

Radon hauv Cov Chaw Zov Me Nyuam thiab Cov Tsev Uas Tsis Yog Tsev Nyob

Tiv thaiv koj tus kheej, cov neeg ua hauj lwm, thiab cov me nyuam uas koj zov los ntawm kev kuaj radon thiab txo nws yog tias muaj radon nyob siab.

Radon yog dab tsi?

Radon yog ib hom pa roj uas tsis muaj xim thiab tsis muaj ntshiab, thiab yog ib hom pa roj uas muaj tshuaj radiation. Nws tshwm sim ib yam ntuj tsim hauv av thiab nkag los rau hauv tsev los ntawm tej qhov nyob hauv tsev (xws li tej kab tawg ntawm lub tsev los sis av uas twb muaj Radon lawm). Txhua lub tsev yeej muaj radon ntau, tsis hais yog tej tsev uas twb ua ntev los sis ua tshiab, tsim lub tsev li cas, los sis yuav siv hom av los puab tsev.

Radon yog ib yam teeb meem rau kev noj qab haus huv vim nws ua tus kab mob ntsws cancer. Qhov yuav raug tus mob no yog tias radon muaj nyob ntau thiab koj hnua nws mus ntev. Radon yog qhov tseem ceeb tshaj uas ua rau cov neeg uas tsis haus luam yeeb mob tus kab mob ntsws cancer, thiab nws tseem ua rau cov neeg uas haus luam yeeb raug tus mob no heev dua. Nyob hauv Teb Chaws Asmeslikas, lawv kwv yees tias radon tua li 21,000 tus neeg vim mob tus kab mob ntsws cancer txhua xyoo. Cov me nyuam tej zaum yuav raug tus mob no yooj yim dua vim lawv ob lub ntsws loj me sib txawv thiab ua pa heev dua li cov laus.

US Environmental Protection Agency (EPA) qhia kom koj kev nqis tes los txo radon yog tias ntsuas pom tias radon muaj txog los sis ntau dua 4 picocuries hauv ib liv (pCi/L). Hauv Minnesota:

- Qhov radon hauv tsev nyob yog kwv yees li peb npaug siab dua li qhov nruab nrab hauv teb chaws.
- Kwv yees li 16% ntawm cov tsev kawm ntawv rau pej xeeb uas tau kuaj, muaj tsawg kawg ib chav uas ntsuas pom radon nyob siab.

Koj kuaj radon li cas hauv cov chaw zov me nyuam los sis cov tsev uas tsis yog tsev nyob?

Cov chaw zov me nyuam thiab cov program zov me nyuam hauv zej zog uas ua hauj lwm nyob rau tej tsev uas tsis yog tsev nyob (hu ua community-based family child care) yuav tsum koj ntau yam los xav txog thaum los kuaj seb puas muaj radon, vim tej chaw no tej zaum yuav muaj ntau chav, muaj ntau qhov foundation, muaj cov tshuab cua uas tswj huab cua nyuaj dua, thiab muaj kev hloov pauv rau cov neeg siv chaw ntau dua. Koj yuav tsum hu ib tus kws tshaj lij uas muaj ntawv tso cai los kuaj radon kom paub tseeb tias qhov kev kuaj yeej ua yog thiab ua tiav. Kuaj tsawg kawg yog txhua tsib xyoo ib zaug, thiab rov kuaj ua ntej yog tias muaj kev hloov pauv uas tej zaum yuav cuam tshuam rau kev raug radon, los sis yog tau nruab ib lub tshuab txo radon.

Kev kuaj luv luv (2–5 hnuv) feem ntau yog hom kev kuaj uas lawv siv los kuaj. Thaum kuaj radon, kaw tag nrho cov qhov rai thiab qhov rooj sab nraud (tsuas pub qhib rau kev nkag tawm mus li niaj zaub xwb). Ua kev kuaj thaum qhov chaw zov me nyuam tab tom qhib. Yog tsis tau ua thaum qhov chaw zov me nyuam qhib, ces kuaj rau tej hnuv uas lub tshuab cua sov, cua txias, thiab cua ncig mus ncig los li thaum tseem khiav kev ua hauj

lwm li muaj neeg tseem nyob ua hauj lwm. Tus kws tshaj lij yuav kuaj txhua chav uas tab tom siv los sis yuav siv thiab nyob puab ze av, kuaj li 10% ntawm cov chav uas theem siab, thiab tej zaum yuav kuaj lwm chav ntxiv. Lawv kuj yuav ua kev kuaj xyuas kom paub tseeb tias cov khoom kuaj yeej kuaj tau zoo.

Yog tias qhov kev kuaj thawj zaug qhia tau tias radon nyob nruab nrab ntawm 2.0 txog 3.9 pCi/L, ces xav txog kev rov kuaj dua. Kuj xav txog kev rov kuaj rau lub caij ntuj no yog tias thawj zaug kuaj tsis yog thaum caij ntuj so.

Yog tias muaj ib chav twg ntsuas pom tias muaj radon txog los sis siab dua 4 pCi/L, ces rov kuaj dua kom sai li sai tau (los sis koj kuj yuav pib kev txo radon). Tus kws tshaj lij kuj siv lub cuab yeej continuous radon monitor uas soj ntsuam tau qhov ntsuas radon txhua xoj moos kom paub tias radon puas nyob siab thaum qhov chaw zov me nyuam tab tom qhib. Qee zaum lub tshuab pa yuav ua rau radon nyob siab thaum hmo ntuj thiab qis thaum nruab hnuv thaum muaj neeg nyob. Yog tias radon nyob qis thaum cov me nyuam nyob ntawd, ces tej zaum yuav tsis tas ua kev txo radon.

Koj yuav txo radon li cas?

Ntiav ib tus kws tshaj lij uas muaj ntawv tso cai los pab txo radon. Kev txo radon tej zaum yuav muaj xws li kev nruab ib lub raj tso pa thiab kiv cua los rub cov pa tawm hauv av, kom thaiv tsis pub radon nkag los rau hauv tsev. Hauv cov tsev lag luam los sis tsev pej xeeb, tej zaum yuav siv lwm txoj kev xws li tshuab siv pa los hloov pa hauv tsev los sis lim tawm cov pa nyob hauv tsev thiab hauv av.

Lub hom phiaj ntawm lub tshuab txo radon yog kom txo radon hauv tsev kom qis dua qhov theem uas yuav tsum nqis tes pab txo, uas yog 4.0 pCi/L. Muaj ntau hom tshuab uas pab txo radon kom qis dua 2.0 pCi/L, yog li xav txog kev txo radon txawm yog tias radon nyob nruab nrab ntawm 2 thiab 3.9 pCi/L. Thaum tau nruab lub tshuab txo radon lawm, ces rov kuaj ib zaug ntawm 30 hnuv kom paub tseeb tias radon tau txo lawm. Rov kuaj li ob xyos ib zaug, los sis sai dua yog tias muaj kev hloov loj uas tej zaum yuav cuam tshuam rau radon (xws li kev kho vaj tse loj, kev hloov tshuab cua sov, tshuab pa, los sis muaj qhov qhib mus rau hauv av).

Cov Kev Pab

- MDH muaj daim ntawv teev cov kws tshaj lij uas muaj ntawv tso cai los ua hauj lwm txog radon (<https://www.health.state.mn.us/communities/environment/air/radon/findprof.htm>).
- MDH kuj ua kev soj ntsuam dawb rau cov tshuab txo radon uas nyuam qhuav nruab.
- Tiv tauj MDH Indoor Air Unit yog xav thov kom tuaj qhia txog radon rau cov chaw zov me nyuam.
- Yog xav paub ntxiv, mus saib [MDH radon \(mn.gov/radon\)](https://mn.gov/radon).

Yog muaj lus nug txog qhov project kho tshiab rau txoj cai tswj kev zov me nyuam, thov tiv tauj [MN Department of Human Services \(https://mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/child-care-regulation-modernization.jsp\)](https://mn.gov/dhs/partners-and-providers/licensing/child-care-and-early-education/child-care-regulation-modernization.jsp). Cov tsev zov me nyuam hauv tsev yuav tsum nyeem daim ntawv qhia tseeb: 'Radon in Family Childcare Operating in Homes'.

RADON HAUV COV CHAW ZOV ME NYUAM THIAB COV TSEV UAS TSIS YOG TSEV NYOB

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02/12/2025

Yog xav tau cov ntaub ntawv no ua lwm hom ntawv, hu rau: 651-201-4933