

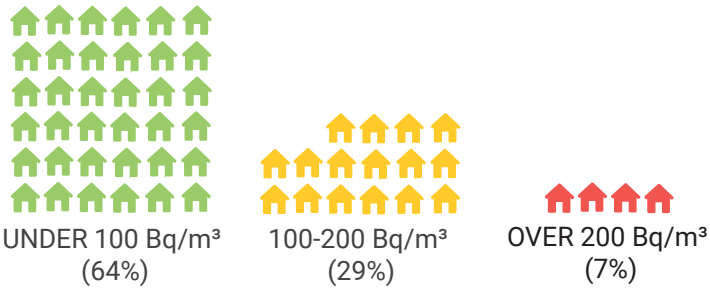
PORTUGAL COVE – ST. PHILIPS, NL

100 Radon Test Kit Challenge

56 homes participated by testing for radon gas during the winter of 2025-2026 using 91-day alpha track tests. This represents approximately 2% of the community dwellings.

7%

of homes tested above Health Canada's guideline of 200 Bq/m³

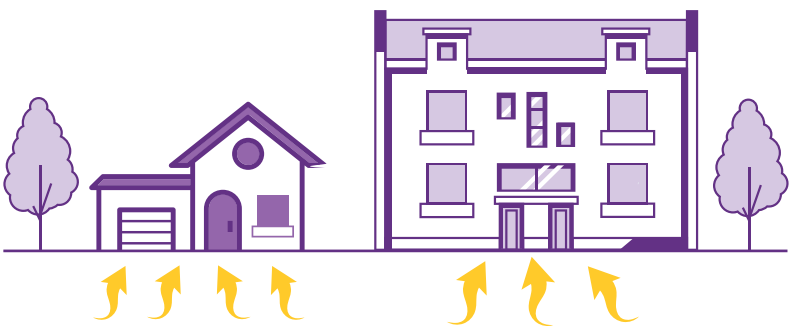


Radon is a naturally occurring radioactive gas that comes from the ground.

Exposure to elevated levels of radon is linked to increased chances of developing lung cancer.

Levels can vary between neighbouring houses.

The only way to know your radon level is to test.



When you get your radon test report

Look for your radon level in order to make a decision of what you should do next.

The radon level will be reported in Bq/m³. This is a measurement of radioactivity because **radon is a radioactive gas.**

If your radon level is **below 200 Bq/m³, it is within the Canadian guideline.** Consider retesting within the next 5 years.

REDUCE LEVELS: When your radon level is **200 Bq/m³ or more, take action to REDUCE radon levels within one year.**

The Canadian guideline for radon in indoor air is 200 Bq/m³

If you've tested your home, and the radon level is above the Canadian guideline of 200 Bq/m³, Health Canada recommends that you take action to lower the level.

The higher the radon level, the sooner action should be taken to reduce the level to as low as practically possible. While the health risk from radon exposure below the Canadian guideline is small, there is no level that is considered risk free. It is the choice of each homeowner to decide what level of radon exposure they are willing to accept.

RADON LEVEL	LIFETIME RISK OF LUNG CANCER	LIFETIME RISK OF LUNG CANCER IF YOU SMOKE
Under 100 Bq/m³	1%	12%
100-199 Bq/m³	1.5%	15%
200-599 Bq/m³	2%	17%
600 Bq/m³ and over	4%	26%

Now that you have tested your home, encourage your friends and family to test too! They can find a radon test kit provider online: takeactiononradon.ca/test-for-radon/radon-test-kits/#buykit

Need to reduce your radon?

There may be financial programs available to help you. You can find information about radon grants or radon warranties on our website at:

www.takeactiononradon.ca/protect

HOW TO FIND A CERTIFIED PROFESSIONAL

takeactiononradon.ca/test/find-a-radon-mitigation-professional

Certified radon mitigation professionals are trained to properly assess your home, and design systems to efficiently and effectively reduce your radon level.



Radon Mitigation System

A radon mitigation system is the most effective method of reducing radon levels. Research shows that **certified radon professionals** can reduce levels by over 90%. Other steps, such as increasing ventilation and sealing cracks, can help in the short-term but are less effective.

Construction of New Homes

The Newfoundland and Labrador Building Code allows each municipality to introduce building code measures. Therefore, each municipality can determine if it will introduce measure to deal with radon control. The National Building Code includes radon control measures.

Long-term (91 day) radon testing is still necessary to determine if additional mitigation steps are required to reduce the radon levels in a new home.

Find more information on radon reduction:

The Canadian National Radon Proficiency Program has a list of certified professionals to help with reducing radon levels.

Find more information on radon reduction at: **c-nrpp.ca/find-a-professional**

Find information from Health Canada, including the **Radon Reduction Guide for Canadians** at: **www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radiation/radon-reduction-guide-canadians-health-canada.html**

TAKE ACTION ON RADON

takeactiononradon.ca

Take Action on Radon is a national initiative funded by Health Canada with a mandate to bring together stakeholders and raise awareness on radon across Canada. The current advisory team is made up of the Canadian Association of Radon Scientists and Technologists (CARST), and the Canadian Cancer Society.