

# Soil Safety Guidelines

to reduce your risk from contaminated soil



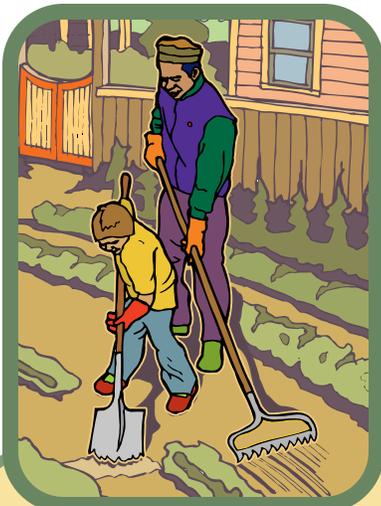
**WASH** your hands well after playing in the dirt.



Keep dust down — **DAMP-MOP** regularly.



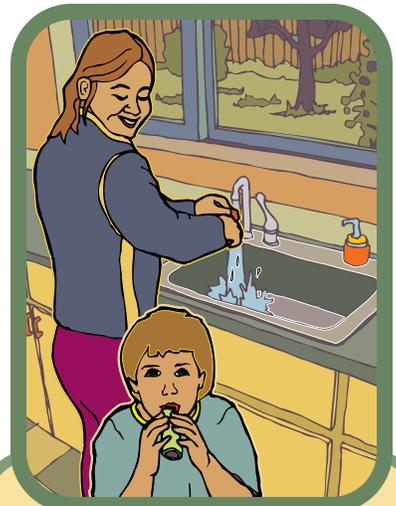
Eat fruits and vegetables — but **WASH** them first.



**WEAR GLOVES** while you garden.



Take your shoes off! **DON'T TRACK DIRT** in the house.



**WASH** toys and pacifiers often.

Funded by a grant from the Washington State Department of Ecology. Available in alternative formats

# Soil Safety Guidelines

Please hang this poster in your home as a reminder to follow the soil safety guidelines. Following these guidelines will help keep your house healthier and cleaner. There are many unhealthy things in dirt, including germs that can make you sick, and harmful chemicals that can hurt your body. Dirt and dust can be accidentally breathed in or eaten, which can be harmful to your health, especially if you have asthma or allergies. Help keep your family healthy by following the soil safety guidelines!

## Inside your home:

- Place wipe-off mats inside and outside your front door.
- Take off your shoes before entering your home.
- Wash hands and face thoroughly after working or playing in the soil, especially before eating.
- Damp mop and wipe surfaces often to control dust.
- Wash toddler toys and pacifiers often.
- Scrub vegetables and fruits with soap and water.
- Wash clothes dirtied by contaminated soil separately from other clothes.
- Repair painted surfaces in homes. Homes built before 1980 may contain lead-based paint. Older paint flakes may be a source of lead.
- Eat a balanced diet. Iron and calcium help keep lead from becoming a problem in the body.
- Use water and soap to wash – avoid “waterless” soaps.

## Outside your home:

- Keep children from playing in contaminated dirt.
- Cover bare patches of dirt with bark, sod or other material, or fence off area.
- Dampen dusty soils before gardening.
- Wear gardening gloves.
- Do not eat, drink or use tobacco in contaminated areas.
- Keep vegetable gardens away from old painted structures and treated wood.
- Do not plant food crops under the roof overhang of your home.
- Keep pets off of exposed dirt so they don't track it into the house.

## More information and resources:

Some soils in King County are contaminated with chemicals such as arsenic and lead. These chemicals have come from many places, including industrial emissions, leaded gasoline, and pesticides. Arsenic and lead can cause illness, especially in children. If you have young children, talk to a pediatrician about a blood-lead test. Health information on asthma, household chemicals, nutrition, quitting tobacco and many other health topics may be found at [www.kingcounty.gov/health](http://www.kingcounty.gov/health)