Radon and Smoking: A Dangerous Combination

Radon Tipsheet #14

May 2019

Living in a home with high radon levels is a major risk for lung cancer.

Radon gas can be found in the soil and water in Maine. The radon can move up into a home from the ground. The home then traps the radon inside.

According to the CDC, if you live in a home with high radon levels, and you smoke, you are **10 times** more likely to get lung cancer.

Radon can increase your risk of lung cancer, especially if you smoke.

Smoking

- Smoking is the number one cause of lung cancer.
- 80-90% of all lung cancer is due to smoking.

Radon

- You can't see it or smell it, but radon can cause lung cancer.
- Radon is the second leading cause of lung cancer and the number one cause of lung cancer in nonsmokers.
- According to the Environmental Protection Agency, approximately 21,000 people die of lung cancer each year due to radon.
- One in three homes in Maine have higher than normal levels of radon.

Test your home.

- Test your home for radon in the air and water (if you have a well).
- For information on how to test your home, read Tipsheet #2 *Test Your Home for Radon*.
- Fix if your levels are high.

Protect your family.

- Smoking inside your home increases your family's and your pet's risk of lung and other cancers.
- If you smoke, smoke outside away from windows, doors, and vents.
- Take the Smoke-Free Homes Pledge at www.breatheeasymaine.org.

Get help to quit.

- Call the Maine Tobacco HelpLine at 1-800-207-1230.
- **OR** enroll online now at www.thequitlink.com.
- Friendly, confidential, and non-judgemental support.

Any home can have radon. The only way to know for sure is to test. Protect your family. Learn. Test. Treat if needed.

- Check this website: **www.MaineRadiationControl.org**
- For advice: **1-800-232-0842 • radon.dhhs@maine.gov • TTY: Call Maine Relay 711**