



Poison HOTLINE

1-800-222-1222

January 2019



Did you know

A core body temperature $\geq 104^{\circ}\text{F}$ ($\geq 40^{\circ}\text{C}$) is a medical emergency. Rapid cooling, done in 30 minutes or less, with ice water immersion is critical.

Measure core body temperature using intra-bladder, intra-vascular or rectal thermometer. Other methods of measuring body temperature (i.e. oral, tympanic, temporal) are not reliable.

Ice water immersion is best done in a suitable tub, or by using large tarps or a body bag to immerse the body. Stop the body immersion when core temperature falls below 101.7°F (38.7°C), however, continue to monitor the core body temperature. It may be necessary to intubate and paralyze the patient to stop further heat generation from muscle use.

Radon

Radon is a colorless and odorless radioactive gas which occurs naturally in the environment from the breakdown of uranium, thorium or radium in rocks, soil and groundwater. Radon moves up through the soil and enters the home primarily through small cracks or holes in the foundation, and gaps around pipes or wall cavities. It becomes trapped in the house and accumulates in the air. Smaller concentrations of radon can also be found in groundwater and can affect people who get their water from wells.

Radioactive radon particles are breathed in and get trapped in the lungs. The radiation increases the risk of lung cancer over time, but it can take years before health problems develop. Radon is the second leading cause of lung cancer following cigarette smoking, and the leading cause of lung cancer deaths in nonsmokers. The Environmental Protection Agency (EPA) estimates that radon causes over 20,000 lung cancer deaths each year in the U.S..

The only way to detect radon is by air sampling and laboratory measurement. Home radon testing is simple and inexpensive. A small measuring device is placed in a room and is left undisturbed for the desired period. Short-term (2-90 days) and long-term (longer than 90 days) radon test kits are available. The short-term test gives quicker results. The long-term test provides a better idea of what the radon levels are year-round. There is no safe level for radon, but the EPA recommends fixing homes that have levels at or above 4pCi/L.

Radon mitigation is any process designed to reduce the radon concentration inside a building. This can be accomplished by sealing cracks in floors and walls, and by increasing ventilation through sub-slab depressurization using pipes and fans. The EPA recommends using state or nationally certified contractors since lowering high radon levels often requires technical expertise.

The EPA has designated January as National Radon Action Month, a time when all Americans are urged to have their homes tested for radon. Radon exposure is preventable and testing radon levels in your home can help prevent unnecessary exposure. If you have any questions about radon, contact the IPCC at 1-800-222-1222.

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Help
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