Respiratory Function

Protecting Your Lungs

The lungs are different from most of the other organs in your body because their delicate tissues are directly connected to the outside environment. Anything you breathe in can affect your lungs. Germs, tobacco smoke and other harmful substances can cause damage to your airways and threaten the lungs ability to work properly.

Your body has a natural defense system designed to protect the lungs. This works very well most of the time to keep out dirt and fight off germs. But there are some important things you can do to reduce your risk of lung disease.

- Don’t smoke
- Avoid Exposure to Pollutants That Can Damage
- Prevent Infection
- Get regular Healthcare

January is Radon Action Month

Thousands of tests done in the Coulee Region found 1 in 4 homes contain levels of radon that may cause cancer. Fortunately, those houses can be fixed by local radon mitigation contractors.

La Crosse County Health Department is offering radon test kits for $10.00 all month at the following locations:

- La Crosse County Health Department

For more information about Radon, contact La Crosse County Health Department at 608-789-7816 or visit [www.lowradon.org](http://www.lowradon.org)