

Garden Safely

- ③ Wash fruits and vegetables before eating them.
- ③ Peel carrots, potatoes and other root crops. Throw the peelings away instead of composting.
- ③ Use raised beds constructed with arsenic-free materials. Fill them with clean soil.
- ③ Dampen dusty soils before gardening in soil.
- ③ Wear gardening gloves.
- ③ Keep gardens away from old painted structures and treated wood.
- ③ Do not plant food crops under the overhang of your home.
- ③ Cover bare patches of soil with grass, a mulch product or imported clean soil.



For more information about lead and arsenic contamination in your area, please contact:

Jeff Newschwander

**Department of Ecology
Central Regional Office, Yakima
509-454-7842**

Or visit our website:

http://www.ecy.wa.gov/programs/leptosites/dirt_alert/dirt_alert_hp.html

To learn more about the health effects of lead and arsenic, contact:

Rob Banes

**Washington State Dept. of Health
360-236-3243**

You can also contact your
County Health District:

Chelan and Douglas counties

(509) 886-6400

www.cdhd.wa.gov/index.asp

Okanogan County

(509) 422-7140

www.okanogancounty.org/ochd/index.htm

Yakima County

(509) 575-4040

www.co.yakima.wa.us/health/

If you need this publication in an alternate format, please contact the Toxics Cleanup Program at 509-454-7886. For persons with a speech or hearing impairment call 711 for relay service or 877-833-6341 for TTY.

Dirt

Alert



Look inside to
discover simple
ways to protect
your family



Orchards are a common sight

throughout central Washington. In fact, many homes and schools are located on former orchard lands.

From about 1905 through the 1940's, lead arsenate was commonly used as a pesticide. This means past orchard lands have the potential of being contaminated with lead and arsenic. Over time, exposure to this contaminated soil can lead to health problems.

Children are especially vulnerable because they eat, drink and breathe more in relation to their body size than adults. They tend to put their hands in their mouths and play on the floor where dirt and dust from outside activities gets tracked into the home. Adults, especially pregnant women and those who work with soil, should also be careful about their exposure to lead and arsenic.

The Department of Ecology has sampled the soil at schools throughout central Washington to determine lead and arsenic levels. If contaminated soil is found, we will work with schools to reduce children's exposure. This often includes simple solutions, such as covering bare ground with mulch or seeding an area properly so grass can grow. This brochure contains simple methods to help you reduce your exposure to lead and arsenic.

Stay Safe at Home

Keep dirt out of your home

- Take off your shoes.
- Use sturdy rubber doormats.
- Damp mop and dust regularly.
- Wash your hands with soap and water.
- Keep children's toys and pacifiers clean.



Lead and arsenic found in the dirt outside can be easily tracked into the home by dirty shoes. When children play on the floor and put toys in their mouth, they are exposed to this dirt.



It's more likely you'll swallow contaminated soil than inhaling it.

Mop and Dust

- Take your shoes off before entering the house.
- Damp-mop floors and dust all surfaces at least once a week. Don't sweep or blow on the surface.



Eat a Healthy Diet

- A balanced, healthy diet creates a stronger immune system and helps adults and children resist the health effects of toxins.

Keep Pets Clean

- Bathe pets regularly.
- Wash your hands after handling your pet.
- Wipe off excess mud and soil before your pet comes into your home.
- Give pets their own sleeping places.



Kids, Stay Safe at School!

- Keep your desk free of dust and dirt.
- Wipe off your shoes before going into the school.
- Wash your hands with soap and water.
- Stay in play areas.