Timiskaming First Nation

Community Radon Monitoring Project



The average level of radon measured over ____ months in your home was ____ Bq/m3.

Radon levels are higher during cold months, so the annual 12-month average level is likely to be lower.





Guideline proposed by the World Health Organization Guideline for Canada, Australia and the European Union

BELOW 100 Bq/m³

No action is required if the annual average level is below 100 Bq/m³, according to the World Health Organization guideline, although any amount of radon can increase the risk of getting lung cancer, especially if you smoke.

1) Stop smoking to reduce the extra risk of lung cancer.

BETWEEN 100 AND 200 Bq/m³

No action is required if the annual average level is below 200 Bq/m³, according to the Canadian guideline. The World Health Organization recommends you take steps to reduce radon levels. If you are close to 200 Bg/m³, you can:

- Put another monitor in your home for 12 months to get a more accurate measure of the annual average
- 2) Stop smoking to reduce the extra risk of lung cancer.

ABOVE 200 Bq/m³

If the level of radon measured in your home over the winter months is above 200 Bq/m³, you should:

- Put another monitor in your home for 12 months to confirm the annual average is above the Canadian guideline.
- 2) Increase ventilation in ground floor rooms or your basement.
- 3) Look into methods for repairing your home.
- 4) Stop smoking to reduce the extra risk of lung cancer.

For more information contact:

Lindsay McLaren Polson NI DAKINAN Natural Resources & Heritage (819) 723-2291

> Colleen Polson TFN Health Centre (819) 723-2260