



FEBRUARY 2026



LYNN PUBLIC HEALTH NEWSLETTER

JANUARY MONTHLY HEALTH THEME: NATIONAL RADON ACTION MONTH

January is National Radon Action Month – a time to raise awareness and learn the risks of radon, encourage testing, and what to do if you have high levels of radon in your home.

Radon is a colorless, odorless, tasteless, and radioactive gas. It's formed naturally through the process of radioactive decay where uranium found in the earth's rock and soil decay into radon. Since radon is a gas, it can move into water or air. Radon gas can enter the home through floor-wall joints, crawl spaces, floor drains, block wall foundations, utility lines, cracks and crevices in floors and walls, and dirt floors. Since a majority of radon exposure comes up from under the ground, concentrations tend to be the highest in the lower levels of homes.

High levels of radon exposure in the home is harmful. Radon is carcinogenic and is known to cause cancer. Radon is the second leading cause of lung cancer overall and is the primary cause of lung cancer in non-smokers. In Massachusetts, 1 in 4 homes have high radon levels. According to the Environmental Protection Agency, you should consider fixing your home with radon levels between 2 and 4 pCi/L (picocuries per liter of air). Any levels above 4 pCi/L should be fixed.

Ways to Test your Home

- Purchase a short-term radon test kit and do the test yourself. Test kits can be purchased at your local hardware store or online.
- Hire a radon measurement certified specialist to perform the short-term radon test. You can find a certified specialist here: <https://nrsb.org/find-a-pro/> or <https://aarst-nrpp.com/wp/>
- Be sure to test between November 1st and March 31st when radon levels are the highest.

How to Mitigate Radon

- The “action level” for radon is 4 pCi/L and should be fixed if levels higher than this are found (though it is recommended by the EPA to mitigate homes if radon levels are between 2 - 4 pCi/L).
- To best mitigate your home, hire a certified mitigation specialist to install a radon mitigation system. If the system is designed or installed wrong, it can make the issue worse. You can find Nationally Certified Radon Mitigation Professionals here:
<https://www.mass.gov/doc/nationally-certified-radon-mitigation-professionals>
 - Most systems can be installed within a day.
 - Through this mitigation system, radon gas is released outside.

For more information, visit: <https://www.mass.gov/radon>

“Public health promotes and protects the health of all people and their communities. This science-based, evidence-backed field strives to give everyone a safe place to live, learn, work and play.”
-American Public Health Association



February Health Themes

National Cancer Prevention Month

National Self-Check Month

Scan the QR code and sign-up to receive updates from the division and our monthly newsletter.



BE PREPARED THIS WINTER!

The winter season is here. Be prepared for the extreme cold by following these tips!

- **Stay Informed** - Sign up for RAVE/Smart 911 and receive updates about weather emergencies, snow emergencies, parking bans, wildfires, poor air quality, and droughts. Visit: <https://www.smart911.com/> to sign-up.
- **Home Preparedness** - Prepare your home by:
 - Checking your smoke and carbon monoxide detectors
 - Caulk and weather-strip doors and windows
 - Stock non-perishable food and water, flashlights, extra batteries, and a battery-powered/hand-crank radio
- **Create a Family Emergency Plan** -
 - Have emergency contacts ready, including a list of contacts for all family members
 - Establish and identify an evacuation location
 - Make sure there is always a one-week supply of prescription medication on hand
- **Winter Car Checklist** -
 - Make sure your gas tank is at least half full
 - Check engine fluid levels, car battery, tires, headlights/taillights, oil and washer fluid
 - Keep in your car:
 - Blankets, extra clothing, non-perishable foods and bottled water
 - Flashlight, first aid kit, and cell phone chargers
 - Snow shovel and ice scraper

For more information, visit:

<https://www.mass.gov/info-details/extreme-cold-safety-tips>

GRANT UPDATE

Movement with Lynn - Mass Cultural Council Grant Award

The Public Health Division has been rewarded with a grant from the Mass Cultural Council to support Movement with Lynn – a free, outdoor community dance workshop series. The grant funds will be used to compensate local cultural dance groups, provide educational programming that connects dance with cultural history and mental health, and activate an accessible public space for all residents. This event will support the arts, humanities, and community well-being while advancing diversity, equity, inclusion, and access for Lynn residents of all ages.

Please keep posted for future announcements on events hosted by the Public Health Division!

ONGOING FALL & WINTER INITIATIVES

We will be accepting donations during the fall and winter months for **New, Unopened** winter items including, but not limited to: **socks, scarves, hats, mittens, etc.**



If you or someone you know are in need of winter items, come down and pick some up!



WINTER COAT DRIVE

Have any unused coats or jackets you no longer wear?

We will be collecting new or lightly used coats and jackets. The collections of coats and jacket we receive will be donated to a local organization.

Drop Off:

Lynn City Hall
Community Health Resource Room (rm: 108)
3 City Hall Square
Lynn, MA 01901



If you would like to schedule a different day to receive the flu vaccine, or if you or someone you know are a Lynn resident and homebound, please contact us.

WALK-IN FLU VACCINATIONS

Every Thursday 11am to 1pm

Phone: **781-598-4000 ext. 6719**

Email: lynnpublichealth@lynnmra.gov