

RADON DETECTOR KIT INSTRUCTION SHEET

Thank you for choosing to conduct a short test radon test for your house. This first step can help reduce the risk of developing lung cancer for everyone living in your house.

The aim of this project is to screen your home for radon gas. Once you see how much radon enters your home, you may wish to do the recommended 91-day radon test. See the next page for details on hiring a professional.

WHAT DO I DO NOW?

- 1) **Open the device box.** Hit the reset button on the back of the device. This clears the device. You can use a pen and it will take about 1 minute to reset.

This will begin a 24-hour countdown for the first reading to display. If after 24 hours there are no visible numbers please return the kit to the library.

- 2) **Place the device in room in the lowest level of your house.**

Bedrooms or places you spend most of your time are best. A bedside table or desk is a good place. **Don't put it near a window, door or air vent, this will impact the readings**

If your bedroom is on an upper floor, consider a family room or study on a lower floor. Please keep the device out of direct sunlight and water vapour.

- 3) **Then: Wait!** The longer the test, the more reflective of your annual average. We recommend testing for at least 7 days to get a sample of a full week

- 4) **Please return the detector after 4 weeks-** you can return earlier if you choose to.

Note: Radon gas levels can vary A LOT, even in one day- this is normal and happens because the temperature and airflow in your house change and influences how much radon come up and in from the ground.

- 5) **What do the numbers means?**

The numbers are readings of radioactivity in the air, measured in Bequerels per meters cubed (Bq/m³).

The results are averaged over a day, week or the length of time you have the detector. The average is used because the levels vary every day. Levels are generally higher in the winter when you house isn't as open to the outside as your doors and windows remain closed.

- 6) **What should I be looking for?**

Your reading is a "snap shot" of the average radon levels in your home. If your average levels exceed 100 Bq/m³ you may wish to consider conducting a long-term test. See #8 for Information on getting a long-term test kit.

Health Canada recommends reducing radon if the long term (91 day) *average* home levels exceed **200 Bq/m³**. If your reading exceeds this level it is recommended that you reduce your exposure. There are steps you can take right away to lower radon levels, and certified professionals who can help. Contact hc.radon.bc.yt.sc@canada.ca for more information.

The WHO recommends action after **100 Bq/m³**. If you would like to discuss this more, please email radon@sfu.ca.

7) What do I do when I am done?

Record your numbers for future reference. We encourage you to enter your data into the online survey at <https://form.jotform.com/82987464066269>

The survey is anonymous, but if you would like follow-up you can enter your email address.

Then reset your device to remove your data and take the device back to the library.

8) How can I get a long-term test kit?

You can purchase a simple test kit, deploy it and wait 91 days, then mail it back to a laboratory for analysis.

The BC Lung Association sells simple detectors online at:

<http://www.radonaware.ca/radon-resources/order-a-radon-test-kit>

You can also purchase a digital detector such as the device you just used and test for longer. Please see the Take Action on Radon web site for a list of companies who sell digital detectors:

<https://takeactiononradon.ca/>

Once you receive your results or test for 91 days, you may wish to make changes to your home to reduce the level of radon gas. There are guides on radon mitigation provided by the federal government that are included in your box or you can hire a professional to help you.

9) How to hire a professional to test for you or help you fix your home

Health Canada recommends using certified professionals when hiring someone to either test for radon or when you need someone to help reduce radon levels. An up-to-date list is kept by the Canadian National Radon Proficiency Program (C-NRPP) <https://c-nrpp.ca/>.

There are well-researched strategies to successfully reduce radon levels in homes. These techniques are effective at reducing even very high levels of radon gas. Certified professionals can generally install a radon system in 1-2 days.

Acknowledgements

This project was made possible by funding from Health Canada and support from the BC Lung Association, The North Van City Library and Simon Fraser University. A special thank you to Airthings for their digital radon detectors and generous contributions to this project.

**BRITISH COLUMBIA
LUNG ASSOCIATION**

B R E A T H E
the lung association

SFU
FACULTY OF
HEALTH SCIENCES

AIRTHINGS