

## **Radon Resource List**

### **Reduce Your Risk of Lung Cancer – Test for Radon Today**

**January is National Radon Action Month (NRAM).** The following resources are to promote radon awareness and risk reduction. Below, is a list of resources you can use and share including written and online educational materials (e.g., our radon comic book, NEW radon and children fact sheet), and social media tips, policy resources, as well as FREE Continuing Education.

During the last few years, time spent at home has dramatically increased because of the COVID-19 pandemic. With this time at home comes a potential increased risk of exposure to radon, a dangerous radioactive gas. Now more than ever, it is important to educate others about the health effects of radon and to strongly encourage home radon testing and policies which protect all Kentuckians. Help take action and encourage home radon testing by sharing these resources with community partners, Cancer Control Specialists, your co-workers, policymakers, realtors, builders, and others. You can use our materials for dissemination in newsletters, listservs, or any social marketing platform.

### **FREE Written and Online Educational Materials**

- The radon comic book, [“Invisible Enemy: The Rise of Radon.”](#) Co-created by BREATHE and the Kentucky Geological Survey, this story introduces readers to the combined risks of radon and tobacco smoke through the experiences of a family who has a daughter with asthma. The comic book is in a convenient PDF format that you can distribute through listservs, newsletters, and social media.
- [County Specific Radon Maps](#) and [Interactive State Map](#): Certain types of rock emit higher levels of radon. Created in partnership with the Kentucky Geological Survey, these convenient easy-to-read infographic handouts are tailored to each county and convey radon potential based on geology and actual radon values, as well as the prevalence of radon testing by county.
- [Radon and Children Fact Sheet](#): Given that the longer a person is exposed to radon, the greater the risk of developing lung cancer in life, providers and school officials are encouraged to act now to protect our children. Landmark and recent research findings regarding the health effects of radon on children and the KY Radon potential map are presented along with references. Intended for health-care providers and school officials.
- [Radon and Tobacco Smoke Synergistic Risk Flyer](#): A two-page infographic that easily and effectively conveys the dangers of radon and tobacco smoke, separately as well as in combination. The infographic also has information on how to request a free radon test kit.
- [University of Kentucky: Healthy Homes and Communities Cooperative Extension](#) hosted a panel of guests to discuss radon in Kentucky. This panel consists of Lindi Campbell of Breath of Hope KY, BREATHE radon program Coordinator Kyle Kuykendall, KDPH state radon Coordinator Clay Hardwick, and was moderated by Hardin Stevens, senior Extension associate for Family and Consumer Sciences.

- [Family Lifestyles video recording](#) with Dr. Stacy Stanifer, BREATHE program - UK College of Nursing; Hardin Stevens, UK Family and Consumer Sciences; and Lynn Blankenship, Metcalfe County FCS agent.
- [Talking FACS podcast](#) | A Lung Cancer Survivor's Story, featuring Lindi Campbell of [Breath of Hope KY](#), as she shares her story as a lung cancer survivor and advocates for policy change to affect Kentucky's response to causes of lung cancer beyond smoking.
- [Talking FACS podcast](#) | January is Radon Action Month, featuring Hardin Stevens, UK Family and Consumer Sciences and Dr. Stacy Stanifer, BREATHE program – UK College of Nursing, discussing how to test homes to see if radon is a concern for these living spaces. They provide information about finding mitigation specialists if it is determined that radon is impacting home environments.
- [Talking FACS podcast](#) | Colorless, Odorless, and Tasteless: Radon Gas, featuring Dr. Ellen Hahn, BREATHE Program – UK College of Nursing, as she explains what radon is, how it affects living spaces and how it impacts health. She also discusses methods for getting homes tested and how to get rid of it if you discover an issue.
- [Prescription for Radon Program](#): Gives health-care providers the tools and information necessary to initiate conversations with patients about the dangers of radon exposure and effective solutions. Tools include a fact sheet, brochure, activity book, and more!
- [United Voices – Kentucky](#), a video written and produced by [Breath of Hope KY](#) President Lindi Campbell. Kentucky Lung Cancer survivors speak out to raise awareness that anyone with lungs can get lung cancer in an effort to help erase the stigma. Their lives tell a different story than how you may view lung cancer.
- [What is radon?](#) with Mike Mattox, produced by the Gateway District Health Department and the Northeast Kentucky Area Health Education Center. This short video provides an excellent overview of radon, health effects, and the importance of home radon testing.
- [Radon Guidance for Health Care Providers-Reducing the Risk from Radon](#), developed by the Conference of Radiation Control Program Directors (CRCPD), Inc., the Environmental Protection Agency, and Dr. Bill Field, retired professor in the University of Iowa's College of Public Health. This guide was designed to furnish health-care providers with the information they need to reduce their patients' exposure to radon.
- [AARST NRAM](#) materials include multi-lingual radon consumer guides, NRAM consumer postcards and doorhangers, and more than a dozen premade radon-themed images that are designed to help you promote radon messaging and education through multiple social media platforms!
- EPA [NRAM](#) resources include an NRAM Event Planning Kit from Radon Leaders, a radon social media outreach toolkit and Media Resources for Partners and Stakeholders, an Introduction to Radon Gas in Homes webinar, and more.
- Encourage the purchase or construction of radon-resistant new homes! Find information from the EPA about [Radon-Resistant New Construction for Home Buyers](#), and [Radon-Resistant Construction Basics and Techniques](#). Radon-resistant new construction (RRNC) is much less expensive than mitigation of an existing home.

- The [Kentucky State Radon Program](#) hosted its annual radon poster contest and radon video contest over the fall, and recently chose winners for each and shared them through their social media. 2023 poster winners are [here](#), and 2023 video winners are: [1<sup>st</sup>](#), [2<sup>nd</sup>](#), and [3<sup>rd</sup>](#) place.
- The American Lung Association offers multiple [NRAM resources](#), including a free Radon Basics course, radon test kit ordering, and more.

## Social Media Tips

- Follow [@UkyRadon](#) on Twitter/X to keep up to date on all things radon including upcoming and recorded presentations, published articles, and current radon research.
- Don't forget to like our tweets and mention [@UkyRadon](#) in all your radon-related tweets! We want to support and highlight your important radon work.
- Use the following hashtags during National Radon Action Month to engage with other radon professionals.
  - [#NRAM2024](#)
  - [#NRAM](#)
  - [#NationalRadonActionMonth](#)
  - [#TestForRadon](#)
  - [#StopRadon2024](#)
  - [#SaveLives](#)
  - [#ProtectAgainstRadon](#)
  - [#TestYourNest](#)
  - [#TestFixSaveALife](#)

## FREE Continuing Educational Opportunities

- Updated in 2022, [BREATHE's FREE radon course](#) may be completed for up to 4.0 CE credit hours. Learn how to talk with patients about radon over six self-paced online modules designed for CHES, CPHCE, KBRC, CNE, and Other CEs.
- The American Lung Association offers a free [one-hour interactive online learning program](#) designed to help people understand more about radon, a radioactive cancer-causing gas commonly found indoors at dangerous levels. You can earn 1.0 credit hour for CRCE and AARC.

## Interested in Radon Control Policy?

- [Radon Risk Reduction: A Fractured Policy Landscape](#): A 50-state survey of state laws and policies for radon disclosure, testing, and mitigation was produced by the Harvard Center for Health Law and Policy Innovation (CHLPI).
- [State Radon Legislation – Issues and Options](#): A report developed by the Environmental Law Institute, contains some of the issues related to radon laws and programs and provides policy options for addressing them. The report is intended to stimulate radon policy discussion and the exchange of ideas.
- [Radon in Child Care: Review of State Policies](#): A report developed by the Environmental Law Institute, provides the reader with an overview of how state laws and regulations address radon at child care facilities.
- [Radon in Rental Housing: Legal and Policy Strategies for Reducing Health Risks](#): A report developed by the Environmental Law Institute, provides the reader with legal and policy strategies targeted at reducing exposure to high radon levels in rental housing.
- [Radon in Homes: Strengthening State Policy to Reduce Risk and Save Lives](#): A report developed by the Environmental Law Institute, provides information to assist state policymakers and others in establishing radon control laws, regulations, and policies.
- [Environmental Law Institute Database of State Indoor Air Quality Laws](#): A report developed by the Environmental Law Institute, provides a broad cross section of radon state laws enacted through December 2022.

## Need a Home Radon Test Kit?

- Through BREATHE's research study Radon on the RADAR, patrons of the [Hopkinsville-Christian County Public Library](#), [Logan County Public Library](#), [Pulaski County Public Library](#), and [Rowan County Public Library](#) are now able to check out a Corentium Home by Airthings® Home Radon Detector kit from the library for FREE. You can check out and use these digital devices to test for radon for two weeks.
- The [Kentucky Radon Program](#) provides radon test kits free of charge to Kentucky residents. Request a free test kit by completing the form on the [Free Radon Test Kit Offer website](#).
- If your health department is on the [radon program list](#), you may request a free test kit from your health department.
- The [American Lung Association](#) also has both short-term (3-7 days) and long-term (3-12 months) test kits available for purchase.

## **Contacts for more information:**

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