

# Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



## TEST FOR TOXIC GASES

Radon gas typically moves up through the ground and comes into homes through cracks in floors, walls, and foundations. Sometimes it enters the home through well water. Whatever the source, your home can trap radon inside, where it can build up. You might not be able to see or smell radon, but it can still harm you—slowly, and in ways that you can't detect.

### TO FIGHT RADON:

- Start by testing your home. You can do it yourself or hire a professional.
- If you find a radon problem in your home, take steps to fix it.
- If you smoke, stop. Smoking is an especially serious health risk when combined with radon.
- Get help for your radon questions at this national hotline: 1-800-55RADON (557-2366).