

Radon Nyob Hauv Cov Chaw Zov Me Nyuam Hauv Tsev

Tiv thaiv koj tus kheej, koj tsev neeg, thiab cov me nyuam uas koj zov los ntawm kev kuaj radon thiab txo qis nws qhov ntsuas yog tias nws siab dhau.

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 hnia 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 2 lub tsev ntawm 5 lub twb tau ntsuas, thiab pom tias muaj radon siab dua qhov theem uas EPA qhia kom nqis tes pab txo
- Hauv ib qho kev tshawb fawb xyoo 2014 los ntawm MDH, 47% ntawm 465 qhov chaw zov me nyuam hauv tsev uas tau kuaj pom tias muaj radon siab dua qhov theem uas yuav tsum nqis tes pab txo rau

Koj kuaj radon li cas hauv ib lub tsev uas ua hauj lwm zov me nyuam?

Tus tswv tsev los sis tus xauj tsev muaj peev xwm kuaj radon lawv tus kheej yog tias lawv lub npe nyob hauv daim title, deed, los sis daim lease. Tsawg kawg kuaj ib chav uas nyob rau txheej qis tshaj uas siv los zov me nyuam. Koj yuav tau cov khoom kuaj uas twb tau kev pom zoo los ntawv cov chaw ua hauj lwm rau kev noj qab haus huv, khw muag khoom kho ub kho no, los sis cov chaw kuaj ntshav. Tsis txhob siv tej khoom kuaj uas yog digital uas muaj tus nqi txog li \$100-200 vim cov no feem ntau tsis yog cov khoom uas tau kev pom zoo. Koj kuj tseem hu tau cov kws tshaj lij uas muaj ntawv tso cai los tuaj kuaj radon hauv koj lub tsev.

Muaj ob hom kev los kuaj: ib hom yog kuaj luv luv (ob peb hnuv) thiab lwm hom yog kuaj ntev (tsawg kawg peb lub hlis). Thaum koj tab tom kuaj luv luv, lub tsev yuav tsum muaj kaw kom ruaj, xws li kaw tag nrho cov qhov rai thiab qhov rooj nyob sab nraud (siv tau lub qhov rooj uas niaj zaus siv nkag mus los). Thaum koj kuaj ntev, koj tsis tas yuav kaw lub tsev kom ruaj li ntawd. Kuaj tsawg kawg yog txhua tsib xyoo ib zaug, thiab kuaj

ua ntej lub sij hawm yog tias muaj kev hloov pauv uas tej zaum yuav cuam tshuam rau kev raug tus pa roj radon, los sis yog koj tau nruab ib lub tshuab radon.

Qhov zoo tshaj plaws yog kuaj thaum cov chaw zov me nyuam tab tom qhib, thiab siv hom kev kuaj luv luv (2–5 hnuv). Yog tias kuaj thiab kuaj pom tias nws nyob ntawm 2.0 txog 3.9 pCi/L, qhov zoo yog rov qab kuaj rua li ob peb hnuv tom ntej. Kuj xav txog los kuaj rau lub caij ntuj no yog tias thaum kuaj thawj zaug tsis yog nyob rau lub caij ntuj so.

Yog tias qhov kev kuaj thawj zaug yog 4 los sis siab dua pCi/L, ces rov kuaj dua sai li sai tau (los sis koj kuj yuav pib txo radon tam sim ntawd). Qhov kev rov kuaj no siv tau hom kev kuaj luv luv los sis kev kuaj ntev (3 hlis rov saud). Yog tias qhov nruab nrab ntawm qhov tau kuaj ob zaug uas yog kev kuaj luv luv, los sis kev kuaj thawj zaug ua kuaj ntev, yog 4 pCi/L los sis siab dua, ces koj yuav tsum ua tej yam los txo radon kom qis. Lwm txoj kev, koj kuj hu rau ib tus kws tshaj lij los ua qhov kev kuaj uas rov qab siv ib lub cuab yeej hu ua continuous radon monitor uas sau tau qhov ntsuas txhua xoj moos. Qhov kev kuaj no pab qhia tau tias radon puas muaj nyob ntau thaum cov me nyuam tab tom nyob hauv tsev rau lub sij hawm zov me nyuam. Yog tias radon qis thaum cov me nyuam nyob ntawd, tej zaum yuav tsis tas ua kev txo radon rau qhov chaw zov me nyuam (tiam sis tseem yuav xav txog kev txo radon rau cov neeg nyob hauv tsev).

Koj yuav txo radon li cas?

Yog tias radon ntsuas txog ntawm 4 pCi/L los sis siab dua, koj yuav tsum hu ib tus kws tshaj lij uas muaj ntawv tso cai los txo radon hauv koj lub tsev. Kev txo radon feem ntau yog los nruab ib lub kav raj thiab kiv cua kom rub tau cov pa hauv av kom tawm mus sab nraud, uas pab thaiv tsis pub radon nkag los rau hauv tsev.

Lub hom phiaj ntawm kev txo radon yog kom cov radon nyob hauv tsev qis dua qhov theem 4.0 pCi/L. Muaj ntau hom tshuab uas pab txo radon kom qis dua 2.0 pCi/L, yog li koj yuav tsum xav txog kev txo radon txawm yog tias radon nyob nruab nrab ntawm 2 thiab 3.9 pCi/L. Thaum nruab tau lub tshuab txo radon lawm, kuaj dua ib zaug ntawm 30 hnuv kom paub tseeb tias radon twb tau txo lawm. Rov kuaj dua 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 cua sov, cua txias, los sis tej qhov qhib tshiab nyob hauv av).

Cov Kev Pab

- Cov tswv tsev thiab cov neeg xauj tsev yuav tau cov khoom kuaj radon uas pheej yig dua los ntawm tej lub chaw saib xyuas kev noj qab haus huv thiab los ntawm [AirChek \(mn.radon.com\)](https://www.airchek.com/).
- Cov chaw zov me nyuam tej zaum yuav tsim nyog tau kev pab qiv nyiaj los sis lwm yam kev pab nyiaj txiag rau kev txo radon (<https://www.health.state.mn.us/communities/environment/air/radon/financial.html>).
- 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.

- MDH muab kev kawm ntxiv dawb rau cov neeg ua hauj lwm hauv tsev zov me nyuam (<https://www.health.state.mn.us/communities/environment/air/iaqtraining.html>).
- For more information, see [MDH radon](https://www.health.state.mn.us/communities/environment/air/radon/index.html) (<https://www.health.state.mn.us/communities/environment/air/radon/index.html>).

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 program zov me nyuam hauv zej zog (hu ua special family child care) uas ua hauj lwm sab nraud ntawm ib lub tsev yuav tsum nyeem daim ntawv qhia tseeb: 'Radon in Child Care Centers and Non-Residential Buildings'.

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