

Healthy Actions to remove dirt from your home



TAKE OFF YOUR SHOES
at the door



**WASH CHILDREN'S
TOYS & PACIFIERS**
frequently



WASH YOUR HANDS
with soap and water



MOP AND VACUUM
once a week



**WASH ALL FRUITS
AND VEGETABLES**
before eating



**WEAR SHOES
AND GLOVES**
when gardening and
working outdoors

Why is it important to do these healthy actions?

There are many unhealthy things in dirt, including harmful chemicals that can hurt your body. Some areas in South King County are contaminated with higher levels of arsenic and lead. These chemicals remain in the soil and will continue to be a health risk for years to come.

These healthy actions are simple steps you and your family can take to reduce contact with arsenic and lead in the dirt.

Alternate formats
available upon request

For more information about our program and services, please contact:

King County Dirt Alert

Public Health – Seattle & King County
206.477.DIRT • dirtalert@kingcounty.gov

Tacoma Smelter Plume Project

Washington Department of Ecology
360.407.7688 • www.ecy.wa.gov

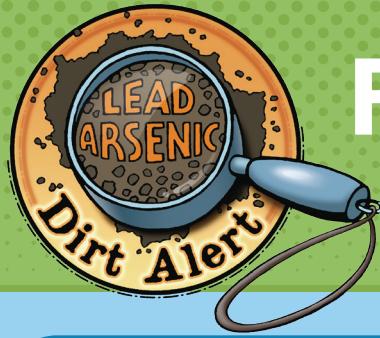
www.kingcounty.gov/health/tsp



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Public Health
Seattle & King County



Ficillada Caafimaadka

leh ee gurigaaga wasakhda looga nadiifiyo



KABAHA ISKAGA BIXI
albbaabka



CARRUURTA BOON-BALADOOADA & BAASIFAAYARRADA
si joogto ah **U DHAQ**



GACMAHAAGA KU DHAQ
saabuun iyo biyo



toddobaadkiiba mar
GURIGA ISKA XAAQ OO MARI FAKIYUUM



MIRAHAYO KHUDAARTA
inta aadan cunnin ka hor
DHAMMAAN ISKA DHAQ



markaad guriga dibaddisa
ama darjiinta aad ka
shaqaynayso **GASHO KABO IYO GALOOFYO**

Maxay muhiim u tahay in la sameeyo ficilladan caafimaadka leh?

Wasakhda waxaa ku jira waxyabo badan oo caafimaadka u daran, oo ay ka mid yihiin kiimikooyinka dhaawici kara jirkaaga. Meelo qaar oo ka mid ah deegaanka South King County ayaa waxaa ku laban sunta arsenig iyo rasaasta [lead] ee heerkeedu sareeyo. Kiimikooyinkan ayaa ah kuwa ciidda ku sii jiri doona sannado badan oo soo socdo halisna ku noqon doona caafimaadka.

Ficilladan caafimaadka leh ayaa ah tallaabooyin fudud oo adiga iyo qoyskaagu aad qaadi kartaan si loo yareeyo ku dhawaanta ama taabshada sunta arsenic iyo rasaasta ku jirta wasakhda.

Qaabab ka duwan ayaa lagu heli karaa marka la weydiisto

Si aad u hesho maclumaa dheeraad ah oo ku saabsan barnaamijyadeena iyo adeegyadeena, fadlan la xiriir:

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