Radon

What is it? Radon is a naturally occurring radioactive gas that cannot be seen, smelled, or tasted.

Why is it dangerous?
- Radon attaches to dust or tobacco smoke and gets carried into the lungs.
- Most exposure occurs in homes.
- Radon is the 2nd leading cause of lung cancer.
- No safe level of radon.

What can you do about it?
- Test your home: Know your level.
- Ask a certified radon professional to fix high radon levels.
- The state radon program and some local health departments provide free radon test kits.

Radon & Secondhand Smoke
- Breathing radon is dangerous, but it is more harmful when you also breathe tobacco smoke.

For more information:
- BREATHE
  University of Kentucky
  College of Nursing
  (859) 323-4587
  breathe.uky.edu

Kentucky State Radon Program
(502)564-4856
Secondhand Smoke (SHS)

What is it?
SHS is a mixture of smoke exhaled by the smoker and smoke from the burning end of tobacco products.

Cigarette Smoke Contains:
More than 7,000 chemicals and 69 cause cancer.

SHS is EVERYWHERE when smoking is allowed.

IN CHILDREN, SHS CAUSES:
- Ear infections
- More frequent & severe asthma attacks
- Lung infections
- Sudden infant death syndrome (SIDS)

Breathing SHS causes:
- HEART DISEASE
- LUNG CANCER
- STROKE

What can you do about it?
- Make your car and home 100% tobacco-free
- Only visit smoke-free restaurants & businesses
- Quit smoking & stay away from tobacco smoke
- Contact local policymakers to advocate for smoke-free air