



Municipality of Sheenboro
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Sheenboro, QC
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PUBLIC HEALTH NOTICE

If your house uses water from a well, it is recommended to test for radon in air on each habited level of your house.

What is Radon?

Radon is a radioactive gas produced naturally by the decay of uranium in the earth's crust. When radon is released from the ground into the outdoor air, it gets diluted to low concentrations and is not a concern. The only way to measure the radon level in a house is to test it.

Radon concentration in water is also highly variable. Drinking water can be obtained from groundwater sources such as springs, wells and boreholes. Groundwater often flows through rock formations which contain natural uranium and radon producing radium. As radon is a water-soluble gas, these sources of water normally have much higher concentrations of radon than surface water from rivers, lakes and streams.

When radon enters a confined space such as a house, it can sometimes accumulate to high concentrations that can pose a health risk, either to develop lung cancer in the long term. The level of risk depends on the radon concentration and the number of years of exposure. It is estimated that in Quebec, 10% of lung cancer deaths are associated with radon exposure.

Whether your house is new or old, radon tends to accumulate in the lower and less ventilated rooms, like the basement for example. The

only way to know if you have a radon problem in your home is to measure its concentration.

How to detect and measure radon in air and well water?

- Test for radon in the air on each level of your house where a person spends in average at least 4 hours per day.
- Use long-term measurement devices (min. 3 months) during the heating season, as recommended by Health Canada.
- If you get a result in air that is higher than Health Canada's guideline (200 Bq/m³), consider testing your well water. This helps to determine if your well water contributes to radon in air in your house, in which case mitigation measures on your well would be appropriate.

Where to buy a test kit?

- Certain hardware stores
- Québec Lung Association: <https://poumonquebec.ca/en/>
- AccuStar Canada: <https://www.accustarcanada.com/en/buy-radon-test/>
- Enviro-Option: <https://www.enviro-option.com/en/radon>
- For a list of test providers sold online to do it yourself: <https://www.carst.ca/radonwebsales>

For a list of professionals who are certified to test and/or mitigate your radon, you can search for a professional on the Canadian National Radon Proficiency Program (C-NRPP) website. This certification program is recognized by Health Canada and Ministère de la Santé et des Services sociaux du Québec. <https://c-nrpp.ca/find-a-professional/>

What to do if you find radon in your home?

There are a number of techniques and treatments available to address radon levels in your home. The Health Canada guide offers a complete overview of the different mitigation methods available.

Radon - Reduction Guide for Canadians:

<https://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radiation/radon-reduction-guide-canadians-health-canada-2013.html>

GIVEN BY SIMON TESSIER, INTERIM DIRECTOR GENERAL, THIS
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