

## What is Tribal Healthy Homes?

The AASTEC Tribal Healthy Homes Project uses a community engaged model to assist with the development of a GPS data collection tool and to train staff to conduct home indoor radon assessment, chronic health conditions, and potential injury risk factors.

## 8 Principles of Healthy Homes

### 1. Keep it dry

Prevent leaks to avoid water entering the home.

### 2. Keep it clean

Control dust and contaminant sources using proper cleaning techniques.

### 3. Keep it safe

Install carbon monoxide and smoke detectors and keep a fire extinguisher on hand.

### 4. Keep it well-ventilated

Use house ventilation for fresh air to reduce concentration of contaminants in the home.

### 5. Keep it pest-free

Seal openings; use pesticides and set up traps if necessary.

### 6. Keep it contaminant free

Test home for radon & install a radon removal system if needed.

### 7. Keep your home maintained

Inspect, clean, and repair your home routinely.

### 8. Keep it thermally controlled

Maintain appropriate temperatures to ensure safety of residents from exposure to extreme cold or heat.

## FREE Radon Test Kits

<http://db.aastec.net/radon/index.html>



### Tribal Healthy Homes Partnerships:



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Albuquerque Area Indian Health Board, Inc.  
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Albuquerque, NM 87110  
Phone: (505) 764-0036  
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## Tribal Healthy Homes Project

Information on  
Radon & Free  
Radon Test Kits

**- Serves 27 Tribes in  
Indian Health Service  
(IHS)  
Albuquerque Area -**

**For more information e-mail:  
[THHP@aaihb.org](mailto:THHP@aaihb.org)**

## How Does Radon Get in My Home?

Radon gets into the house by traveling upwards through cracks in the floor from the soil/ground water supply. Radon can accumulate inside a home that is not well ventilated.

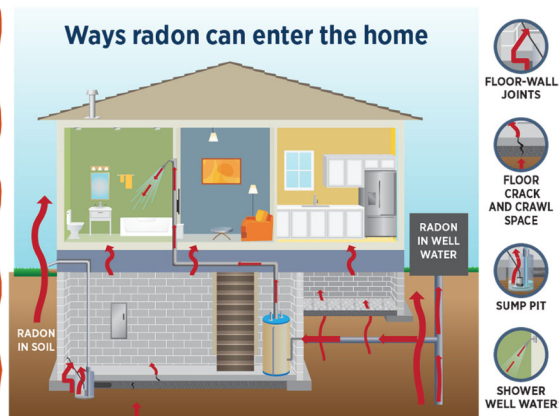
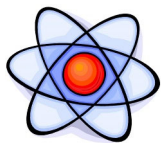


Photo Credit: Mass.gov

## What is Radon?

Radon is a colorless, odorless, tasteless gas that comes from the breakdown of the radioactive element uranium. This is naturally found in soil and rocks. According to the US Environmental Protection Agency the US, home indoor radon average are 1.3 pCi/L (picoCurie per Liter). In a 2022 report the American Lung Association showed New Mexico homes have an average of 3.5 (pCi/L) for radon.



## How will Testing for Radon Benefit My Home?

- ⇒ Homeowners are aware if there is radon in their home.
- ⇒ Homeowners can take the next steps for ventilation to a healthier home.
- ⇒ Homeowners can be in a safer environment with low levels of radon.

## How will Radon Effect My Health?



- ⇒ The odorless, tasteless gas can be breathed into lungs.
- ⇒ Once in the lungs, it can cause damage to DNA in lung tissues potentially leading to lung cancer.
- ⇒ Radon is the second leading cause for lung cancer in United States.

## How Do I Test My Home for Radon?

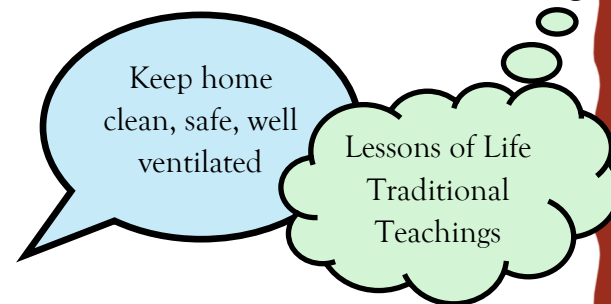
Steps for Radon Tool Kit

1. Test home using short term radon kit.
2. If results show levels above 4 (pCi/L), repeat short term tool kit.
3. If results again show levels above 4 (pCi/L), place a long term radon test in your home.
4. If results still show high levels of radon (above 4 pCi/L), consider home mitigation.

## How Do I Find My Test Results?

- ⇒ By Mail  
- ⇒ Online by using serial number

## How Community Members Have Defined a Healthy Home:



## For More Information:

- ⇒ [https://www.hud.gov/sites/dfiles/HH/documents/InformationKit\\_final.pdf](https://www.hud.gov/sites/dfiles/HH/documents/InformationKit_final.pdf)
- ⇒ <https://www.cdc.gov/radon/index.html>
- ⇒ [https://www.epa.gov/sites/default/files/2016-12/documents/2016\\_a\\_citizens\\_guide\\_to\\_radon.pdf](https://www.epa.gov/sites/default/files/2016-12/documents/2016_a_citizens_guide_to_radon.pdf)
- ⇒ <https://www.lung.org/getmedia/483ae4ea-1ceb-478e-958f0b2e4a00551f/Radon-Testing-Disparity-report-for-New-Mexico-2022-08-14.pdf>
- ⇒ <https://nmtracking.doh.nm.gov/environment/air/Radon.html>

