

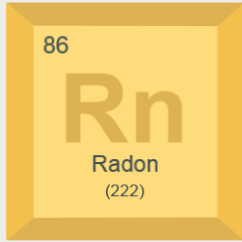
Radon

What is it?



Radon is a naturally occurring radioactive gas that cannot be seen, smelled, or tasted

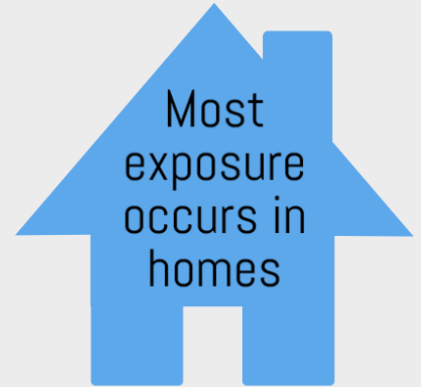
Why is it dangerous?



Radon is the **2nd** leading cause of lung cancer

Radon attaches to dust or tobacco smoke and gets carried into the lungs

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

Kentucky State Radon Program
(502)564-4856

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

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



Businesses



Restaurants



Homes

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

✓ **QUIT SMOKING & STAY AWAY** from tobacco smoke



✓ Only visit **smoke-free** restaurants & businesses

✓ Contact local policymakers to advocate for smoke-free air