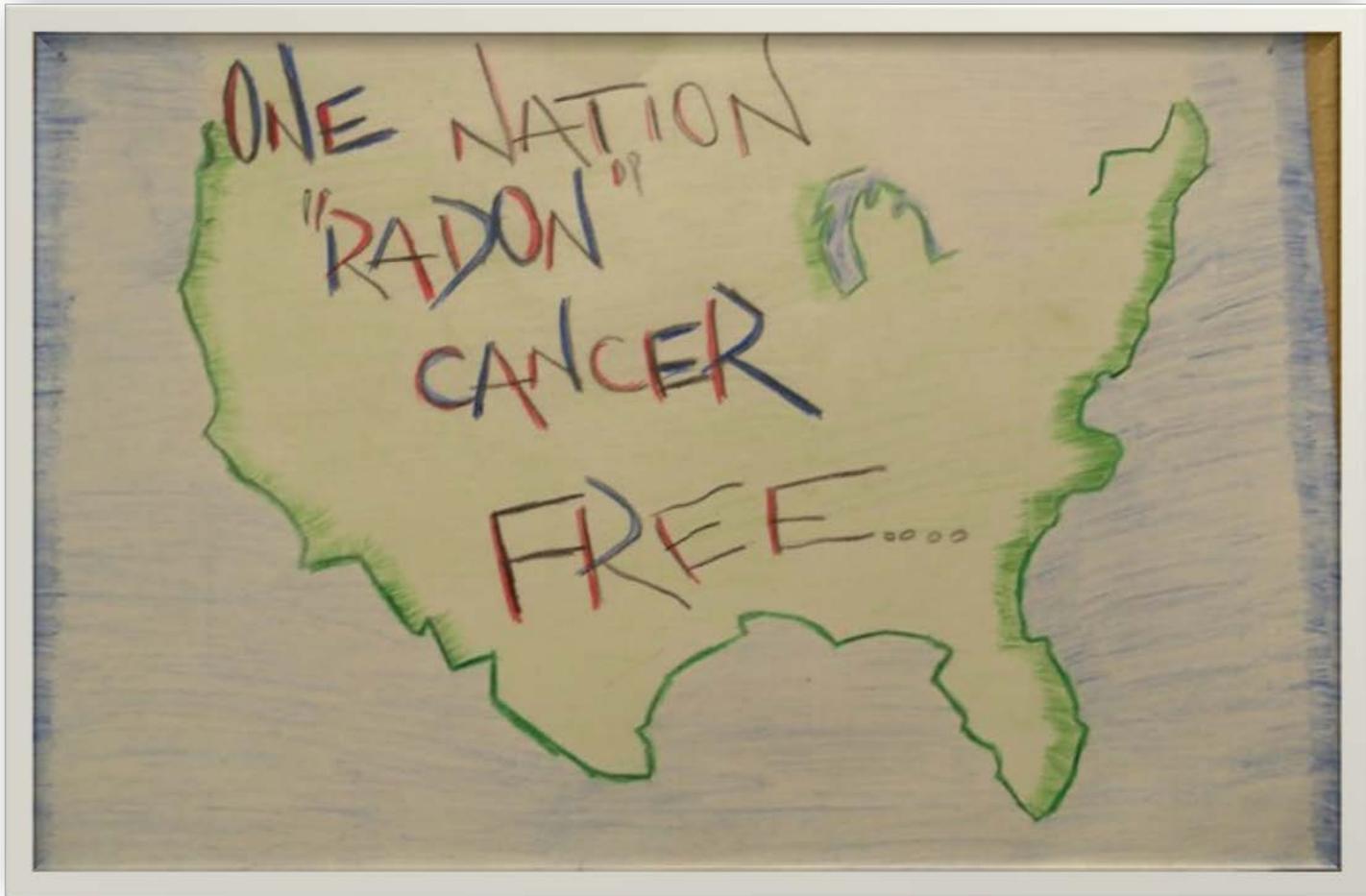


1st Place Poster 2013



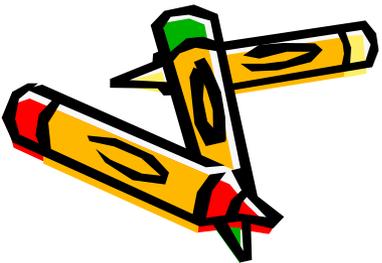
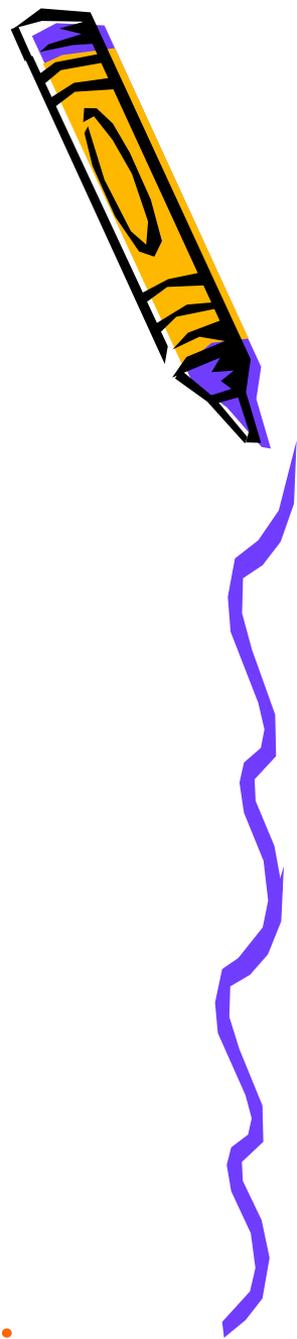
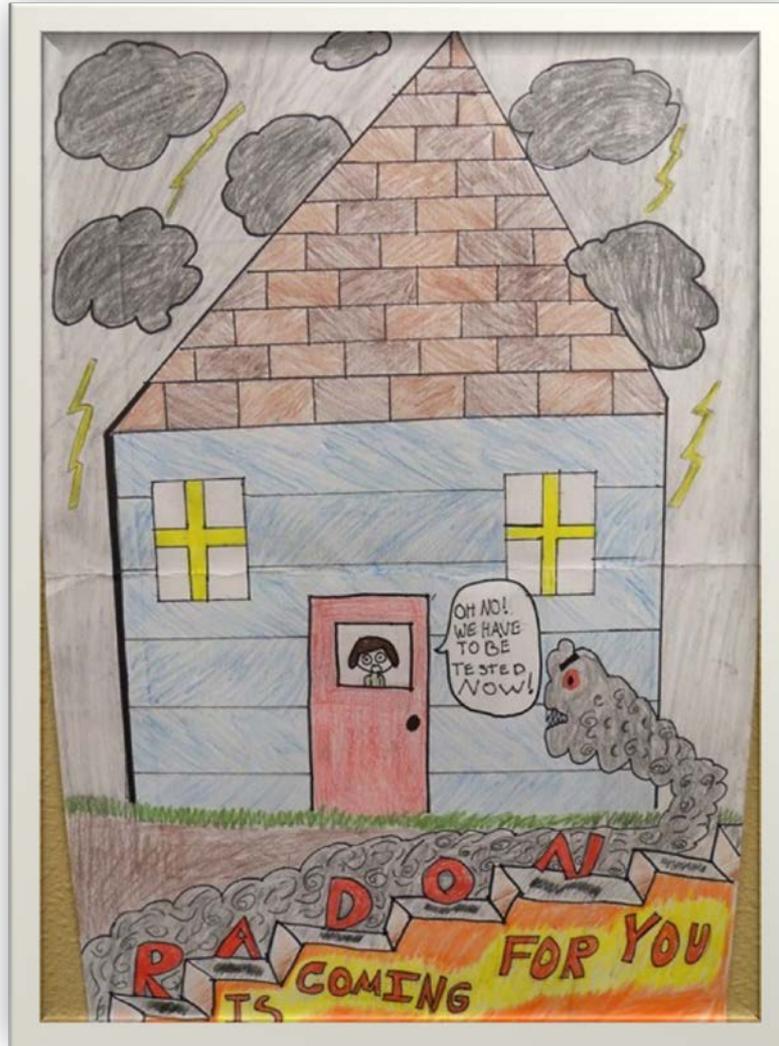
Megan Hodgson

2nd Place Poster 2013



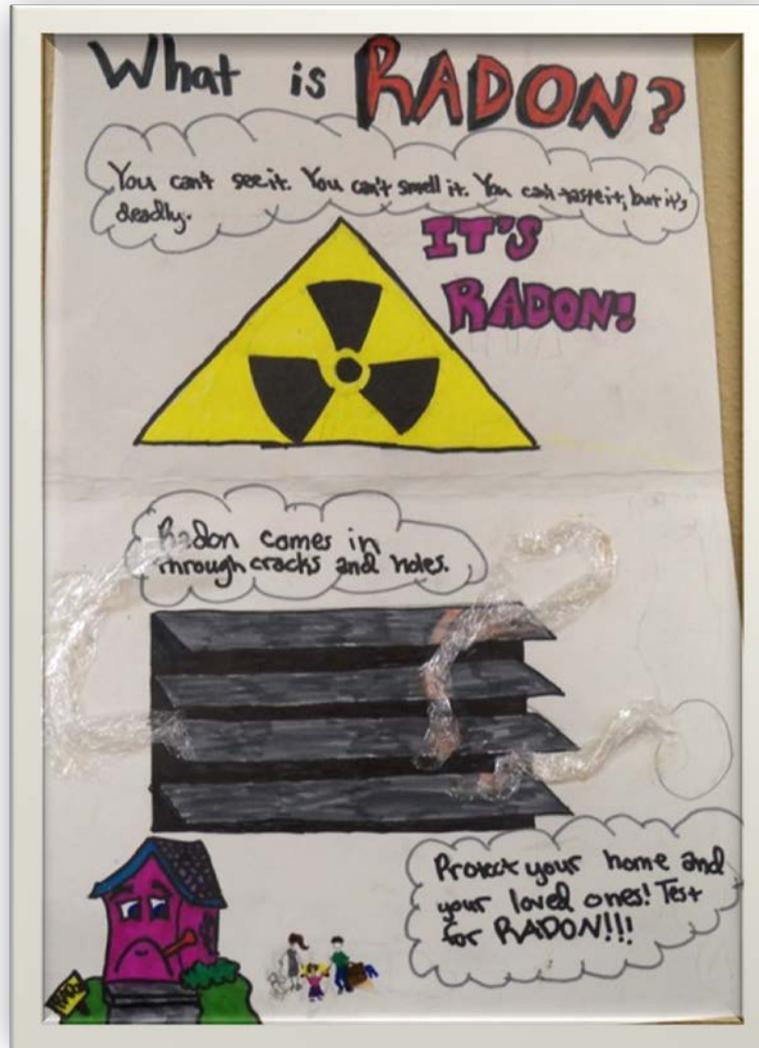
[Analise Fernandez](#)

3rd Place Poster 2013

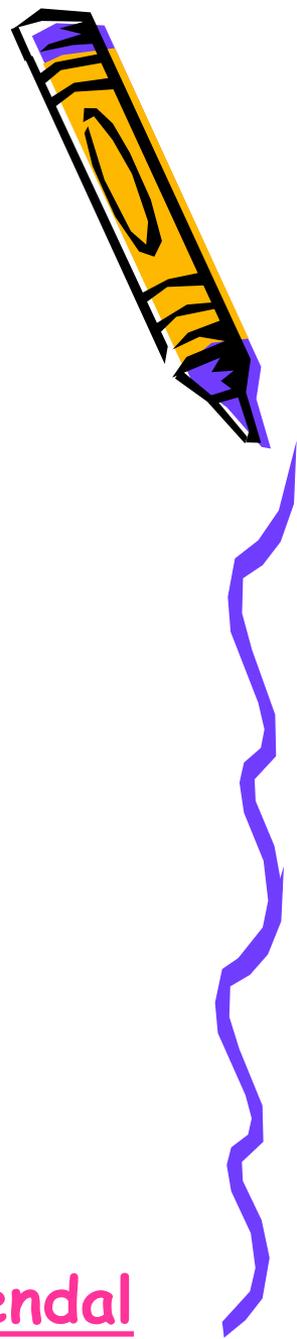
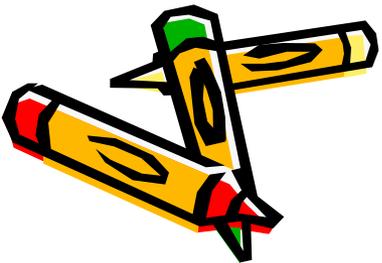


Kora Keslin

4th Place Poster 2013



Emily Kjendal

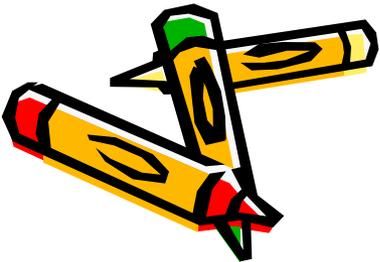


1st & 2nd Place Nebraska

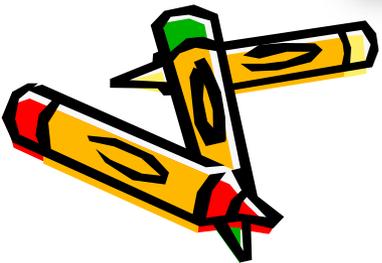
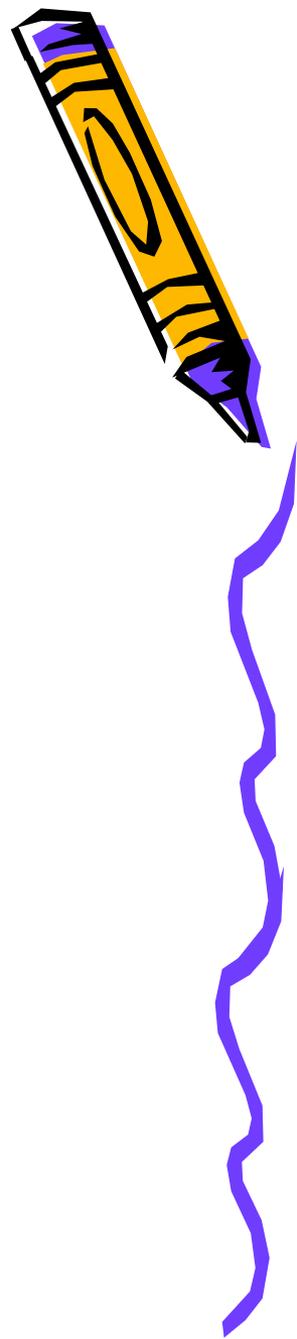


Above: A few of the judges: Tamra Neel, JoAnn Neel, Myra Stoney & Camy Bradley.

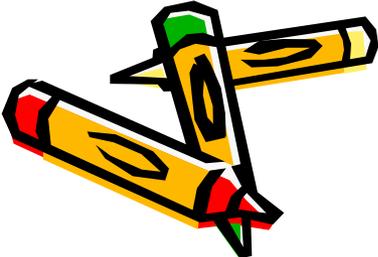
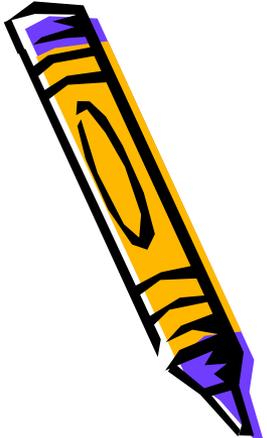
Megan Hodgson (1st) & Analise Hernandez (2nd) with JoAnn Neel, 2012 Nebraska Winner & 3rd Place National Winner, all from McCook. To the right: family, teachers, principal & judges.



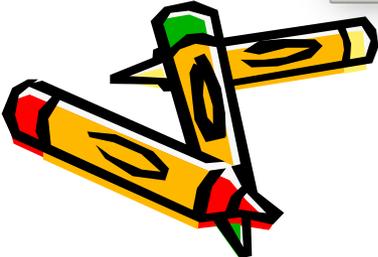
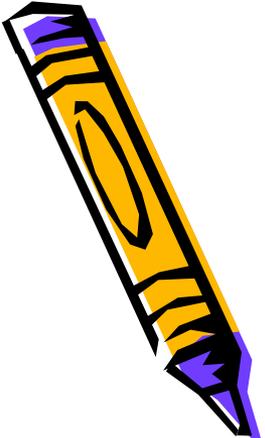
Victory Christian Academy



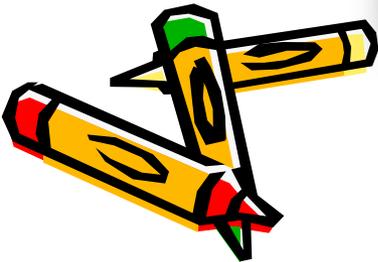
Central Elementary McCook



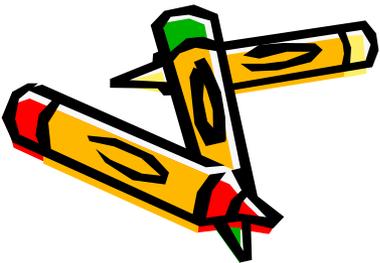
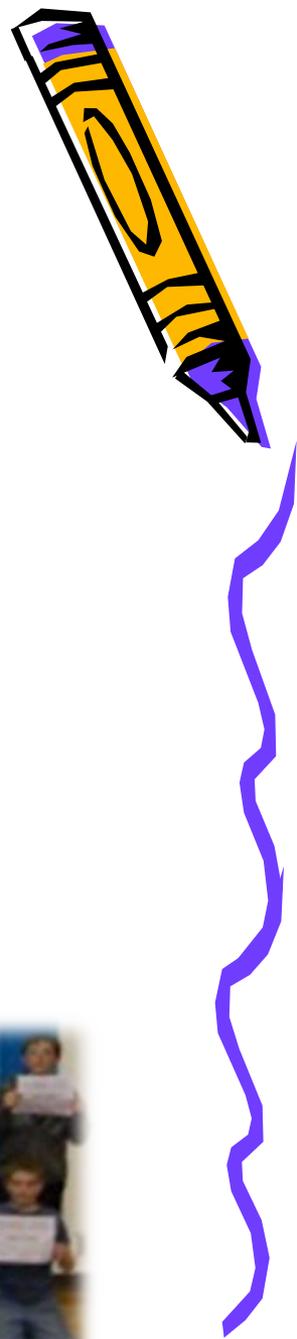
Central Elementary McCook



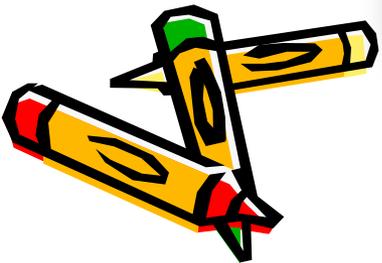
Central Elementary McCook



Central Elementary McCook



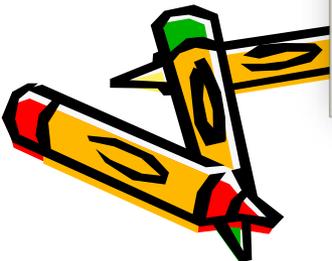
Arapahoe Elementary School



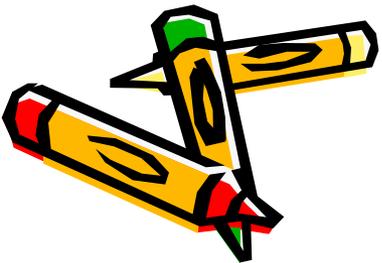
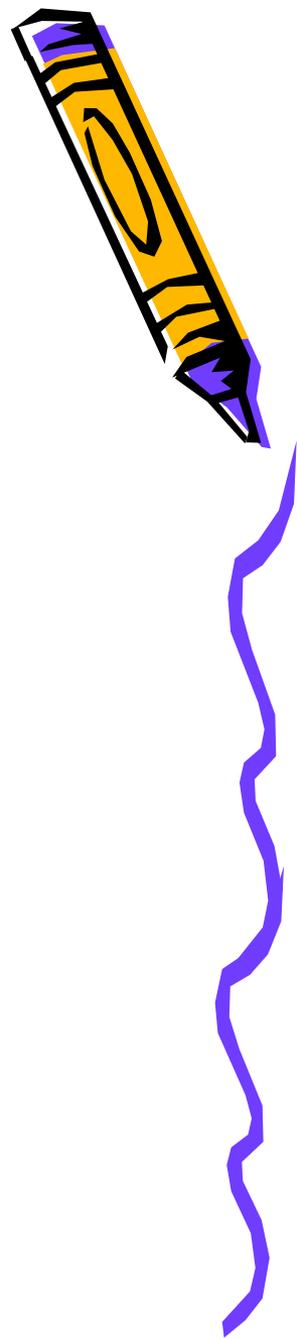
Southern Valley Winners

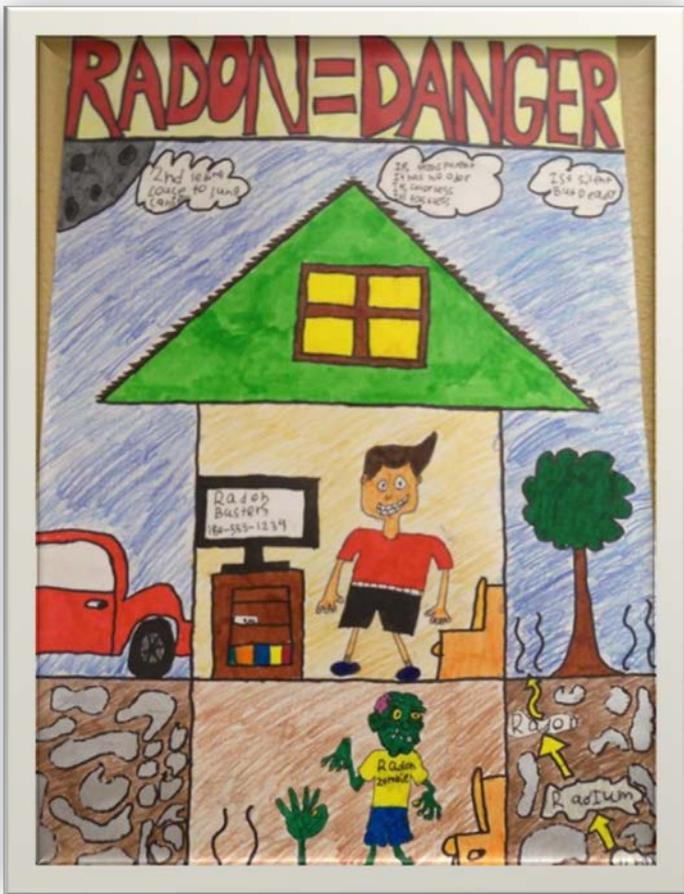


Perkins County Top Posters



Hitchcock County Winners





RADON

ONE: Did u here bout this thing called Radon?

No... wats thi?

Its somthin that can kill u! Tell ur phisic...

I got leaded it up + ONE tht stnd scry...

IKR!! They say u can dye from 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!



Beware of Your Air

Rn= RADON

2 white ribbon = ribbon stands for Lung Ca

Radon is the 2nd most leading cause to Lung Cancer

DANGER RADON GAS

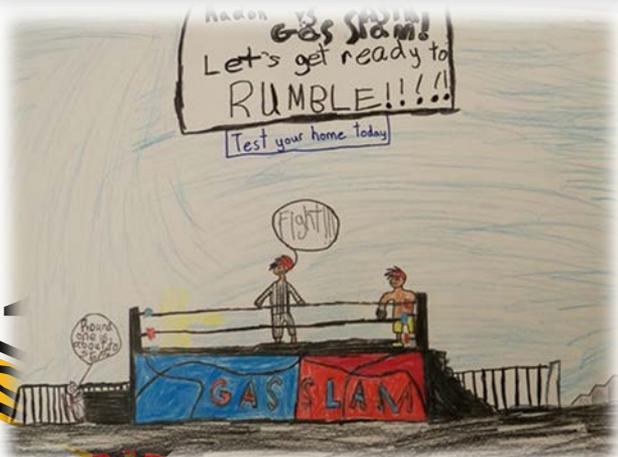
STAY OUT OF RADON'S WAY



Radon vs Gas Slam!
Let's get ready to **RUMBLE!!!!**
Test your home today

FIGHT!

GAS SLAM



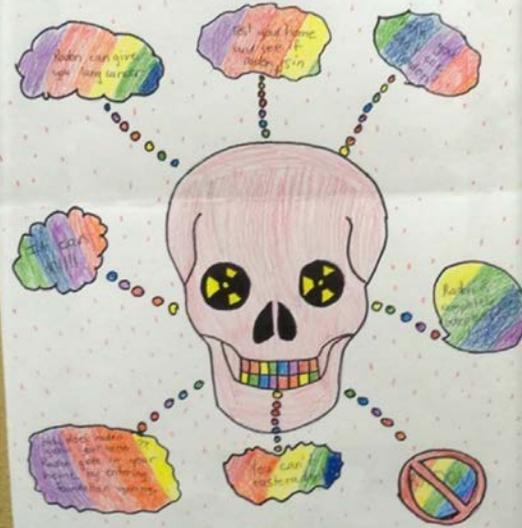


**GIVE
RADON
THE**
Have Your
tested today!!!!



RADON

Check your home today!! Don't wait!
It might be too late!



RADON

Test Your Home NOW!



Protect your loved ONES!

YOU CAN'T SEE IT COMING

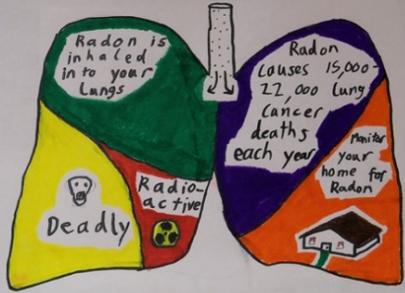
Radon Kills ☹️

Test Your Home For
Radon!

Radon is clear, tasteless, and doesn't smell. It does cause lung cancer.

Radon!

Radon causes Lung cancer

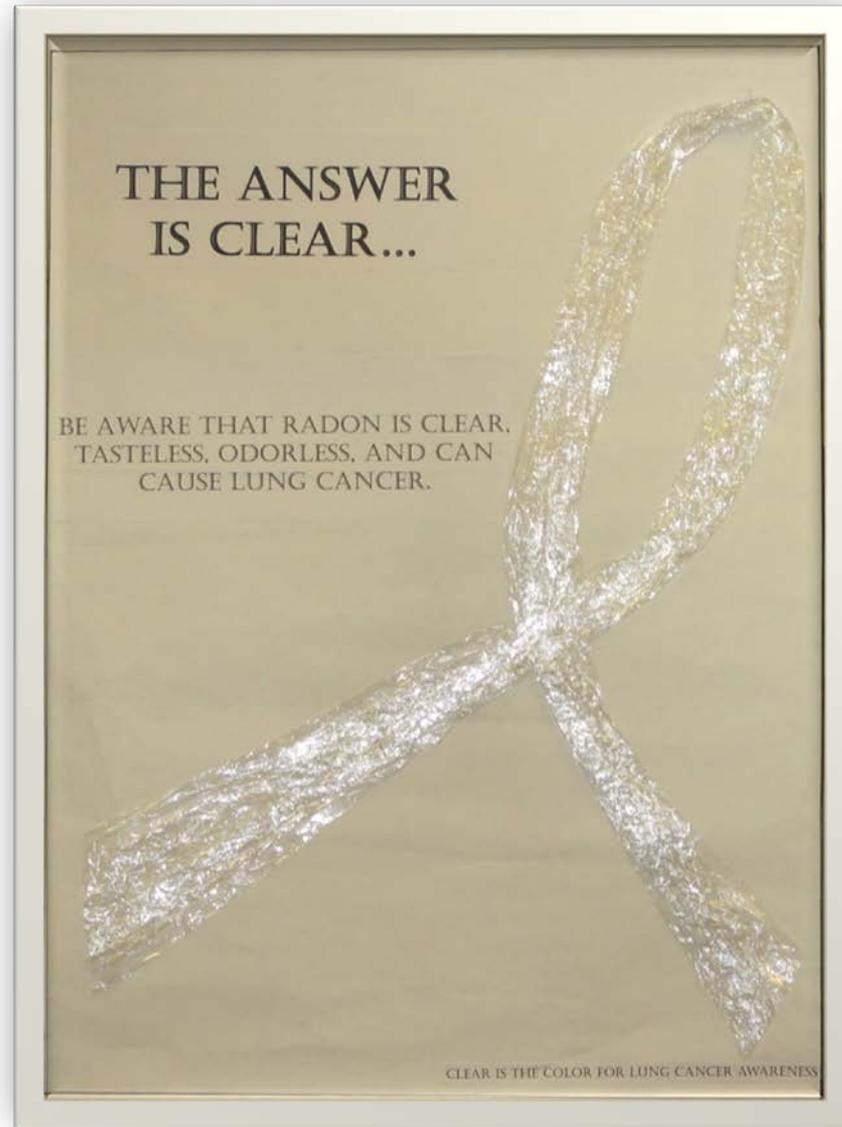


Radon can cause lung cancer

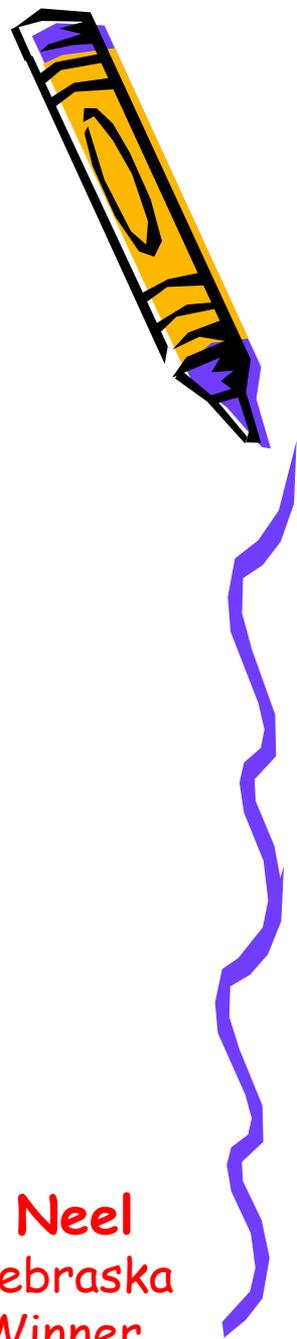
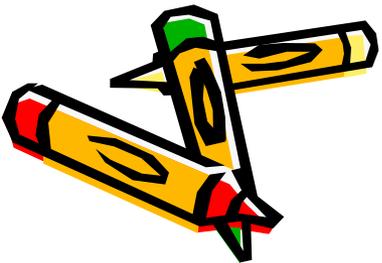
Radon comes from the ground



National 3rd Place Winner

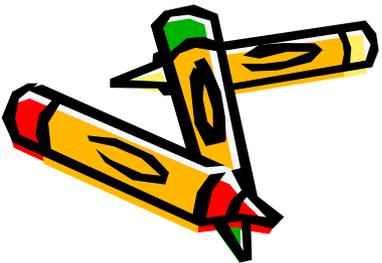
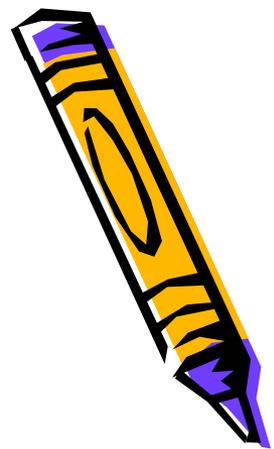


JoAnn Neel
2012 Nebraska
State Winner

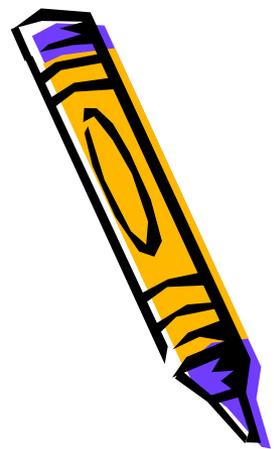


Judging Criteria

- 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.

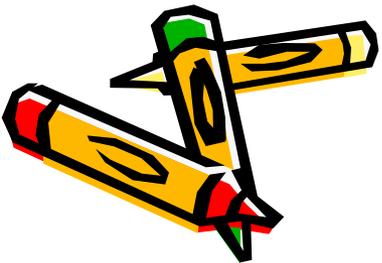
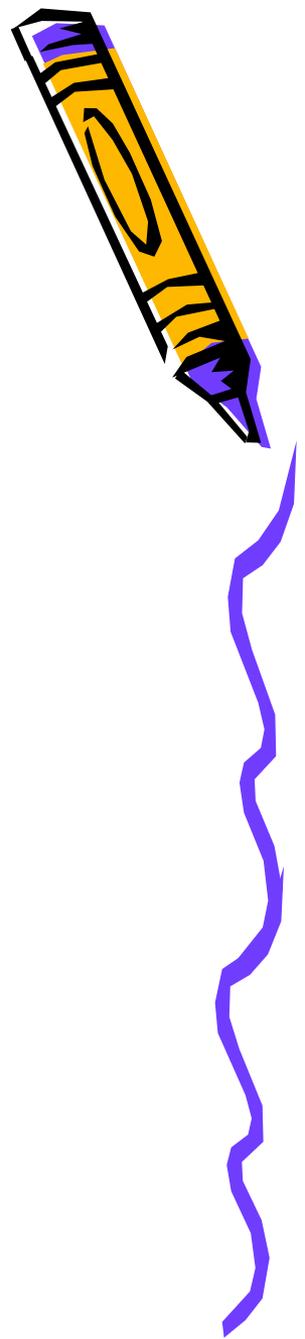
If you participated in this contest previously and were encouraged by a teacher/parent/etc. to submit a poster again with the same idea, just better artwork, that is perfectly acceptable.

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



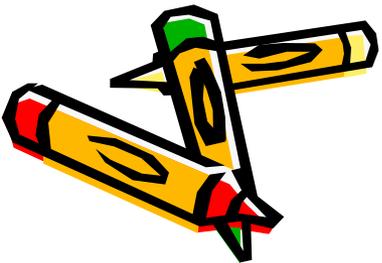
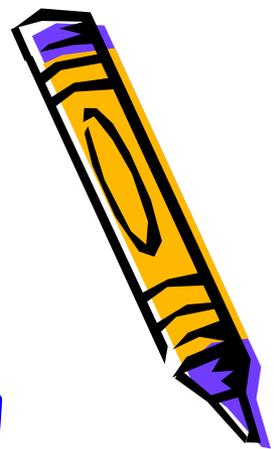
2014 Local Prizes

- 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 Ringenberg, 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

