

Radon & Children's Health

Radon

Radon is a naturally occurring radioactive gas that you can't see, smell, or taste, which can cause cancer. It can seep into buildings through cracks and seams in foundation floors and walls. Radon may also enter through well water and be released into the air during showering, dishwashing, and doing laundry.

Nationally, radon is the second leading cause of lung cancer. Radon has no immediate health effects, no irritating effects, and exposure has no warning signs. But, breathing air with elevated levels of radon can increase the risk of lung cancer over time.

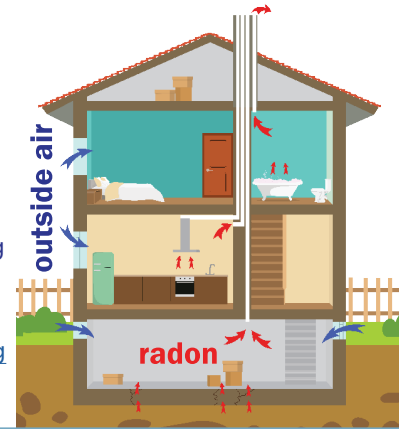


Reducing radon exposure for your family

Radon problems can be fixed. If you don't test for it, there is no way of knowing if radon is in your home.

Get a [free radon in air test kit](#) from the NH Radon Program. Hire a certified [radon mitigation contractor](#) if you have elevated radon.

Test your water for radon if you have a private well. For information on finding a lab and understanding your results, visit: www.des.nh.gov/water/drinking-water/private-wells



Children are more sensitive to radon

They have smaller developing lungs, breathe more rapidly, and inhale more air relative to their size than adults. Children have longer lifetimes ahead of them, and radon risks add up over time.

The risk of lung cancer in children exposed to radon is almost twice as high as that for adults.

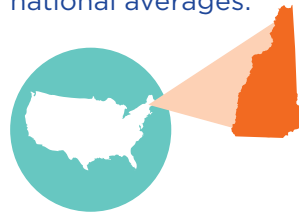
If children are exposed to radon and tobacco smoke, the risk of lung cancer is at least 20 times greater.¹



1 in 3 homes

tested in **New Hampshire** have radon levels above the U.S. Environmental Protection Agency (EPA) action level of 4 picocuries per liter (pCi/L).²

Average indoor radon levels are approximately four times higher in New Hampshire compared to national averages.



4X higher in New Hampshire

Contact the New Hampshire Radon Program

Call: (603) 271-1708

Email: radon@dhhs.nh.gov

Visit: bit.ly/RadonProgramNH



Get a **FREE radon in air test kit.**

Find a lab to test your private well for radon.



¹ATSDR Case Studies in Environmental Medicine Radon Toxicity 2012

²NH Radon Program Fact Sheet 2023