

# WHAT THE HEALTH!?

## Radon

November is Lung Cancer Awareness Month, and while smoking is the leading cause of lung cancer in the United States, the second leading cause of lung cancer is radon!

### What is Radon?

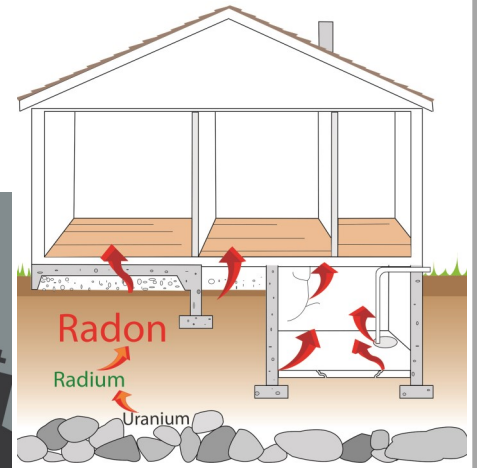
Radon is a colorless, odorless, and invisible gas that is produced by the natural decay of uranium that is found in nearly all soils. It is a health hazard when there are elevated levels of it in your home. Exposure to radon over long periods of time can lead to lung cancer. Radon is the second leading cause of lung cancer in the United States behind smoking, killing around 21,000 Americans each year.

### Where does Radon Come From?

Radon comes from the ground, and if your house has cracks in the foundation, this gas can get into your home and put your family at risk!

### What can you do?

Have a test done to check for elevated levels of radon in your home. Call Tioga County Public Health at 687-8600 for your free radon test!



## WORLD TOILET DAY IS NOVEMBER 19



**2.3** BILLION PEOPLE DO NOT HAVE ACCESS TO A CLEAN AND SAFE TOILET



Scan Here with Your Phone's Camera to Learn about World Toilet Day!



## WHAT GOES INTO YOUR HEALTH?



## SHARE YOUR HEALTH STORY!

Tioga County Public Health is asking all Tioga County Residents to share Your Health Story to help with our upcoming Community Health Assessment.

Please take the survey at [www.surveymonkey.com/r/TCPH2018](http://www.surveymonkey.com/r/TCPH2018)

The survey link is also available on the Tioga County Public Health Facebook page and Tioga County website!



Public Health  
Prevent. Promote. Protect.  
Tioga County

## NATIONAL DIABETES AWARENESS MONTH



At the current rate, **one** in three American adults will have diabetes in **2050**



November 2018