

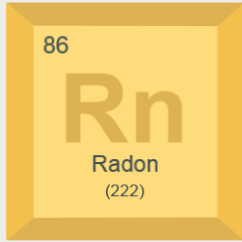
Radon

What is it?



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

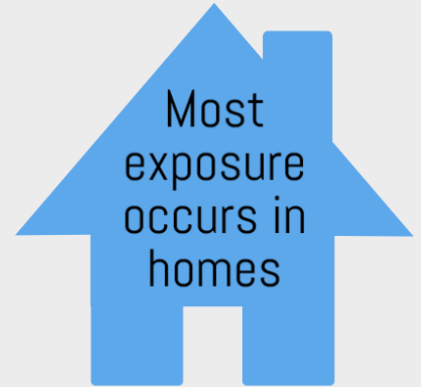
Why is it dangerous?



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