

THE HEALTH DESK

A Monthly Newsletter from the Health Staff at SHARE Head Start

What is Radon?

A naturally occurring health hazard

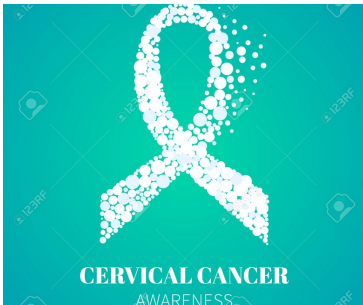
Radon gas is a naturally occurring substance that contains radioactive particles making it dangerous. Radon has a big effect on the indoor air quality of your home. Radon is unscented and you can't see it. This makes radon so dangerous especially in the home. In Greenville County and surrounding areas due to the composition of our soil and environment we tend to have higher radon levels in our homes and businesses. That is why testing is so important!

Radon is the leading cause of lung cancer in the United States among non-smokers. Radon testing should be done annually to help protect you and your loved ones. In South Carolina, SCDHEC offers FREE radon testing kits. Visit: <https://www.scdhec.gov/environment/your-home/radon>



Test Your Home.
Protect Your Health.

www.epa.gov/radon/nram



Health Check

This month is for the women!

January is Cervical Health Awareness Month. Cervical health is something to take into consideration starting when you become sexually active. The HPV virus is the leading cause of Cervical Cancer in the United States. The HPV virus is passed through sexual contact and can lay dormant for many years. That is why annual doctors visits that include a PAP smear are crucial in cervical health. In South Carolina there is a program called the Best Chance Network that can provide FREE breast and cervical screenings to women who meet their eligibility criteria. If you are interested in learning more visit: <https://scdhec.gov/health/diseases-conditions/cancer/best-chance-network-women-may-qualify-free-cancer-screenings>