# How Do High Levels of Radon Affect the Human Body?

If you live in a home with high levels of radon, you may be at risk for some serious health problems. Radon is a naturally occurring gas that can seep into homes through cracks and holes in the foundation. Once inside, it can build up to dangerous levels and putting your health at risk. So what exactly are the dangers of radon exposure? Keep reading to find out.

## What is Radon?

Radon is a naturally-occurring gas found deep in the ground and can enter homes in various ways. It is often invisible, odorless, and tasteless, making it difficult to detect without specialized testing. Unfortunately, exposure to high levels of radon can have serious long-term health effects – especially when combined with other carcinogens such as cigarette smoke. As this gas can be found in many homes today, it's important to understand its consequences so that appropriate steps to reduce exposure can be taken for the entire family’s safety.

## How Can it Enter Your Home?

Radon is an invisible and odorless gas that can be dangerous if one is exposed to high levels. It originates from decaying elements like uranium and thorium found in most soil and enters a home, often through cracks or crevices in the foundation or other openings like doors and windows. Fortunately, there are ways of detecting radon levels before they become too high and cause serious health risks. By getting a quality radon detector installed in your home, you can create a safer environment for your family. Furthermore, preventative measures such as caulking any cracks in the basement foundation can help avoid the accumulation of dangerous levels of radon inside your home and keep you breathing easier!

## What Health Concerns Does Radon Cause?

Radon is a naturally occurring, odorless and invisible gas that can easily go undetected in homes, but it's one of the leading causes of lung cancer in the US. This deadly gas forms when uranium or thorium breaks down in rocks and soil, and it gets into indoor air as it escapes from these substances. In addition, man-made activities such as using well water and household natural gas appliances can also cause higher radon levels. Consequently, long-term exposure to high levels of radon increases the risk of developing lung cancer. Once inhaled, small particles of radon stick to the lungs which damages tissues and increases the chances for cancer cell growth, therefore making radon a serious health hazard. It has been noted by experts that failing to control this hazardous substance can be fatal for anyone living in an affected environment because there is no known safe level of exposure to radon.

## How Can You Protect Your Home?

Don’t ignore the potential threat of radon gas accumulating in your home. The good news is that you can significantly reduce radon levels in your house by taking some basic steps. Sealing cracks, openings, and other gaps can effectively trap the potentially harmful gas and stop it from seeping into your home. You can also install a ventilation system to direct air away from high-radon spots to areas with lower concentrations. Another approach is using a fan to draw the gas out and away from occupied living areas. Reducing radon is easy and makes a big difference when it comes to keeping your family safe and healthy.

## How Can You Test Your Home?

Knowing the risks associated with abnormal levels of radon exposure, it is important to regularly monitor the concentration of this potentially fatal gas in the home. Radon can accumulate over time in residences, meaning that just because your home once tested low doesn't necessarily mean its levels have remained so. Fortunately, inexpensive detectors are available which can quickly and accurately measure radon concentrations inside a home. Taking advantage of them is essential when it comes to protecting yourself against typically long-term health effects associated with high radon exposure. Paying a small sum for peace of mind will end up being well worth it in the long run. If you fear that your radon levels may be high, consider investing in a [residential radon mitigation system](https://www.radonenvironmental.com/homes-and-residential). These are professionally installed and keep radon from entering your home by creating a vacuum below the foundation that collects radon.

Where is Radon Most Prevalent?   
Radon is a naturally-occurring radioactive gas found in soil and rock, and can be found in all fifty states. Because of variations in geology and building construction styles, however, some areas tend to have higher concentrations of it than others. Radon is most prevalent in certain areas of the Midwest and the Rocky Mountain regions – places that include Michigan, Colorado, Wisconsin, Idaho, Utah, Minnesota and Wyoming. Furthermore, underground mine shafts can be significant sources of radon accumulation. Ultimately, any home or building - regardless of location - may contain dangerous levels of radon; as such it is important to have testing done periodically to ensure safety.

Radon is a gas that comes from the ground and can be found in many homes. It is dangerous because it can cause lung cancer, and the EPA recommends that you test your home for radon and take steps to reduce its levels if necessary. You can reduce radon levels in your home by sealing cracks and openings, installing a ventilation system, or using a fan to draw air out of your home. You should also have your home tested for radon regularly to make sure its levels are still low. With careful monitoring, you can rest assured that your home is safe from high levels of exposure.