AgelessCoach™
AGE STRONG. LIVE LONG.

Radon: Four Steps to Test

The four steps CDC lists, the level that means fix the house, and why the only radon test that tells you anything is the one in your own home.

✓ **Verified against published guidance** from CDC, the National Cancer Institute & WHO · sources below

Radon has no smell, no color and no taste, and it causes no symptoms. Testing is the only way to know. If your result is at or above 4 pCi/L, contact your state radon office for a qualified contractor, and test again after any repair.

✓ Do This

Get a Test Kit
- Hardware store or state radon office
- Short term runs 2 to 90 days
- Long term runs more than 90 days

COACH'S TIP CDC step one, and it is cheap.

Test Where You Spend Time
- Lowest lived in level of the house
- Basements usually read highest
- Upper floors can still read high

COACH'S TIP Test the room you actually use.

Send It to the Lab
- An approved laboratory reads it
- Follow the kit instructions exactly
- Keep the result on file

COACH'S TIP Step three of four.

Fix at 4 pCi/L or Higher
- The EPA action level, CDC and NCI
- Call your state radon office
- Use a certified contractor

COACH'S TIP There is no known safe level.

Retest After Any Repair
- CDC says confirm the fix worked
- Levels vary day to day
- A second test costs little

COACH'S TIP An unverified fix is a guess.

Ask Before You Buy
- Radon resistant construction exists
- Cheaper to build in than add later
- Raise it at the inspection

COACH'S TIP The best time is before closing.

✗ Do Not

Do Not Trust a Neighbor's Result
- Adjacent homes test differently
- NCI calls it a poor predictor
- Soil and entry routes differ

COACH'S TIP Only your house tells you.

Do Not Assume New Homes Are Safe
- CDC: new or old, sealed or drafty
- Tight homes can hold more
- Any home can build radon up

COACH'S TIP Age is not protection.

Do Not Rely on Open Windows
- Natural ventilation is temporary
- It does not replace a real fix
- Fans and vents are not a system

COACH'S TIP Temporary is not fixed.

Do Not Skip It as a Nonsmoker
- Smokers carry the highest risk
- WHO: smokers 25 times more at risk
- Nonsmoker deaths still happen

COACH'S TIP NCI: more than 10 percent are nonsmokers.

Do Not DIY the Mitigation
- Repairs need special skills
- CDC says use a qualified pro
- State offices keep lists

COACH'S TIP Certified contractor, then retest.

Do Not Wait for Symptoms
- Radon causes no symptoms at all
- Lung cancer surfaces late
- A test is the only early signal

COACH'S TIP Nothing to feel, so nothing to wait for.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

2nd	leading cause of lung cancer, CDC
4 pCi/L	the EPA action level, CDC
1 in 15	US homes at or above it, NCI

Sources: CDC, National Cancer Institute, World Health Organization. **Educational content, not medical advice.** Talk with your doctor.

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