



Take Action on Radon – National Stakeholder Meeting

WELCOME

October 25th, 2023



Canadian
Cancer
Society

Société
canadienne
du cancer



HEALTH CANADA'S 2022-23 PRIORITIES

Postcards

The distribution of postcards in November will encompass the following regions and quantities:

- Manitoba: 328,300
- Saskatchewan: 119,278
- Ontario: 74,161
- Quebec: 48,746
- Newfoundland: 3,794
- Nova Scotia: 42,262
- New Brunswick: 56,439
- British Columbia: 63,311
- Alberta: 35,288

This year, Health Canada is starting once again at the “top of the list”, with communities with the highest incidence of elevated radon levels, according to their 2012 Cross-Canada radon survey.



HEALTH CANADA'S 2022-23 PRIORITIES

Postcards

The National Radon Program (NRP) is excited to present our most recent publication aimed at promoting education and awareness regarding Radon and Energy Retrofits. This informative document draws from Dr. Anne Marie-Nicol's recent article, "[Prioritizing Health in the Context of Energy Retrofits and Indoor Air Quality](#)," which was published via the National Collaborating Centre for Environmental Health.

This infographic, "[Radon and Energy Retrofits](#)," is now accessible as a digital publication online, offered in both English and French. Please note that, currently, we do not have a print edition available.

WHAT IS RADON?
Radon is a radioactive gas that comes from the breakdown of uranium in soil and rock. In indoor air, radon can accumulate to high levels and can become a health risk.

Radon is the #1 leading cause of lung cancer for non-smokers. The risk of cancer increases with higher levels and longer exposure to radon gas.

All homes in Canada have radon gas in them. Radon levels will vary from house to house. The only way to know the radon level in your home is to test.

ENERGY RETROFITS CAN INCREASE RADON GAS IN HOMES
In Canada, there is a desire for more energy efficient homes. Energy retrofits to existing homes and efficiency improvements in new homes lead to lower energy use, reducing the cost of heating and cooling homes and the impacts of climate change.

Energy efficiency / retrofits to homes include:

- increasing air tightness,
- sealing cracks and openings,
- replacing windows, doors, and
- adding insulation.

Airtight buildings reduce energy loss, but they can also impact indoor air quality. Energy retrofits can reduce air exchange and inadvertently increase radon levels. Research results show links between residential building energy efficiency programs and increased radon exposure.

INTERNATIONAL RESEARCH PROVIDES IMPORTANT INSIGHTS FOR THE CANADIAN HOUSING SECTOR
The U.S. Department of Energy 2020 Building Assessment of Radon Reduction Intervention and Energy Retrofits Expansion summarizes pre and post-energy retrofits efforts on radon levels. This research shows reducing energy costs increased radon levels by 22% on average!

The table below summarizes several similar studies, showing how energy retrofits increase indoor radon in other countries.

COUNTRY	ENERGY RETROFITTING HOMES	INCREASE IN RADON LEVEL
Germany, Meyer 2019	Replacing windows, sealing doors, insulation	100%
United Kingdom, Symonds et al. 2019	Replacing windows	67%
Switzerland, Pampuri et al. 2018	Replacing windows	33%

REDUCING RADON IN HOMES
Some common ways to reduce radon levels in existing buildings include:

- Installing a radon mitigation system (e.g., active-soil depressurization system).
- Sealing radon entry routes in the foundation.
- Ventilation through a balanced heat/energy recovery ventilator system.

All homes need to be tested. If your radon test result is above the guideline of 200 Bq/m³, Health Canada recommends that you hire a mitigation professional certified under the Canadian National Radon Proficiency Program to help you find the best way to reduce the radon level in your home.

Test your home. Know your level. Protect your health.

- 1 TEST
- 2 ASSESS
- 3 TAKE ACTION

www.canada.ca/radon
www.takeactiononradon.ca/test

<https://nccelh.ca/resources/evidence-briefs/focus-health-basis-energies-retrofits-and-indoor-air-quality>

Canada

RADON ACTION MONTH 2023

- Healthy Canadians Radon podcast in November
- Radon Banner for all HC social media accounts for the month of November
- Ministers message and video
- HC Blog on Radon and Energy Efficiency
- Several radon social media posts through November and winter
- New Radon digital platform to promote and support radon reduction action



LUNGS MATTER

Financial support for
home radon
mitigation

Radon is the second-leading cause of lung cancer in Canada...it can also be

Lungs Matter
Home Radon Mitigation Grant ProgramBREATHE
the lung association

In Partnership with



The Canadian Lung Association has recently launched a new grant program to help people across Canada afford radon mitigation services.

The Lungs Matter Grant Program aims to provide financial support to individuals who have been diagnosed with lung cancer and individuals considered a low-moderate income households with priority given to the low-income households.

Monte Weber of CLA provided an update: To date 44 applications, 15 approved. Applicants must either have a lung cancer diagnosis or be low to moderate income. The biggest issue thus far has been lack of long-term radon test results in the applications.

<https://www.lung.ca/lungs-matter-radon-mitigation-support>



Mitigation Grants/Financial Supports

<https://takeactiononradon.ca/protect/reducing-radon/>

Tarion Home Warranty in Ontario

- Covers the cost of radon mitigation in new homes in Ontario that are 7 years old or less

Ontario Renovates:

- Differs per region. Check with your region.

Various Quebec Municipalities – Vaudreuil-Dorion and Victoriaville Habitation Durable

- Provide \$500 grant for residents in their environmental grant programs

The Canadian Lung Association,

- Provides \$1500 grant for Manitoba homeowners who are low income or who have lung cancer.

Manitoba Hydro

- Provide a loan for radon mitigation; Manitoba homeowners can pay off the loan on their hydro bill

Lung Saskatchewan's Caring Breaths Financial Assistance program

- Provides \$500 reimbursement for Saskatchewan homeowners who have mitigated their home

Saskatchewan Home Renovation Grant

- 2 year tax rebate available until December 2022 – includes radon mitigation



Other National Updates

Diane Colton, a patient advocate in Calgary Alberta, provided an update:

- She is working with CR3 News Magazine to bring the publication to Canada. Next issues will be out in November and January. She feels this is an important vehicle for communicating with patients.

Dr. Goodarzi from Evict Radon provided an update:

- Their team is working alongside HC on the next cross-Canada radon report (likely close to 50 000 new data points on radon in Canada), normalized to the Census data.
- The Evict Radon team is providing posts multiple times a week in a “Radon Knowledge Series”, specific to Canada.
- Working with the Canadian Cancer Society, they are working towards trials on the topic of lung-cancer screening for non-smokers. They should be ready to recruit Canadians with a history of radon exposure. Participants will need to share their radon exposure history, along with their toenails as a way of measuring lifetime radon exposure (10 to 30 years).

New Construction:

The First Nations National Building Officers Association (**FNNBOA**) have a pilot project to address radon mitigation in new construction.

FNNBOA will review your construction blueprints to ensure radon reduction system are in place for the construction of residential buildings. FNNBOA has retained experts in radon gas mitigation to review blueprints and provide recommendations on radon gas mitigation and they can also review your blueprints to ensure it reflects the current building code and building standards.

Call (613) 236-2040 or email us at info@fnnboa.ca

or John Kiedrowski, the project manager at 613 851 2056 or at John@jkks.ca.

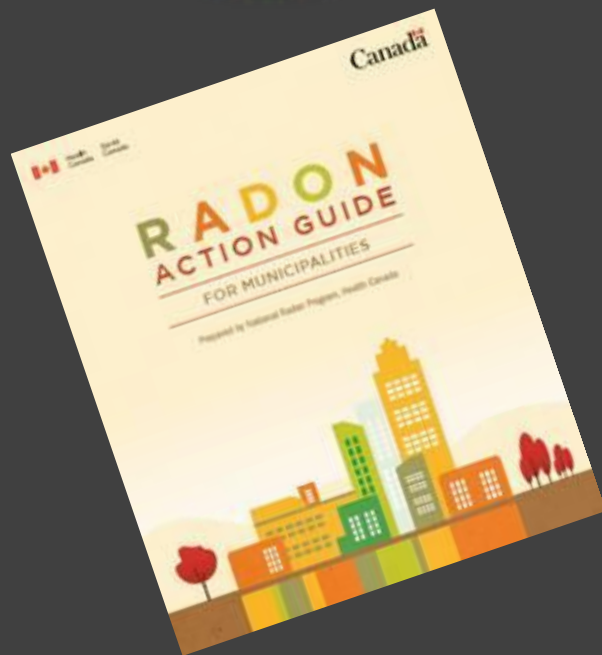




CARST/C-NRPP

Fall initiatives





CARST Municipal Survey

In a desire to develop a understanding municipalities understanding of radon, CARST has developed a survey to gain insights into each community's awareness of radon, the mitigation strategies they have employed to control and reduce radon levels, and how CARST can best support each municipality in taking radon action and promoting radon awareness.

We are working towards a report for BC this fall and we are also working on sending it to the other provinces.



- CARST will continue to focus on educating WORKPLACES on testing for radon.
- CARST will continue to focus on educating REAL ESTATE AGENTS on radon.
- CARST will continue to focus on educating BUILDERS about best practices on radon control measures.



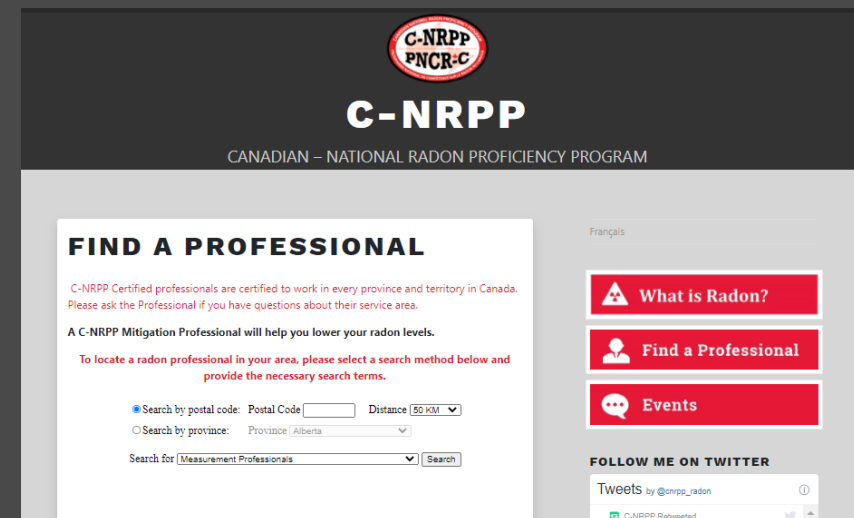
CARST2024 - Moncton, NB
April 24-27, 2024

Canada has a national certification program for radon services

GET RADON CERTIFIED

Join us in Kamloops, February 12-16 2024





Sign up now at: www.carst.ca



Canadian National Radon
Proficiency Program (C-NRPP)





DEVICE SPECIFICATIONS – as stated by manufacturer							Passed C-NRPP Performance Test For more details click here.
Manufacturer	Model Name	Manufacturers stated Accuracy	Frequency of Reading	Digital Display or cell-phone app	Battery or Plug-in	Other Functions	
Airthings	 Corentium Home	±10% (after 7 days at 200 Bq/m³), ±5% after 2 months of monitoring	12-hour, 24-hour, 7-day (first reading will take 24 hrs)	Short-term and Long-term average shown on display on the monitor.	Battery	Radon only	✓
Airthings	 Wave Plus	±10% (after 7 days at 200 Bq/m³), ±5% after 2 months of monitoring	Hourly	No numbers are visible on monitor, short and long-term data shown on cell phone app	Battery	Radon, CO2, humidity, temperature, VOCs, pressure	✓
Airthings	 View Plus	After 30 days at 200 Bq/m³, ±10% on the 7-day average and +/- 5% on the 2-month average	Hourly	Short-term average shown on display long-term average shown on app.	Battery or plug in (USB-C)	Radon only	✓
EcoSense		+/-10% at 370 Bq/m³ after 10 hours	Measures every 10 minutes and displays an hourly rolling	Hourly level shown on display, long term average shown on app.	Plug in	Radon only	✓

Over the past few years, electronic radon monitors have become increasingly available and popular with consumers.

C-NRPP regularly conducted a series of performance tests.

The CONSUMER REPORT summarizes the different devices that have been tested. These devices cannot be professionally calibrated and are not approved by C-NRPP for use by radon measurement professionals.



Canadian National Radon Proficiency Program (C-NRPP)

<https://c-nrpp.ca/wp-content/uploads/2023/10/Digital-Device-Report-Oct-2023.pdf>



PRODUCT RECALL:

We recommend that you not sell these devices and advise homeowners that they do not accurately measure radon levels.



<https://twitter.com/GovCanHealth/status/1567648984675622913>

Recalls and safety alerts

Consumer product advisory

Health Canada warns that Elifecity Portable Radon Meter may post a health and safety risk due to undetected high radon levels

► Brand(s)

Last updated: 2022-09-07

Summary



Product: Elifecity Portable Radon Meter

Issue: Consumer products - Chemical hazard

What to do: Immediately stop using the product and dispose of it in accordance with the applicable transportation and waste requirements for electronic products.



Affected products

This alert involved the following product:


- Elifecity Portable Radon Meter

PRODUCT RECALL: - AIR STEWARD

We recommend that you not sell these devices and advise homeowners that they do not accurately measure radon levels.

<https://recalls-rappels.canada.ca/en/alert-recall/air-steward-portable-radon-monitor-recalled-due-inaccurate-radon-detection>

[Français](#)

 Government of Canada / Gouvernement du Canada

[Canada.ca](#) > [Healthy Canadians](#) > [Recalls and safety alerts](#)


Recalls and safety alerts


Consumer product recall

Air Steward Portable Radon Monitor recalled due to Inaccurate Radon Detection

Last updated: 2022-09-13

Summary

 **Product:** Air Steward Portable Radon Monitor
Issue: Consumer products - Chemical hazard
What to do: Immediately stop using the recalled radon monitoring device.



Affected products

This recall involves Air Steward Portable Radon Monitor. The monitor is a black device with the text "Radon Monitor" below the LED screen. The LED screen displays "Coefficient of injury".

Coming Up:

C-NRPP Expert Café

for C-NRPP Professionals



New Construction, Builders, Opportunities for Improvement (November)

French and English Sessions – Date and Time to be confirmed

Take Action on Radon – National Initiatives

Take Action on Radon: Lending Library Update

Over 500 libraries across Canada now lend digital radon monitors

- Very popular- see wait lists

Funding Models

- Internal or competitive grants (STEM/STEAM)
- Partnering with other agencies/ individuals
- Device providers offer reduced start-up costs

Consistency across Canada

- Programs use similar resources and devices
- Lending period – *4 weeks or more*

New pilot program with Health Canada 2023

- Some wait lists are > 1 year
- Alpha Track detectors coupon

Want to get involved? Reach out:
<https://takeactiononradon.ca/resources/lending-programs/>



Canadian Cancer Society: Smoker's Helpline and Cancer Information Line

Take Action on Radon is offering FREE radon tests for any client who calls the **Smoker's Helpline** or **Cancer Information Line**.

TAKE ACTION ON RADON

Radon Test Kit Order Form

Smoker's Hotline - free radon test program

6 Questions

START →

REDUCE YOUR CHANCES OF A LUNG CANCER DIAGNOSIS

Lung cancer is the most commonly diagnosed cancer in Canada. It is the leading cause of death from cancer for both men and women in Canada.¹

Smokers have the highest risk of getting lung cancer and radon increases that risk. There are other factors that also increase lung cancer risk such as outdoor air pollution, physical inactivity and poor nutrition, specifically with a lack of fruit and vegetable consumption. While you should consider improving all these risk factors, the combination of radon and smoking is particularly dangerous.



RADON + SMOKING = DANGEROUS COMBINATION

QUIT OR REDUCE TOBACCO

Tobacco use is the #1 preventable risk factor in getting lung cancer

WHAT
CAN YOU
DO?

TEST AND REDUCE RADON

After tobacco, radon is the leading cause of lung cancer.

STEPS TO QUIT SMOKING

- 1 Make a quit plan
- 2 Get guidance from a Quit Coach:
📞 Call 1-866-366-3667
💬 Text 'iQuit' to 123456
💻 Chat go to smokershelpline.ca
- 3 Investigate Quit aids with a health professional
- 4 Select a quit date
- 5 Inform family and friends
- 6 Think about situations that you connect with smoking such as drinking coffee, driving, or having alcohol and come up with temporary alternatives such as replacing coffee with juice, foregoing alcohol for a little while, etc.



STEPS TO TAKE ACTION ON RADON:

- 1 TEST for Radon
- 2 EVALUATE Radon levels (Guideline is 200 Bq/m³)
- 3 DETERMINE necessary actions and timeline
- 4 REDUCE – find a mitigation professional
- 5 SPREAD RADON AWARENESS – Tell Others
To learn more go to takeactiononradon.ca



White Ribbon Campaign

Free tests for Lung Cancer Patients and Families

- Piloted project with BC Cancer Agency
- Also working with Canadian Cancer Society's Cancer Information and Prevention Specialists
- Presenting to Canadian Association of Nurses in Oncology this November
- Open to anyone across Canada



Canadian
Cancer
Society

Société
canadienne
du cancer



Impact in the first 5 years

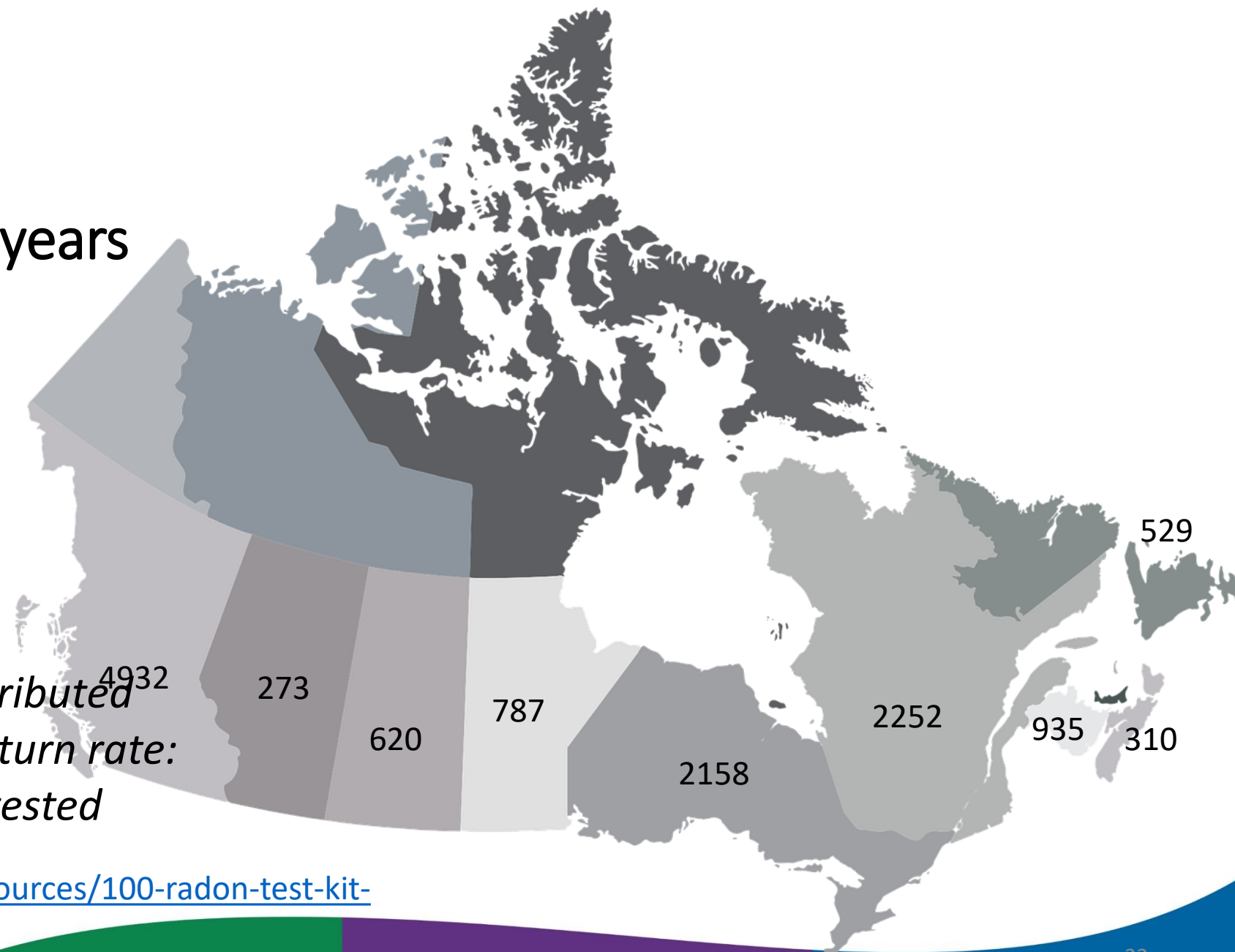
Over 120 Communities

-9 Provinces

-5 First Nations

-2 Métis groups

*Over 14 000 detectors distributed
with an average of 74% return rate:
more than 10 000 homes tested*





2018-19

(9)

Moncton, NB
Salmon Arm, BC
Winnipeg, MB
Spruce Grove, AB
Golden, BC
Souris, MB
Port Colborne, ON
Baden, ON
Wabana, NL

2019 – 2020

(15)

Halifax, NS
Sherbrooke, QC
Brandon, MB
Dauphin, MB
Greater Madawaska
Region, ON
Summerland, BC
Valemount, BC
Coquitlam, BC
Abbotsford, BC
McBride, BC
Vaudreuil-Dorion, QC
Pembroke, ON
Harrison Park, MB
North Grenville, ON

2020 – 2021

(20)

Sicamous, BC
Peachland, BC
West Bank First Nation, BC
West Kelowna, BC
Kelowna, BC
Vernon, BC
Sundre, AB
Black Diamond, AB
Eston, SK
Silver Harbour, MB
Lakeshore, MB
Chatham-Kent, ON
Leeds & Thousand Islands, ON
Carleton-sur-mer, QC
Saint-Joseph du-Lac, QC
Lorraine, QC
Candiac, QC
Madawaska, NB
Mount Pearl, NL
Stephenville, NL

2021 – 2022 (30)

Barriere, BC
Peachland, BC
West Bank First Nation, BC
West Kelowna, BC
Kelowna, BC
Vavenby, BC
Clearwater, BC
Blue River, BC
Grand Forks, BC
Revelstoke, BC
Eatonia, SK
Weyburn, SK
Clarence-Rockland, ON
Ottawa, ON
Waterloo, ON
Mallorytown, ON
Candiac, QC
Percé, QC
Deux-Montagnes, QC
Saint-Augustin-des-
Desmaures, QC
Grand Falls, NB
Gander, NL
Harbour Breton, NL
Fogo Island, NL
7 Nations Communities, NB
Treaty 3 Communities, ON

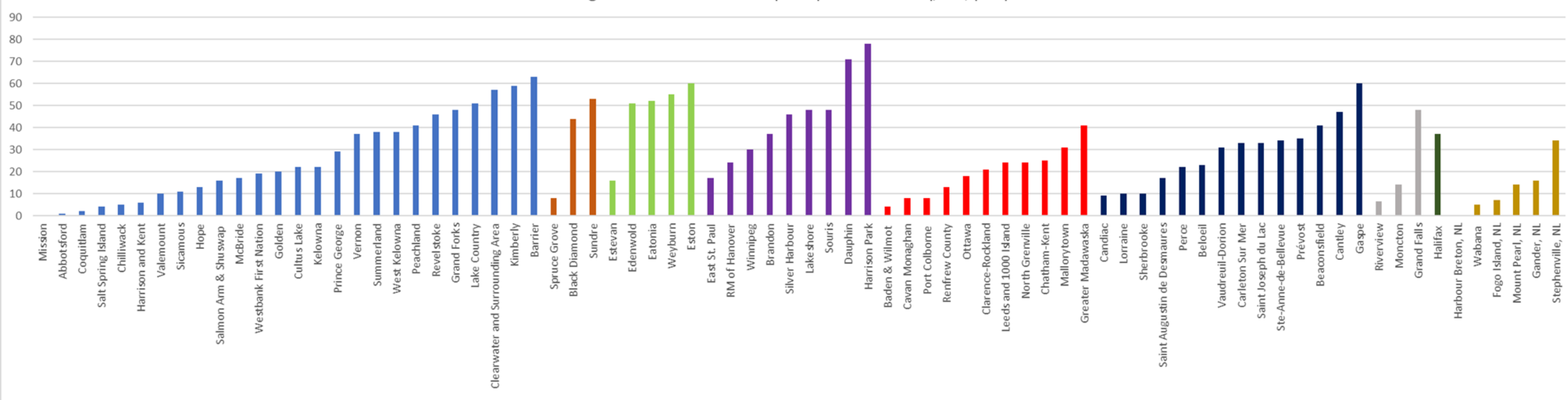
2022 – 2023 (25)

Kimberley, BC
Kelowna, BC
West Kelowna, BC
Lake Country, BC
Peachland, BC
West Bank First Nation, BC
Salt Spring Island, BC
Chilliwack, BC
Mission, BC
Cultus Lake, BC
Hope, BC
Harrison and Kent, BC
Estevan, SK
Whitecap Dakota First
Nation, SK
Edenwold, SK
East St. Paul, MB
RM of Hanover, MB
Cavan Monaghan, ON
Ste-Anne-de-Bellevue, QC
Prévost, QC
Cantley, QC
Gaspé, QC
Beloeil, QC
Woodstock First Nation, NB
Riverview, NB

100 Test Kit Challenge communities, by year

How does your community compare?

Pourcentage des maisons testées qui dépassent 200 Bq/m³, par province



100 Test Kit Challenge communities, by year



2023 – 2024

BC Cancer – Victoria, BC

Fort St. James, BC

Lumby, BC

Lillooet, BC

Keremeos, BC

Radium Hot Springs BC

Invermere, BC

Enderby, BC

Edmonton, AB

Innisfail, AB

Lacombe County, AB

RM of Miry Creek, SK (Abbey, SK)

Neepawa, MB

Dauphin, MB

Portage la Prairie, MB

Pinawa, MB

Augusta, ON

Woodstock and St. Thomas, ON

Pessamit, QC

Sainte-Julie, QC

Sainte-Marthe-sur-le-Lac, QC

Pincourt, QC

Maria, QC

Conception Bay South, NL

Logy Bay-Middle Cove-Outer Cover, NL

Gillams, NL

Pasadena, NL

...waiting for confirmation of one more
Atlantic community

Repeating in:

Regional District of Central Okanagan, BC

Woodstock First Nation, NB

Kimberley, BC

Fraser Valley Regional District, BC





Radon Reduction Sweepstakes – 2022/2023

2 prizes of \$500 per region (8 regions across Canada)

Winners will be announced through NOVEMBER. Watch for their testimonies.

Release of the updated report.

<https://takeactiononradon.ca/radon-reduction-sweepstakes/>



TAKE
ACTION
ON **RADON**



We knew it was important to test for radon levels in our home, and despite having a newer home with a solid foundation our radon levels were extremely high. Mitigation was a worthwhile investment that produced immediate results, reducing our radon levels to as low as levels found outdoors. We encouraged all our family members to test their levels too as we learned that our region has some of the highest radon deposits in the world. We now have peace of mind that our family is protected from radon exposure in the places we spend the most of our time."

Eniko Kresz, Ste Agathe, Manitoba



<https://takeactiononradon.ca/radon-reduction-sweepstakes/>

**TAKE
ACTION
ON RADON**

When was the last time you tested for radon?



RADON ACTION MONTH plan

- Social media through CCS channels
 - Social media through our channels
 - Media push in 20 communities where we are running 100 Radon Test Kit Challenge
 - Attended CANO in October;
 - 100 Radon Test Kit Challenge Communities; local community groups
 - Releasing updated stats from 100 Radon Test Kit challenge
- 

TAKE ACTION ON RADON

When was the last time you tested for radon?

Every home in Canada, regardless of age or size should be tested for radon.

1 Test
Order a test kit and follow the set-up instructions to place it in your home.

2 Get Results!
After 91 days, return the test to the lab and get your results.

Reducing the risk of Lung Cancer starts at the ground level.

Radon comes from the soil and enters buildings through contact with the ground. The longer people are exposed to radon, the greater their risk of lung cancer. Testing for radon is the only way to determine radon levels in a building.

If your radon levels are high - they can be lowered by installing a radon mitigation system.

TAKE ACTION ON RADON

Radon Test kits can be ordered at: takeactiononradon.ca



OCCUPE TOI DU RADON

WHEN WAS THE LAST TIME YOU TESTED YOUR HOME FOR RADON GAS?

YOU SPEND A LOT OF TIME AT HOME - ENSURE THE AIR IS SAFE TO BREATHE. YOU CAN'T SEE, TASTE OR SMELL IT - BUT YOU CAN MEASURE IT. MEASURING RADON LEVELS IN YOUR HOME IS AS EASY AS:

- 1 Test**
Order a test kit.
- 2 Get Results!**
After 91 days, return the test to the lab and get your results.
- 3 Take Action!**
If levels are high - reduce them.

TAKE ACTION ON RADON
www.TakeActionOnRadon.ca

Window Clings available

TESTED FOR RADON
www.TakeActionOnRadon.ca

RADON MESURÉ
www.OccupeToiDuRadon.ca

Pins



New RESOURCES:

WHEN WAS THE LAST TIME YOU TESTED YOUR HOME FOR RADON GAS?
YOU SPEND A LOT OF TIME AT HOME - ENSURE THE AIR IS SAFE TO BREATHE. YOU CAN'T SEE, TASTE OR SMELL IT - BUT YOU CAN MEASURE IT. MEASURING RADON LEVELS IN YOUR HOME IS AS EASY AS:

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TAKE ACTION ON RADON
Find a radon test kit provider at: www.TakeActionOnRadon.ca
#TakeActionOnRadon @ActionOnRadon #RADONActionMonth

Postcard (French on reverse)

Information for Medical Practitioners (French on reverse)

We also have Playing Cards, carpenter pencils and measuring tapes that we hand out at events.

Order online:

<https://form.jotform.com/91975565858277>



Canadian Cancer Society
Société canadienne du cancer

Poster (French on reverse)

Pull up banner (bilingual)



Help patients reduce their risk of lung cancer.

Radon exposure is the leading cause of lung cancer for non-smokers and significantly increases risk for people who smoke. Health Canada estimates that over 2,000 people die each year from exposure to radon gas.

- 1 Test**
Order a test kit.
- 2 Get Results!**
After 91 days, return the test to the lab and get your results.
- 3 Take Action!**
If levels are high - reduce them.

When was the last time you tested for radon?
Every home in Canada, regardless of age or size should be tested for radon.

Reducing the risk of Lung Cancer starts at the ground level.
Radon comes from the soil and enters buildings through contact with the ground. The longer people are exposed to radon, the greater their risk of lung cancer. Testing for radon is the only way to determine radon levels in a building. Free radon tests are available for people who have been diagnosed with lung cancer and their family members.

Patients with a lung cancer diagnosis are eligible to apply for a Radon mitigation grant to help with reducing radon levels in their home.

TAKE ACTION ON RADON

Radon Test kits can be ordered at: takeactiononradon.ca/test-for-radon/radon-testing-program





Multiple Languages

Bookmarks and postcards in Tagalog, Punjabi, Italian and Chinese!

We are also working with some communities to translate into some First Nation Languages.

ਸ਼ਹਿਰ ਨਾ ਪੀਣ ਵਾਲਿਆਂ ਵੱਲੋਂ ਫੋਫੜਿਆਂ ਦੇ ਕੈਂਸਰ ਦਾ ਪ੍ਰਮੁੱਖ ਕਾਰਨ ਹੋਣਾ ਹੁੰਦਾ ਹੈ

ਆਪਣੀ ਸਹਿਤ ਦੀ ਰੱਖਿਆ ਕਰਨਾ ਇੰਨਾ ਸੌਖਾ ਹੈ...

1. ਟੈਸਟ ਕਰੋ

2. ਨਤੀਜਾ ਵੇਖੋ

3. ਕਾਰਵਾਈ ਕਰੋ

ਇਹ ਪਤਾ ਲਗਾਉਣ ਲਈ ਕੀ ਰੇਡਨ ਟੈਸਟ ਕੀਟਾਂ ਕੌਥੋ ਖਰੀਦੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ ਜਾਂ ਆਪਣੇ ਇਲਾਕੇ ਵੱਲੋਂ ਇਕ C-NRPP ਪ੍ਰਮਾਣਤ ਰੇਡਨ ਪੇਸ਼ੇਵਰ ਲੱਭਣ ਲਈ, ਇਥੇ ਜਾਓ।

www.TakeActionOnRadon.ca

RADON ANG NANGUNGUNANG DAHLAN NG CANCER SA BAGA PARA SA MGA TAGONG HINDI NANGHISARILYO

Suriin kung may radon ang inyong tahanan at bawasan ang panganib sa masamang epekto nito.

Madali lang ang pagsuri. Bumili sa: takeactionradon.ca/test/radon-test-kits/

Maglagay ng pansuri sa inyong tahanan sa loob ng 91 araw

Paglipas ng 91 araw, ibalik ang pansuri sa lab at kunin ang inyong mga resulta.

Umaksyon sa Radon
www.TakeActionOnRadon.ca

ਸ਼ਹਿਰ ਨਾ ਪੀਣ ਵਾਲਿਆਂ ਵੱਲੋਂ ਫੋਫੜਿਆਂ ਦੇ ਕੈਂਸਰ ਦਾ ਪ੍ਰਮੁੱਖ ਕਾਰਨ ਹੋਣਾ ਹੁੰਦਾ ਹੈ

ਆਪਣੇ ਘਰ ਦੇ ਵੱਲੋਂ ਰੇਡਨ ਹੋਣ ਦੀ ਜਾਂਚ ਕਰੋ ਅਤੇ ਆਪਣੇ ਜ਼ਖਮ ਨੂੰ ਘਟਾਓ।

ਟੈਸਟ ਕਰਨਾ ਸੌਖਾ ਹੈ। ਇਕ ਟੈਸਟ ਕਿੱਟ ਖਰੀਦੋ: takeactionradon.ca/test/radon-test-kits/

ਟੈਸਟ ਕਿੱਟ ਨੂੰ ਆਪਣੇ ਘਰ ਵੱਲੋਂ 91 ਦਿਨਾਂ ਲਈ ਰੱਖੋ

91 ਦਿਨਾਂ ਤੋਂ ਬਾਅਦ, ਟੈਸਟ ਕਿੱਟ ਟੈਸਟ ਕੀਟ ਨੂੰ ਵਾਪਸ ਲੈ ਕੇ ਜਾਓ ਅਤੇ ਆਪਣੇ ਨਤੀਜੇ ਪ੍ਰਾਪਤ ਕਰੋ।

ਰੇਡਨ ਦਾ ਖਾਤਮਾ ਕਰਨਾ
www.TakeActionOnRadon.ca

氡是导致非吸烟者患上肺癌的主要原因

在家中检测氡含量，降低您的风险

检测很容易! 检测盒购买链接: takeactionradon.ca/test/radon-test-kits/

将检测盒置于家中91天

91天后, 将检测盒送到实验室并获取检测结果。

对氡采取行动
www.TakeActionOnRadon.ca



Canadian Cancer Society / Société canadienne du cancer





Free Downloadable Resources:

Radon photos now available on PIXABAY a free photo sharing site.

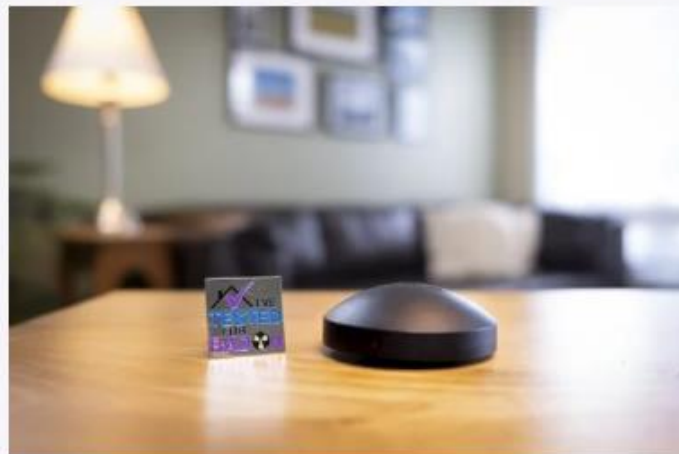
<https://pixabay.com/users/takeactiononradon-18149510/>



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ABOUT ME



Focus on Medical Practitioners:



Canadian Cancer Society
Société canadienne du cancer

Help patients reduce their risk of lung cancer.

Radon exposure is the leading cause of lung cancer for non-smokers and significantly increases risk for people who smoke.

Health Canada estimates that over 3,200 people die each year from exposure to radon gas.

Medical Reference:
RISK ASSESSMENT FOR RADON EXPOSURE
IN VARIOUS INDOOR ENVIRONMENTS,
Chen, J. Radiation Protection Dosimetry,
Volume 185, Issue 2, November 2019, Pages
143-150, <https://doi.org/10.1093/rpd/ncy284>



1 Test
Order a test kit.



2 Get Results!
After 91 days, return the test to the lab and get your results.



3 Take Action!
If levels are high - reduce them.



When was the last time you tested for radon?

Every home in Canada, regardless of age or size should test for radon.

Reducing the risk of Lung Cancer starts at the ground level.

Radon comes from the soil and enters buildings through contact with the ground. The longer people are exposed to radon, the greater their risk of lung cancer. Testing for radon is the only way to determine radon levels in a building.

Free radon tests are available for people who have been diagnosed with lung cancer and their family members.

Patients with a lung cancer diagnosis are **eligible to apply** for a Radon mitigation grant to help with reducing radon levels in their home.



CCS Lodge Testing and 1 pager on RADON

- Supporting the Cancer Lodges across Canada test their facilities for radon
- Provided a 1pager of information for their families on radon
- Opportunity to order a free radon test kit for the families

Why you should pay attention to radon levels in your home

Reduce your risk of lung cancer

Lung cancer is the most commonly diagnosed cancer in Canada. Lung cancer is serious and has a significant burden on the health of people in Canada.

People who are exposed to elevated radon over a duration of time increase their risk of getting lung cancer. Testing and reducing radon levels early in life will reduce this risk.

Radon gas can be found in buildings all across Canada.

Test and reduce your home radon level and protect your family from this risk.

Learn more at takeactiononradon.ca.



Testing your home for Radon is easy.

Every home regardless of age or area of the country should test for radon



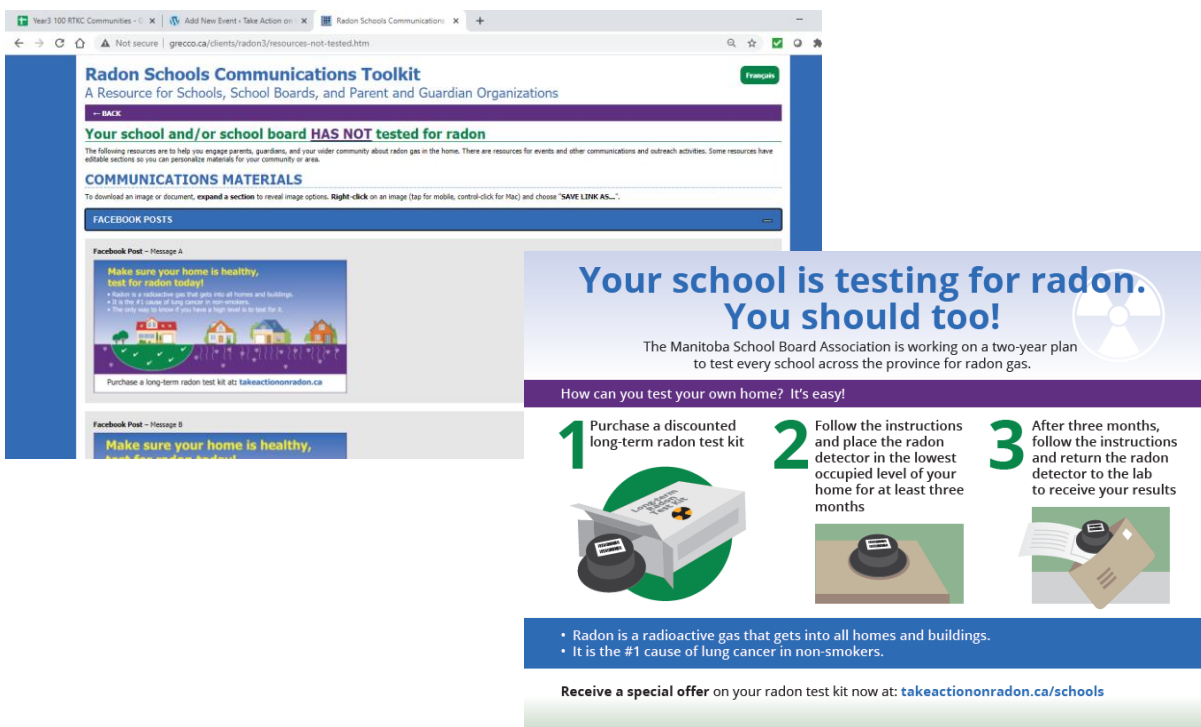
It's as easy as 1,2,3:

- 1 Test
- 2 Take Action
- 3 Breathe Easy

Steps to take action on radon

- 1 Test for radon
- 2 Evaluate radon levels (guideline is 200 Bq/m³)
- 3 Determine necessary actions and timeline
- 4 Find a certified mitigation professional
- 5 Spread radon awareness – tell others

School Resources



The screenshot shows a web browser displaying the 'Radon Schools Communications Toolkit' website. The page title is 'Radon Schools Communications Toolkit' and the subtitle is 'A Resource for Schools, School Boards, and Parent and Guardian Organizations'. It features a 'Facebook Posts' section with a post titled 'Make sure your home is healthy, test for radon today!'. Below the website screenshot is a sample poster titled 'Your school is testing for radon. You should too!'. The poster includes a three-step process for testing a home for radon: 1. Purchase a discounted long-term radon test kit, 2. Follow the instructions and place the radon detector in the lowest occupied level of your home for at least three months, and 3. After three months, follow the instructions and return the radon detector to the lab to receive your results. The poster also includes a disclaimer: 'Radon is a radioactive gas that gets into all homes and buildings. It is the #1 cause of lung cancer in non-smokers.' and a special offer: 'Receive a special offer on your radon test kit now at: takeactiononradon.ca/schools'.

Radon Schools Communications Toolkit
A Resource for Schools, School Boards, and Parent and Guardian Organizations

Facebook Posts

Facebook Post - Message A

Make sure your home is healthy, test for radon today!

Radon is a radioactive gas that gets into all homes and buildings. It is the #1 cause of lung cancer in non-smokers. The only way to know if you have a high level is to test for it.

Purchase a long-term radon test kit at: takeactiononradon.ca

Facebook Post - Message B

Make sure your home is healthy, test for radon today!

Your school is testing for radon. You should too!

The Manitoba School Board Association is working on a two-year plan to test every school across the province for radon gas.

How can you test your own home? It's easy!

- 1 Purchase a discounted long-term radon test kit
- 2 Follow the instructions and place the radon detector in the lowest occupied level of your home for at least three months
- 3 After three months, follow the instructions and return the radon detector to the lab to receive your results

• Radon is a radioactive gas that gets into all homes and buildings.
• It is the #1 cause of lung cancer in non-smokers.

Receive a special offer on your radon test kit now at: takeactiononradon.ca/schools

Check out the www.takeactiononradon.ca for Scout Environmental's School Resources.

- Social media posts for schools who have tested
- Sample write ups for newsletters
- Sample letters for schools who are testing



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Radon Across the Country:



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Atlantic Region Updates:

Rabeb from Health Canada is working to recruit more members of the Atlantic Radon Working Group.

- There is also a Nova Scotia working group, led by Dr. Strang – they're working to adapt resources to the province of NS, as they've learned that this makes resources more impactful.
- In New Brunswick, NB Lung is pleased to be launching a library lending program.
- In Newfoundland and Labrador, they're working to engage with municipalities to increase the data available for the province, with an ultimate goal of creating a funding program for mitigation.
- In PEI, they're working with the Cancer Screening program to create a collaborative project between lung cancer screening and radon testing.



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Quebec Updates:

Mathieu provided an update from Quebec.

- He has participated in a consultative committee with the RBQ, trying to improve building code requirements.
- He has also received a request from regulators to review and assist in some provincial law projects on the topic of radon.
- The Quebec Lung Association (APQ) will soon be hosting a press conference for their program municipalities against radon, led this year by Ste-Therese. This year there is a special letter going to municipalities where data indicates higher prevalence of high radon levels.
- Mathieu is working specifically on energy efficiency and radon, and also on the impact of hybrid working arrangements on radon exposure to workers.



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Ontario Updates:

- Lily Yang provided an update from the Occupational Cancer Research Center. They've completed their field work and collected all their samples from the research commenced in 2016, from approximately 400 workplaces. They're now analyzing data and hope to be able to share it early next year.
- Health Canada has been hard at work in Ontario collaborating with Public Health Ontario and other stakeholders.



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Manitoba Updates:

Sandy Hutchison provided an update for Manitoba and Saskatchewan:

- Health Canada has been supporting Health Authorities and other stakeholders.
- Library lending programs are growing in the region, often in collaboration with the 100 Radon Test Kit Challenge program.



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Saskatchewan Updates:

Bethany from Lung Saskatchewan provided an update:

- The group hosted a fall planning meeting a few weeks ago, for the SK Coalition.
- They've been doing presentations to various groups and communities on the topic of radon.
- They will soon be offering indoor air quality monitors, though they will continue to emphasize long-term testing.
- They are supporting a number of library lending programs.
- Tackle Radon won't be taking place this year, but Lung Sask has partnered with BC Lung this year, and has hired an advertising consulting company to come up with a new concept. They will be sharing this idea and looking for other partners – this will come up soon and move quickly.
- Lung Sask has awarded Keri Tucker with a special award to recognize her work sharing her story and raising awareness.



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Alberta Updates:

Madison Pecoskie provided an update from Health Canada:

- Health Canada, along with TAOR and Alberta Lung are offering a Webinar for municipalities – this is an information session letting them know what resources are available.
- She has also been reaching out to Alberta libraries.



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BC Updates:

Yalda Yavari

- They have partnered to provide resources translated into 7 different languages to help guide new arrivals to Canada to help them understand how they can protect themselves.

Maureen Sioson from BC Lung

- They're launching a campaign with Translink, bus ads about radon in areas with the library lending program.
- They're launching new library lending programs, in particular in the Cariboo region, with 9 detectors donated by the Donna Schmidt Foundation.



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BC Updates:

Noah provided an update:

- They've written letters to the ministers and are working with WorkSafe BC on the Occupational Health and Safety plan –to incorporate radon more explicitly into BC OH&S provisions, they're working to make radon more explicit in the guideline.
- There are changes to the building code coming up – Andy Chase will present on this topic as part of the BC Radon Workshop, coming up November 29th
- They've worked with the BC CDC on a report: Radon in BC, does your community need to test, to identify communities where they felt they don't have enough data. A number of these communities have been recruited to participate in the 100 Radon Test Kit Challenge.
- They're running a Radon Poster Contest along with Interior Health – this is part of a program with schools.



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BC Updates: poster contest

Student Radon Skill Testing Contest



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Thanks to everyone for attending!